McCreary County School District

Wellness Policy

McCreary County Schools

District Wellness Committee

Revised and Approved April 2025

Committee Chair: Brandy Rowe RN, BSN - District Health Coordinator

Committee Vice-Chair: Shane King- Food Service Director

McCreary Central High School:

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Nicole Elam- School Nurse

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McCreary County Middle School:

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Rebecca Head- School Nurse

Shannon Hutchinson- Physical Education Teacher

Pine Knot Primary:

Kathy Neal- Principal

Rhonda Strunk- School Nurse

Julie Gay- Physical Education Teacher

Pine Knot Intermediate:

Cindy Moore- Principal

Sandra Gregory- School Nurse

Justin Simms- Physical Education Teacher

Whitley City Elementary School:

Angela Loudermilk-Principal

Megan Spradlin- School Nurse

Todd Waters- Physical Education Teacher

Student Welfare and Wellness

The health and safety of pupils shall be a priority consideration in all Board decisions.

The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

- To the maximum extent practicable, schools will participate in available federal school meal programs.
- Schools will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.
- All schools containing grades K-5 or any combination thereof shall develop and implement an individual wellness policy per KRS 160.345 and Board Policy 02.4241.

WELLNESS LEADERSHIP

The Superintendent/designee will direct District officials ("wellness leadership group") to monitor compliance with this and related policies. At the school level, the Principal/designee will monitor compliance with those policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

The wellness leadership group shall work to encourage and support all students to be physically active on a regular basis as provided by school/council policy. Each school shall review and consider evidence-based strategies to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

Suggested language may include goals related to activities and opportunities:

- offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- that emphasize caloric balance between food intake and energy expenditure (physical activity/exercise); and
- link with school meal programs and other school foods.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the Principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students consistent with KRS 160.345 and Board Policy 02.4241.
- The policy may permit physical activity to be considered part of the instructional day, (not to exceed thirty (30) minutes/day or 150 minutes/week) and also in compliance with the school calendar regulation, 702 KAR 007:140 and Board Policy 08.1346.

Student Welfare and Wellness

DISTRICT WELLNESS PLAN/PUBLIC AND STAFF INPUT

The District shall actively seek to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this Policy and in providing input on the District Wellness Plan.

The District shall permit community participation in the student wellness process by:

- Making a nutrition and physical activity report to be prepared by the School Nutrition Director available to the public on the District website no later than sixty (60) days prior to the public forum covered in KRS 158.156. (702 KAR 006:090)
- Discussing the findings of the nutrition report and physical activity report and seeking public comments during a publicly advertised special Board meeting or at the next regularly scheduled Board meeting following the release of the nutrition and physical activity reports.
- Holding an advertised public forum by January 31 of each year, to present a plan to improve the school nutrition and physical activities in the District in accordance with KRS 158.856.

The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

The Wellness Plan submitted to KDE shall include within the findings and recommendations the following:

1. Extent to which the District is in compliance with this Policy;
2. A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
3. A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.

RECORDKEEPING

The District and each school in the District shall maintain the following records:

- A copy of the written wellness policy or plan;
- Documentation on how the policy and assessments are made available to the public;
- The most recent assessment of implementation of the policy;
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate; and
- Documentation demonstrating compliance with annual public notification requirements and annual reporting to the KDE.

Student Welfare and Wellness

STANDARDS AND NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES

Foods and beverages sold during the school day shall be done in accordance with state and federal regulations and Board Policies 07.111 and 07.12.

STANDARDS FOR ALL FOODS AND BEVERAGES SOLD TO STUDENTS

Foods and beverages sold or served at school shall be consistent with the state and federal regulations for school meal nutrition standards. Nutrition guidelines for all foods and beverages served or sold on campus shall be maintained by the Superintendent/designee and made available upon request. The Superintendent shall designate an individual or individuals to monitor compliance of beverages and food sold ala carte with state and federal nutrition requirements.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

STANDARDS FOR ALL FOODS AND BEVERAGES PROVIDED BUT NOT SOLD TO STUDENTS

- When possible, rewards given to students shall be other than food/beverage items. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in 7 C.F.R. 210.11 and 702 KAR 006:090. Rewards given to students are at the Principal's discretion.
- To ensure that foods provided to students are safe and sanitary, all foods and snacks served to students must be purchased and pre-packaged rather than homemade, and include an ingredient label.
- Foods and beverages provided in school, but not made available for sale, shall meet standards outlined in the schools' individual wellness plan (if applicable) and will not conflict with District Policy.

FOOD AND BEVERAGE MARKETING

All marketing on the school campus during the school day shall be of only those foods and beverages that meet the nutrition standards of the Smart Snack in School Nutrition Standards (7 C.F.R 210.11 and 702 KAR 006:090).

REFERENCES:

KRS 158.850; KRS 158.854
KRS 160.290; KRS 160.345
702 KAR 006:090
P. L. 111-296
7 C.F.R. Part 210; 7 C.F.R. Part 220
U. S. Dept. of Agriculture's Dietary Guidelines for Americans

RELATED POLICIES:

02.4241; 07.1; 07.111; 07.12; 08.1346

Adopted/Amended: 6/22/2017
Order #: 10028

McCreary County School District Physical Education and Nutrition Wellness Policy

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

Whereas, good health fosters student attendance and education.

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, 33 of high school students do not participate in sufficient vigorous physical activity and 72 of high school students do not attend daily physical education classes.

Whereas, only few children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

Whereas, nationally, the items sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Whereas, school districts around the country are facing significant fiscal and scheduling constraints and community participation is essential to the development and implementation of successful school wellness policies.

Thus, the McCreary County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the McCreary County School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district- wide nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages sold or served at school will meet the nutrition recommendations of the USDA National School Lunch Program.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit & Vegetable Snack Program, & Supper Programs.

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

How the School District Will Achieve these Goals

School Health Councils:

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and may include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public). The local wellness committee will meet four (4) times annually to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

Nutritional Quality of Foods and Beverages Offered on the School Campus:

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in a clean and pleasant setting
- Meet at a minimum nutrition requirement established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables
- Serve low fat and fat free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA)
- Ensure that half of the served grains are whole grain

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability.

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will to the extent possible arrange bus schedules and utilize methods to serve breakfast that encourage participation. This could include

serving breakfast in the classroom, grab and go breakfast, or breakfast during morning break or recess.

- Schools will notify parents and students of the availability of the School Breakfast Program.

- Schools will encourage parents to provide a healthy breakfast at home to children if they choose to not participate in school breakfast program. This could be communicated through newsletter articles, take home brochures, or social media.

Free and Reduced Priced Meals: Schools will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced-price school meals. Schools may utilize electronic identification and payment systems and provide meals at no charge to all children. Regardless of income, schools will promote the availability of school meals to all students and/or use nontraditional methods for serving school meals such as "grab-and-go" or classroom breakfasts.

Summer Food Service Program: Schools in which more than 50 of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Time Scheduling:
Schools:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. School should schedule meal periods at appropriate times.

- Should not schedule tutoring, club or organization meetings or activities during mealtimes unless students can eat during the activity.

- Will provide students access to handwashing or hand sanitizing before they eat meals and snacks.

- Should take reasonable steps to accommodate the dental health regimens of students with special oral health needs.

Snacks:
Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. Emphasis will be placed on serving healthy snacks and beverages. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Qualifications and Training for Food Service Staff:

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Food and Beverage Sharing:

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Communication to Parents Regarding Food Sent From Home:

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages.

Rewards:

Schools will use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior in moderation and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations:

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages. The district will disseminate a list of healthy party ideas to parents and teachers.

Food and Drinks Sold Individually during the School Day:

Elementary Age Students:

The school food service program will provide the smart snack calculator for school administrators to use in choosing approved snacks to students. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle and High School Age Students:

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet nutrition and portion size standards:

School Day Windows for Individual Food and Beverage Purchase:

Window 1- From 12 AM (midnight) until 30 minutes after the last lunch period. In this window no sale of food or beverage may take place except as part of the school breakfast or school lunch program.

Window 2- Opens 30 minutes after the last lunch period and closes 30 minutes after the official school day ends. In this window all food or beverages sold must meet Smart Snack Regulations.

Window 3- Opens 30 minutes after the end of the official school day and closes at 12 AM (midnight). During this window, there is no nutrient standard restriction however to promote healthy eating habits one healthy option at each event is encouraged.

Beverages

Elementary/Middle School Beverage Options: (Window 2**)**

- Water- Plain, non-caloric, noncarbonated water. No size limit.

- Milk- Low-fat (unflavored only) or nonfat milk (flavored or unflavored) Size restrictions—Elementary (8 ounces or less) Middle (12 ounces or less).

- Juice-100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. Size restrictions--Elementary (8 ounces or less) Middle (12 ounces or less).

- No other beverage are allowed

High School Beverage Options: (Window 2)

- Water—Plain, non-caloric, noncarbonated water. No size limit.

- Milk—Low-fat (unflavored only) or nonfat milk (flavored or unflavored) Size restrictions--(12 ounces or less).

- Juice—100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. Size restrictions--(12 ounces or less).

- Calorie free beverages—any flavored beverages (20 ounces or less) that are labeled to contain 5 calories or less per 8 ounces, or 10 calories or less per 20 ounce; and contains no more than 10 grams of sugar per serving.

- Low calorie beverages—any flavored beverages (12 ounces or less) that are labeled to contain 40 calories or less per 8 ounces, or 60 calories or less per 12 ounce; and contains no more than 10 grams of sugar per serving.

- Beverage may contain caffeine.

Food

Food sold individually will have no more than 35% of its calories from fat and 10% of its calories from saturated and trans fat combined. Will have no more than (32%) of its weight *from added* sugars (This shall include both naturally-occurring and added sugars). This limit should not apply to frozen, fresh, canned, or dried fruits and vegetables.

Foods will not contain no more than 300 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items. Food will not contain more than 450 mg of sodium per serving for pastas, meats, and soups. Food will not contain more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include but are not limited to: fresh fruits and vegetables, 100% fruit or vegetable juice, fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners, cooked, dried or canned fruits (canned in fruit juice or light syrup), and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines.

Portion Sizes

Portion Sizes of foods and beverages sold individually should be limited to:

- Two (2)ounces of chips, crackers, popcorn, cereal, trail mix, seeds, dried fruit, or jerky

- One (1) ounce of cookies

- Two (2) ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items

- Four (4) Ounces of frozen desserts such as low-fat or fat-free ice cream

- Eight (8) ounces of non-fat frozen yogurt

- Twelve (12) ounces for beverages excluding water

Fruits and Vegetables are exempt from portion size limits.

Nutrition and Physical Activity Education Promotion and Food Marketing:

Nutrition Education and Promotion Strategies:

McCreary County School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion. To meet this goal education is offered at each grade level as part of sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. The promotion is part of not only health education classes, but also classroom instruction of alternate subjects. Health promotion and education will include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, and taste testing. Promotion of fruits, vegetables, whole grain products, low fat and fat- free dairy products, healthy food preparation methods, and health-enhancing nutrition practices will occur. Emphasis will be shown on caloric balance between food intake and energy expenditure (physical activity/exercise). Partnerships between school meal programs and community partnerships will be explored. Training and educational opportunities will be offered to teachers and school staff that can be utilized in the appropriate education program for students based on age.

Integrating Physical Activity into the Classroom Setting:

Classroom Strategies:

For students to receive the nationally-recommended amount of daily physical activity (at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior students need opportunities for physical activity beyond physical education class. To encourage physical activity classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Physical Activity will be incorporated into other subject content and lessons. Classroom teachers will provide short physical activity break between lessons and classes. Teachers and other school and community personnel will not use physical activity as punishment *(e.g.,* running laps, pushups) and will only withhold physical activity as needed and in moderation (examples such as detention during recess).

Integrating Physical Activity Outside of the Classroom Setting:

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, social media, newsletter, take-home materials, special events, or physical education homework. (Examples: intramural sports and afterschool programs)

Recess:

All elementary schools will be encouraged to offer at least 20 minutes of recess on all days during the school year. (This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand sanitizing stations located just inside/outside the cafeteria to ensure proper hygiene prior to eating.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class.

Food Marketing:

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide

schools with supplies when families buy low-nutrition food products; in-school television, free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers.

Staff Wellness:

McCreary County School District highly values the health and well- being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health members, and recreation program representative. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually and meet 4 times annually. Employees with school health insurance have access to Kentucky Employee Health Plan vendor Castlight that offers health assessments and opportunities for health improvement with health coaches and health plans. Vaccines are offered through a partnership with the nurse health contract to staff. AugmentMC is a mental health program that elevates mental health in the school district. Augment staff offer staff training on the importance and promotion of mental health.

Physical Activity Opportunities and Physical Education:

Physical Activity K-12:

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All district elementary students in each grade will be encouraged to receive physical education for at least 60 minutes per week throughout the school year.

All district secondary students (middle and high school) are required to take the equivalent of one academic year of physical/health education.

Physical Activity Opportunities Outside of the School Day:

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students. This will include boys, girls, and students with disabilities or special health-care needs.

After-school childcare and enrichment programs will provide and encourage physical activity. This will be accomplished through the provision of space, equipment, and activities and daily periods of moderate to vigorous physical activity for all participants.

School spaces and facilities should be available to students, staff, and community members (according to school board policy). School policies concerning safety will apply at all times.

Monitoring and Policy Review:

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee.

The District will retain records to document compliance with the requirements of the wellness policy on the school website. Each year the district will make information about this policy, including its content, any updates to the policy and implementation status available through the school website. The District will provide as much information as possible about the school nutrition environment. Additionally adding how the public can become involved with the school wellness committee.

Reviewing the Policy:

Each school in the district will complete and annual online assessment to evaluate existing nutrition and physical activity policies. This assessment is performed via the online platform of Alliance for a Healthier Generation school health index. The results of these school assessments will be compiled at the district level to identify and prioritize needs.

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy.

- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and

- A description of the progress made in attaining the goals of the District's wellness policy.

Revisions and Updating the Policy:

The local wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years. The district and individual schools will as necessary revise and develop work plans to facilitate their implementation.