

STRATEGIC PLAN 2023-28 —

Pursuit of Excellence UNLEASHING

OUR POTENTIAL

HCPS Student Wellness Triennial Assessment Report Summary

Review of Policy, Assessment Domains, and Next Steps

Judith Hoggard

December 16, 2024



Overview of HCPS Wellness Policy (Policy Code 6140)

Purpose: To ensure students' physical health, proper nutrition, and wellness as essential components of the educational experience.

Components:

- Student wellness, proper nutrition, regular physical activity
 Compliance with State Board of Education's Healthy Active
- Children Policy
- Establishment of a School Health Advisory Council (SHAC)



Legislative Requirements for Triennial Assessment of Wellness Policy

Purpose: To inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the local school wellness policy by making the **triennial assessment**, as required in <u>paragraph (e)(2)</u> of section <u>7CFR 210.31</u>, available to the public in an accessible and easily understood manner.



Assessment Domains

The WellSat: 3.0 Wellness School Assessment Tool focuses on three primary domains:

Compliance with Wellness Policy

Comparison to Model Policies

Progress Toward Wellness Goals



Key Findings and Next Steps

The key findings and next steps focus on three areas:

- Nutrition Promotion and Education
- Physical Activity
- School-Based Wellness Activities



Nutrition Promotion and Education

<u>Findings</u>: Nutrition education aligns with the Healthful Living Standard Course of Study, promoting healthy eating and involving families in wellness efforts.

Next Steps: Increase opportunities for family and community engagement and expand nutrition-focused projects.



Physical Activity

<u>Findings</u>: Physical education time meets state standards for all grade levels, with efforts to promote lifelong physical fitness.

Next Steps: Enhance after-school activity programs and integrate physical activity breaks across grade levels.



School-Based Wellness Activities

<u>Findings</u>: HCPS provides a safe meal environment, consistent access to drinking water, and professional development for nutrition staff.

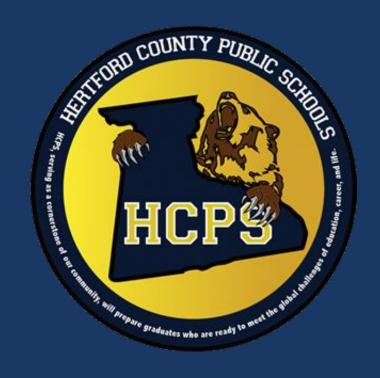
Next Steps: Seek funding for further staff training and wellness program expansion; improve public awareness through regular updates and outreach.



Public Documents

Visit the HCPS website for complete details about our Triennial Assessment, our wellness policy, and progress updates.

- HCPS Student Wellness Policy Code 6140
- HCPS <u>WellSAT: 3.0</u> Triennial Assessment
- HCPS <u>Triennial Assessment Report</u>



Thank You!

Pursuit of Excellence UNLEASHING OUR POTENTIAL