Triennial Assessment Report

Alleghany County Schools Student Wellness Policy 6140

An assessment was conducted to measure the effectiveness of the Alleghany County School's Student Wellness Policy 6140. An assessment of this policy is conducted every 3 years and is shared with members of the Alleghany County community to understand shared progress on wellness efforts in the district. This report focuses on three domains: 1) compliance with the wellness policy, 2) how the wellness policy compares to model wellness policies, and 3) progress made in attaining the goals of the wellness policy.

Domain 1: Compliance with the Wellness Policy

The Well School Assessment Tool (WellSAT) was completed by the School Health Advisory Council (SHAC) during the January SHAC meeting. Survey questions included: School Health Advisory Council (SHAC), school health and education, physical activities and physical education, nutrition education, and food and beverage practices.

Summary: The Wellness Policy requires that the Board maintain a School Health Advisory Council (SHAC). The School Health Advisory Council meets every quarter during the academic school year. The purpose of this council is to help plan, update, implement, promote, and monitor this policy as well as to address other health and nutrition issues within the school system.

The committee members are:

- Tracy Wagoner-School Nurse
- Tammy Todd-School Nurse
- Sandy Combs-Director of School Nutrition
- AnneMarie Erhardt-School Social Worker
- Melissa Fitzgerald-Director of Student Support Services
- Kelly Weaver-PE Teacher
- Karina Romero-App Health
- Christelle Marsh-Vaya

The school nurses play a vital role in this committee, contributing to discussions and decisions regarding student health. Throughout the academic year, the committee reviews, discusses, and implements policies related to school health and wellness. Topics covered include school policies, mental health, school safety, nutrition education for students and staff, dental and vision services, and overall health and fitness.

In addition to the resources provided by the school district, the committee collaborates with various community agencies to support student wellness. These agencies include:

- The Department of Social Services
- AppHealth Care
- NC Cooperative Extension Agency
- Partnership for Children

All schools in Alleghany County have implemented a comprehensive health education curriculum that includes physical education, physical activities, and nutrition education for students. Feedback from principals regarding Healthy Active Schools confirms that all students in Alleghany County Schools have opportunities to engage in physical activities as part of the school system's curriculum.

The goal for all K-5 students is to have 150 minutes weekly of quality physical education with a certified physical education teacher. The goal for all 6-12 students is to have 225 minutes weekly of Healthful Living Education, divided equally between health and physical education with certified health and physical education teachers. The results of the survey indicated that these goals were being met in 1:3 schools. The 2 schools who did not meet this goal have built in recess time that equates to the weekly goal. A variety of standard-based physical education curriculum and nutrition education is being taught at each school site within the classroom and food service. This includes the Healthful Living Standard Course of Study.

The Food and Beverage Policy is being enforced. Water is made available to students during meal service and throughout the day. The Student Wellness Policy is made available to parents, to educate them on the goals of the student wellness, and to make them aware of the availability of water at school sites. Food is not being used as a means of reward or punishment. The Food and Beverage Policy has been made public to the Alleghany County residents through our district website.

Domain 2: Comparison of Wellness Policy to Model Policies

Alleghany County Schools Student Wellness Policy 6140 underwent its last revision during the 20-21 academic school year. The goal of the review was to assess compliance with the wellness policy requirements, including the changes required by the United States Department of Agriculture (UDSA); final rule published July, 2016. During the review, the policy was compared to the "Alliance for a Healthier Generation Model Wellness Policy" and the State Board recommendations.

Summary:

The language in our Wellness Policy was very similar to the language in the model policy. Wording such as, health education, nutrition promotion and education, physical activity and education, drinking water, competitive foods to include, classroom parties and celebrations, vending machines, fundraisers, and food, snacks, and beverages from a la carte menus. Alleghany County School Nutrition Program promotes healthy food and beverage choices for all students in the school district and encourages participation in all school meals. The Director of School Nutrition ensures that the program is operating in compliance with the rules and regulations for serving reimbursable meals in the school cafeterias.

Competitive Foods: Each school site is familiar with the policy on competitive foods.The nutrition standards for food and beverages available on school campuses have been updated to be consistent with the final rule. This rule is being enforced at each school site. Vending machines are not accessible to students during the school day.

Other Foods Available on the School Campus During the School Day and After the School Day: School principals have established rules consistent with this policy regarding foods and beverages brought from home for classroom events or parties during the school day or extracurricular activities during the school day. All schools are in compliance with the sale of food and beverages for fundraising activities. All fundraising activities are in compliance with the Smart Snack Rule, from midnight until 30 minutes after the dismissal bell rings, which are conducted after the last lunch is served.

Food and Beverage Marketing: Alleghany County Schools is committed to providing students with healthy nutritious food and beverage choices by marketing only those foods and beverages that are allowed to be sold on the campus during the school day. The language clearly states that only foods and beverages that meet the Smart Snacks standards may be marketed or advertised on school campuses during the school day.

school day. The policy explicitly states that only foods and beverages meeting Smart Snacks standards may be marketed or advertised on school grounds during school hours.

Physical Education and Physical Activity: As part of its commitment to student wellness, Alleghany County Schools promotes lifelong physical activity and educates students on maintaining a healthy lifestyle by emphasizing the importance of physical fitness. The district provides students with opportunities to engage in physical education and activities through an age-appropriate curriculum aligned with state standards. Additionally, all schools meet the minimum requirement of 30 minutes of moderate to vigorous physical activity per day, as outlined in the Healthy Active Children Policy.

Domain 3: Progress Made in Attaining the Goals of the Wellness Policy

Alleghany County Schools has made significant progress in achieving the goals of its wellness policy, with the School Health Advisory Council (SHAC) playing a key role in this effort. The committee meets quarterly throughout the academic year to review the wellness policy goals and ensure compliance. The School Nutrition Department has been effective in maintaining a safe and healthy eating environment for both students and staff. Nutritional standards for breakfast, lunch, and after-school snacks are consistently followed to meet federal, state, and local guidelines. All schools comply with the Smart Snacks final rule, and the district has achieved the goal of making water available to students throughout the day. Additionally, vending machines are not accessible to students during school hours. For physical activity and education, all schools meet the weekly requirements. The School Health Advisory Council (SHAC) will continue to focus on improving both student and employee wellness.

Policy Assessment: Triennial Assessment (1/2025)
District: ALLEGHANY COUNTY SCHOOLS

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.

Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	**2**
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	**1**
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	**1**
FR4	Free drinking water is available during meals.	**2**
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	**1**
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	**2**
FR7	Regulates food and beverages sold in a la carte.	**2**
FR8	Regulates food and beverages sold in vending machines.	**2**
FR9	Regulates food and beverages sold in school stores.	**2**
FR10	Addresses fundraising with food to be consumed during the school day.	**2**
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	**2**
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	**2**
FR13	Addresses how all relevant groups will participate.	**2**

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FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	**2**
FR15	Addresses making the wellness policy available to the public.	**2**
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	**2**
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	**2**
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	**2**

Section 2. Nutrition Environment and Services

NES1	Addresses access to the USDA School Breakfast Program.	**1**
NES2	Addresses how the district protects students with unpaid meal balances from lunch shaming and ensures their privacy (e.g., students are not given a different meal, given a wrist band, or publicly identified).	**0**
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	**2**
NES4	Specifies strategies to increase participation in school meal programs.	**2**
NES5	Specifies marketing to promote healthy food and beverage choices.	**2**
NES6	Addresses the amount of "seat time" students have to eat school meals.	**1**
NES7	 Addresses purchasing local foods for the school meals program.	**0**
NES8	USDA Smart Snack standards are easily accessed in the policy.	**1**
NES9	Exemptions for infrequent school-sponsored fundraisers.	**2**
NES10	Addresses foods and beverages containing caffeine at the high school level.	**0**

NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	**2**
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	**0**
NES13	Addresses food not being used as a reward.	**2**
NES14	Addresses availability of free drinking water throughout the school day.	**2**

Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	**1**
NE2	All elementary school students receive sequential and comprehensive nutrition education.	**1**
NE3	All middle school students receive sequential and comprehensive nutrition education.	**1**
NE4	All high school students receive sequential and comprehensive nutrition education.	**1**
NE5	Nutrition education is integrated into other academic subjects beyond health education.	**0**
NE6	Links nutrition education with the food environment.	**2**
NE7	School curriculum addresses agriculture and the food system.	**0**

Section 4. Physical Education and Physical Activity

PEPA1	There is a written physical education curriculum for grades K-12.	**1**
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	**2**

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PEPA3	Physical education promotes a physically active lifestyle.	**1**
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	**1**
PEPA5	Addresses time per week of physical education instruction for all middle school students.	**1**
PEPA6	Addresses time per week of physical education instruction for all high school students.	**0**
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	**1**
PEPA8	Addresses providing physical education training for physical education teachers.	**0**
PEPA9	Addresses physical education exemption requirements for all students.	**0**
PEPA10	Addresses physical education substitution for all students.	**0**
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	**0**
PEPA12	 Addresses before and after school physical activity for all students, including clubs, intramural, and interscholastic opportunities.	**0**
PEPA13	Addresses recess for all elementary school students.	**0**
PEPA14	 Addresses physical activity breaks during school.	**0**
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	**0**
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	**0**
PEPA17	 Addresses using physical activity as a reward.	**0**
PEPA18	Addresses physical activity not being used as a punishment.	**2**

PEPA19	Addresses physical activity not being withheld as a punishment.	**2**

Section 5. Employee Wellness

EW1	Addresses strategies to support employee wellness.	**0**
EW2	Encourages staff to model healthy eating and physical activity behaviors.	**0**

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	**1**
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	**0**

Overall District Policy Score

Total Comprehensiveness	**District Score 56**
Total Strength	**District Score 27**