

Robertson County School

Wellness Policy Triennial Assessment Report

Previous Date Completed: {2023-2024}

Date Completed: {2025-2026}

A local wellness policy directs efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Teresa Green 606-724-5421.

Section 1: Policy Assessment

We encourage administrators, school food service staff, parents, school board members, school health professionals, students, and the general public to participate in the development, implementation, and evaluation of our wellness policy. Currently the committee is comprised of the following (check all that apply):

- | | |
|--|---|
| ☒ Administrators | ☒ School Food Service Staff |
| ☒ P.E. Teachers | ☐ Parents |
| ☐ School Board Members | ☐ School Health Professionals |
| ☐ Students | ☒ Public |

How does the public receive notice that they're available to participate in development, implementation, and evaluation of the district's wellness policy (check all that apply):

- ☒ Advertisement on the public website
- ☒ It is announced at board meetings
- ☐ Recruitment amongst staff and students
- ☐ Advertisement at family enrichment activities
- ☒ Other (please explain): Social Media

Required Policy Component Goals and Action Steps

1. Nutrition Education Goals (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Example: Food and Beverages will not be used as a reward for students.	a) Provide teachers with list of non-food reward examples. b) Discuss changes at back-to-school staff training. c) Follow-up mid-year to discuss challenges and determine additional communication needed.	Before the beginning of Next School Year	– Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year.	Teachers, Staff, students		X	
Motivate students to select healthier food options	Offer try it or taste testing days	This coming school year	Verbal feedback or completing surveys	Students and staff			X

2. Nutrition Promotion (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place

Increase student awareness of where food comes from	We can partner with our local ag program and have a student ran garden project	This school year	Taste testing or using things in the meal planning	Students and staff			x

3. Food and Beverage Marketing Guidelines on School Grounds (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
No outside foods or drinks	Have only USDA smart snack nutrition standards listed during the school day	This school year	Checking on a daily base	Staff/ students	x		

4. Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds (i.e., classroom celebrations, rewards, etc.) (insert your district's goals below as defined by your district's policy)

	Action Steps What activities need to happen?			Stakeholders Who will be	Is this Goal in place?

Goals What do we want to accomplish?		Timeline Start Dates	Measurement How is progress measured?	involved and/or impacted?	Fully in Place	Partially in Place	Not in Place
have specific rules on only using smart snacks in school standards	Staff all work together and check daily	now	Promote the healthy smart snacks	Staff and students	x		

5. Nutrition guidelines for all foods and beverages available SOLD on school grounds (i.e., a la carte, school stores, vending machines, etc.) (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
have specific rules on only using smart snacks in school standards	Staff all work together and check daily	now	Promote the healthy smart snacks	Staff and students	x		

6. Physical Activity (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Have at least 45 mins of exercise a couple times a week	Recess, outdoor activity when it can happen, exercises	now	Logged in a book, or check off list	Students and staff	x		

7. Other School Based Activities (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
More extracurricular activities	Provide more things for the kids to do to keep them active as possible	now	Posters, social media, promoting involvement with families	Staff, students and parents		x	