

Madison County Schools

Student Wellness Policy Progress Summary Report

Triennial Assessment Summary

School's Wellness Policy Contact: Susan Huntsinger, Curriculum & Instruction Director

Date Completed: June 2026

This tool is to document progress in meeting the goals & expectations of Madison County School's Student Wellness Policy #6140. Schools should document the steps that have or will be taken to accomplish each goal. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

School Health Advisory Council

Student Wellness Policy #6140 Pages 1-2, Section A. <u>School Health Advisory Council</u>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
The board will maintain a School Health Advisory Council (SHAC) to help plan, update, implement and monitor to address student health and nutrition issues. Contact: Susan Huntsinger (Curriculum Director)	*			The School Health Advisory Council meets monthly (September through April) to address concerns and/or ideas presented.	Continue meeting and collaborate to ensure the whole student's needs are being met.

Nutrition Promotion & Nutrition Education

Student Wellness Policy #6140 Pages 2-3, Section B. <u>Nutrition Promotion & Nutrition Education</u>					
There will be multiple opportunities to provide appropriate instruction for the acquisition of behaviors that contribute to a healthy lifestyle for students. Contact: Susan Huntsinger (Curriculum Director)	*			Nutrition education is part of the Healthful Living Standard Course of Study curriculum at each grade level and is part of the science curriculum.	Explore additional lessons and activities that incorporate nutrition education into reading, math, social studies, etc.

Teachers provide multiple opportunities for movement. Contact: School Administrator	*			Teachers use resources such as “Go Noodle” to provide movement.	Continue using this method and pursue other movement resources.
Teach, encourage, and support healthy eating by students Contact: Physical Education Instructor	*			Healthy nutrition choices are covered as part of how to live a healthy lifestyle and achieve total fitness.	More lessons in Physical Education tailored to each grade level needs.
Open House Nights Contact: Administrator/Staff, School Nurses & Health Department	*			Open House Nights provide opportunities for families to gain more knowledge about healthy meals and fitness.	Continue encouraging more community involvement.
Girls on the Run Club, Outdoor Clubs Contact: Administrators	*			Education provided promotes health and fitness, along with staff members.	Continue to encourage more students and staff to participate.
Outdoor Classrooms/Gardens at HSE, MECHS, and MMS Contact: School Administrators & Staff	*			Students are invited and encouraged to help keep space clean, harvest vegetables and lessons are used in nutritional cooking methods.	Continue to encourage more students to participate.

Nutrition Standards and Guidelines for All Food & Beverages Available at School

Student Wellness Policy #6140 Pages 3-4, Section C. <u>Nutrition Standards and Guidelines for All Food & Beverages Available at School</u>	*				
Foods provided through the National School Lunch, Breakfast and After School Snack Programs are in compliance with federal and state nutrition standards. Contact: School Nutrition Director, Cafeteria Managers	*			This has been implemented as required by the Healthy, Hunger Free Kids Act.	Explore more opportunities to promote wellness through information provided by nutrition analysis and keep current on ever changing USDA guidelines.
All competitive foods sold during the school day must comply with federal Smart Snacks standards. Only beverages that comply with federal Smart Snacks standards can be sold to students in grades 9-12 during the school day. Vending machines must comply with requirements of G.S. 115C-264.2. Contact: Administrators, School Nutrition Director, Cafeteria Managers & Staff	*			All snacks sold must be in compliance with federal standards and are listed in the Smart Snacks notebook for the current school year. There are currently no vending machines with student access on campuses.	Explore new snacks that are compliant and will promote student interest.

Students are expected to eat their lunch before eating a snack purchased in the cafeteria. Contact: School Administrator & Cafeteria Staff				Clear and concise communication with this expectation will be made at the beginning of the school year.	Expectations will be communicated from the beginning of each school year and staff will be reinforcing these protocols.
School principals will establish rules for foods and beverages brought from home for classroom events or parties during the school day. Healthier foods and beverages are encouraged. Contact: School Administrators		*		Teachers try to promote fruits and veggies at parties. Food items are not provided by teachers. Students are taught the importance of eating healthy. Parents and guardians are asked to bring in healthy snacks for parties.	Encourage and communicate with parents the importance of sending in healthier snacks.
Fundraising activities that involve the sale of food/beverages during the school day (from midnight until 30 minutes after the dismissal bell rings) must comply with Smart Snack standards and may not be conducted until the end of the last lunch period. Contact: School Administrators	*			Teachers need clear direction from principals about appropriate items for fundraisers.	Principals should encourage fundraisers that do not involve food.
Foods and beverages marketed on school campuses during the school day must meet federal standards. Only foods and beverages that meet Smart Snack standards may be marketed or advertised. Contact: School Administrators	*			Implementation as required by the Healthy, Hunger-Free Kids Act.	Continue to monitor compliance with new vendors and products.
Existing supplies, materials or equipment that depict noncompliant products or logos will be replaced or removed in accordance with normal lifecycles or as otherwise would occur in the normal course of business. Contact: School Administrators	*			Clear communication with all stakeholders is necessary to ensure compliance.	Continue to communicate expectations with new leadership as they arise.

Physical Education & Physical Activity

Student Wellness Policy #6140 Pages 4-5, Section D. <u>Physical Education & Physical Activity</u>					
Physical activity is offered to students in kindergarten through the eighth grade using the district's Healthy Living Curriculum. Elementary students will be provided with 150 minutes of weekly physical	*			Physical education is part of the Healthful Living Standard Course of Study	Explore additional lessons that incorporate physical education and activity in the school day.

education, and middle school students will be provided with 225 minutes divided equally between health & physical education. Contact: P.E. Instructors & School Personnel					
Students should be engaged in physical activity for more than 50 percent of the designated physical education class time. Contact: P.E. Instructor & Administration	*			Lessons are designed to teach skills to promote physical activity.	Explore additional lessons that incorporate physical education and activity in the school day.
Students in kindergarten through 8 th grade must be provided with 30 minutes of physical activity daily. Students in 9-12 must be provided with 60 minutes of physical activity. Contact: Principals & School Personnel		*		Recess is used to help students stay healthy. The requirement for 9-12 th graders to be engaged in physical activity was implemented in the 2025-2026 school year. Principals will work with teachers to ensure students meet this goal.	Explore additional lessons & activities such as classroom energizers and “walking classrooms.”
Recess and physical activity will not be taken away from students as a form of punishment and exercise will not be used as a form of punishment. Contact: Principals & School Personnel	*			Principals and teachers collaborate to ensure that a designated recess time is in place and that all students regardless of behavior are allowed to engage.	Teachers and principals will meet during the school year to plan for alternate ways for behaviors to be addressed.

School-Based Activities to Promote Wellness

Student Wellness Policy #6140 Pages 5-6, Section D. Physical Education & Physical Activity					
1. Students will be provided with a clean and safe meal environment, adequate time to eat meals, and drinking water available at all meals and throughout the school day. 2. Professional development will be provided for school system nutrition staff. Contact: School Nutrition Director, Cafeteria Managers, School Administrators	*			Implemented as required by the Healthy, Hunger-Free Kids Act.	Explore additional opportunities to promote wellness throughout the school nutrition program.
Food will not be used as a reward or punishment. Contact: School Administrators and Staff	*			Teachers have opportunities for students to have visits to treasure boxes and tangible prizes that are not food. Extra recess time is awarded.	Purchase more exciting prizes that are not food related.
All school system staff and community members will serve as positive role models to promote student wellness. Contact: School Administrators	*			Teachers and staff are encouraged to lead movement activities during recess and physical education time.	Continue to offer opportunities for physical fitness and more clubs that encourage physical activity.

