



# HCPS Student Wellness Triennial Assessment Report Summary

Review of Policy, Assessment  
Domains, and Next Steps

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STRATEGIC PLAN 2023-28

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# 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 [paragraph \(e\)\(2\)](#) of section [7CFR 210.31](#), 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

**Findings:** 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

**Findings:** 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

**Findings:** 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 [WellSAT: 3.0](#) Triennial Assessment
- HCPS [Triennial Assessment Report](#)
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*Thank You!*

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