

2025–2026 Triennial Assessment

Data Review
March 2, 2026

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What is the Local Wellness Policy 6140

The Ashe County Board of Education recognizes the importance of students maintaining physical health and proper nutrition in order to take advantage of education opportunities. The Board further recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. As a part of that commitment, the Board directs the superintendent to oversee the development, implementation, and ongoing evaluation of this policy and other school system efforts to encourage students to be healthy and active, including compliance with the State Board of Education's healthy Active Children Policy, [SHLT-000](#), as further described in Section F, below. The superintendent may designate a school system official to carry out this responsibility ("lead wellness official").

The purpose of the **Triennial Assessment** is to verify specific protocols are identified and being implemented.

Leadership, Community participation, Assessments,
Documentation and Public Awareness

LWP Triennial Assessment Survey

We asked stakeholders to review our LWP for the purpose of our triennial assessment. This LWP survey will be used to help our local collaborative create goals set in the areas of

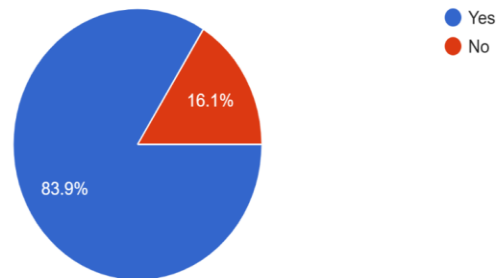
- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Other School Based Strategies for Wellness.

Survey Findings

Nutrition Education

Are the staff and parents aware of the school wellness policy based on the ability to exclude the ability to bring food from outside the school?

31 responses



All competitive foods sold on school campuses during the school day (defined as the period from midnight through 30 minutes after the dismissal bell rings) in competition with the National School Lunch or School Breakfast Programs ("competitive foods") must comply with the **Smart Snacks** standards.

Other Foods Available on the School Campus During the School Day and After the School Day

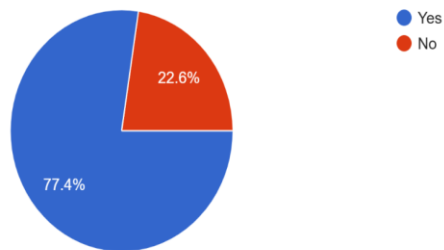
School Health Advisory Council shall establish rules for foods and beverages brought from home for classroom events or parties during the school day or for extracurricular activities after the school day that are consistent with **Smart Snack** standards.

Survey Findings

Nutrition Education

Are the staff and parents aware that SMART snacks are provided in the schools?

31 responses



What are the Smart Snacks Standards for foods?

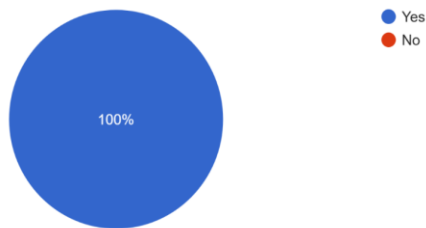
Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

Survey Findings

Nutrition Education

Does your school make provisions in the cafeteria/classrooms, etc. for students with severe food allergies?

31 responses



Allergy Education and Care

What is considered a “**reasonable modification**”? A reasonable modification is a change or alteration in policies, practices, and/or procedures to accommodate a disability that ensures children with disabilities have equal opportunity to participate in, or benefit from, a program. A request for a reasonable modification must be related to a child’s disabling condition. Federal law and USDA regulations at 7 CFR 15b.13 require that schools make reasonable modifications to accommodate children with disabilities. Reasonable modifications to effectively accommodate children with disabilities must be made on a case-by-case basis. A meal modification must be related to the disability or limitations caused by the disability.

Survey Findings

Nutrition Promotion



School Health Advisory Council

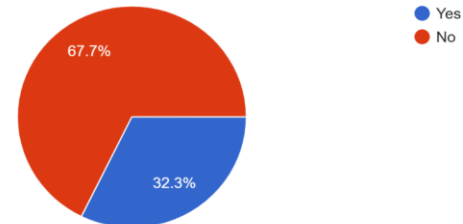
SHAK is an advisory group composed of individuals selected primarily from the health and education segments of the community. The group acts collectively in providing advice to the school system on aspects of the school health programs. The members of the council are appointed by the school system to advise the school system.

Objectives:

- Healthy Active Children Policy
- Coordinating School Health Programs
- Investment in Our Nation's Future
- NC Coordinated School Health Programs

Are the staff, parents and students aware of the SHAC team (School Health Advisory Council)?

31 responses

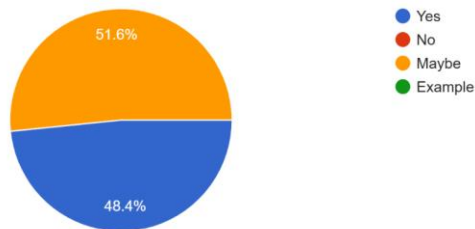


Survey Findings

Nutrition Promotion

Do the teachers integrate nutrition education into the curriculum as appropriate?

31 responses



Integration of nutrition education

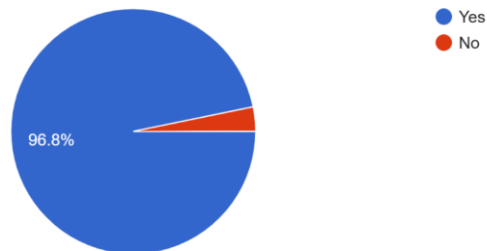
We are actively working to bring in community support to meet nutrition education as appropriate.

Promotional material in the Cafeteria. ✓✓✓

Stakeholders see and recognize the health and nutrition posters and information.

Nutrition and health posters, signage are exhibited in the cafeteria food service and dining areas?

31 responses

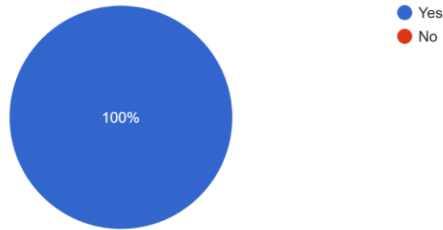


Survey Findings

Physical Activity

Does your K-8 school provide the required 30 minutes of moderate to vigorous physical activity through recess, curriculum integration with physical...ation/health as an elective offered to students?

31 responses

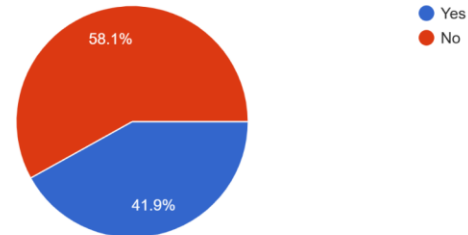


PHYSICAL EDUCATION. Planned sequential, K-12 curriculum that promotes lifelong physical activity, develops basic movement skills and sports skills. Physical education shall be the environment in which students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge. ✓☑✓

Opportunities for parent engagement are actively being explored by our SHAC committee for future events.

Does your school provide opportunities in which physical activities are paired with parent engagement or events?

31 responses



Survey Findings Other School Based Strategies

Survey Questions

1. Is your school implementing (Social Emotional Learning) SEL signature practices and teaching five core SEL competency skills?
2. Does your Specialized Instructional Support Staff complete their monthly data log at least 90% of the time? (required as of 9/15/24) Includes Behavioral Health Specialists, School Counselors, Social Workers, Nurses.
3. Does your school regularly inform parents about screenings and required health assessments and vaccinations?

All responses to these questions were 93-100% Yes



Health and Wellness initiatives and activities highlighted!

- Heart of A Husky
- New sports brought to the PE program; pickleball and rugby.
- School wide recess.
- “PACK Time” recess per grade level.
- “Zones of Regulation”
- Daily check-ins with students.
- Outdoor activities on Fridays
- Fitness gym available during lunch.
- SEL small groups
- Fresh Fruit and Vegetables snack at elementaries.

Areas of health or wellness that participants would like to see improved in our schools.

- Limit energy drink consumption
- SEL
- Student resilience and anxiety management
- Portion size for meals
- Incorporate more activities related to family wellness during family nights. Movement activities and SEL stations.
- Access to mental health services
- Leaking roof, mold
- Better communications Students, Staff, Parents and the SHAC
- More staff modeling of physical activity and nutrition habits for students & parents.
- More parent involvement in student physical activities.