

Trigg County Schools

Wellness Policy Triennial Assessment Report

Previous Date Completed: {unknown }

Date Completed: 25-26

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 Lisa Marsh at lisa.marsh@trigg.kyschools.us

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):

Required Policy Component Goals and Action Steps

1. Nutrition Education Goals

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
Alignment Rule. This states that only those foods and beverages that meet the USDA Smart Snacks in school nutrition standards are permitted to be marketed or advertised on school grounds during the school day.	The walkthrough: Document every food/beverage logo visible in the cafeteria, hallways and gym. The Review: Cross-reference every brand found with the USDA smart snack calculator. The Removal: Take down noncompliant posters, stickers and menu board graphics.	SY 25-26	On walkthroughs all areas are in compliance with smart snacks.	Students, staff and the public	X		
To ensure all students (K-12) receive a minimum of 150 minutes per week of physical education and physical activity, with a specific focus on achieving the Kentucky mandated 30 minutes of daily physical activity for elementary students.	PE Teachers ensure that this standard is met in all schools.	SY 25-26	Blended Scheduling (PE + Physical Activity) Trigg County Schools dedicated PE class time and combined other actives account for the full 150 minutes per week due to scheduling constraints. Teachers and administrators bridge this gap by combining formal PE with other structured physical activities: <ul style="list-style-type: none"> • Core Physical Education Classes: Typically provides 60–90 minutes per week of 	Students, Teachers and Admin	X		

			<p>standards-based instruction in motor skills, fitness, and movement concepts.</p> <ul style="list-style-type: none"> • Structured Recess: Recess is integrated into daily schedules and guided with equipment or structured play options to count toward total physical activity minutes. • Brain Breaks & Classroom Activity: Teachers incorporate short 3–5-minute movement breaks (such as GoNoodle or active learning transitions) throughout the academic day, adding 15–25 minutes weekly. 				
<p>The guidelines for foods and beverages sold on school grounds are strictly governed by federal regulations and local standards. These rules apply to any location where money is exchanged for food, including cafeteria, school stores, vending machines, fundraisers.</p>	<p>Guidelines are shared with all Admin in the district.</p>		<p>Smart Snack Calculator with request for a food fundraiser</p>	<p>Teachers, Admin and Students</p>		<p>X</p>	

2. Nutrition Promotion

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
Launch a district-wide "Biggest Loser" wellness competition to encourage staff health and well-being.	Promote and launch the district-wide competition.	January 9 th , 2026	District-Wide staff participation rate	District Staff		x	

3. Food and Beverage Marketing Guidelines on School Grounds

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
The food and beverages that meet the USDA Smart Snacks in schools meet the nutrition standards are permitted to be marketed or advertised on school grounds during the school day.	The Walkthrough, the review, the removal and the refresh.	SY 25-26 and ongoing	Visual marketing and advertisements on campus	Students, teachers and staff	X		

4. Nutrition guidelines for all foods and beverages are available but NOT SOLD on school grounds (i.e., classroom celebrations, rewards, etc.)

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
To make teachers and admin aware of healthy choices for celebrations or rewards. Non-Food choices that could be replaced with non-smart snack compliant foods.	Given the information at the beginning of the school year.	SY 26-27	Google Form to teachers	Students and Teachers			X

5. Nutrition guidelines for all foods and beverages available SOLD on school grounds (i.e., a la carte, school stores, vending machines, etc.)

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
Ensure all competitive foods and beverages sold on school grounds (vending machines, school stores, à la carte) meet or exceed federal USDA Smart Snacks nutrition standards.	Audit current vendor contracts, vending machine items, and school store inventories.	26-27	100% compliance rate on annual Smart Snacks audit checklist across all vending, store, and à la carte sales points.	Food Services Director, School Principals, Vending Vendors, Student Club Advisors, Athletic Directors, Students.		X	

6. Physical Activity

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
Expand opportunities for active play during recess and after-school programs to ensure students achieve at least 30 minutes of physical activity daily during the school day.	1. Audit current playground and gym equipment to ensure adequate resources for active free play. 2. Establish intramural/active club opportunities before or after school across campuses. 3. Present physical activity findings at the annual public forum as required by state reporting guidelines.	SY 26-27	Increased percentage of students participating in structured recess or physical activity clubs; annual KDE physical activity report submission.	Principals, Recess Staff, PE Teachers, Athletic Directors, Community Partners (e.g., local parks & rec), Students.			X

7. Other School Based Activities

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
Ensure all Trigg County students have adequate time to eat meals in a clean environment and have access to free, safe drinking water throughout the school day.	<ul style="list-style-type: none"> -Schedule at least 20 minutes of seated eating time for lunch across all school schedules. -Maintain accessible, operational water bottle filling stations across all campuses. -Promote non-food rewards and celebratory activities for academic or behavioral achievements 	SY 26-27	Master schedule review confirming $\geq$ 20-minute seated lunch periods; annual audit of water station functionality and student access.	District Administration, School Principals, Food Services Director, Custodial Staff, Students.			X

Section 2: Policy Progress and Improvement

{Based on the above information, provide a description on how you will implement further steps and activities for improvement on all goals that are 'Partially in Place' and 'Not in Place'}

Nutrition Promotion (District Staff Wellness Challenge) — *Partially in Place*

- **Current Status:** The district-wide "Biggest Loser" staff competition is slated for launch on January 9, 2026.
- **Next Steps & Improvement Plan:**
 - Design and distribute communication materials (flyers, email blasts, and district portal updates) by December 2025 to generate early momentum.
 - Establish a simple online tracking and registration process to maximize participation across all schools.
 - Secure non-monetary incentives and recognition for top individual and school-level participation to sustain engagement throughout the competition.

. Nutrition Guidelines for Foods/Beverages SOLD on School Grounds — *Partially in Place*

- **Current Status:** Policy guidelines are shared with administration, but comprehensive vendor and venue audits remain in progress for School Year 26–27.
- **Next Steps & Improvement Plan:**
 - Conduct a thorough inventory audit of all campus vending machines, school stores, and à la carte lines prior to the start of SY 26–27.
 - Mandate the use of the USDA Smart Snack Calculator for any proposed food fundraiser requests submitted by school clubs, athletic teams, or teachers.
 - Partner with vendor representatives to ensure only Smart Snack-compliant items are loaded into campus vending machines.

Nutrition Guidelines for Foods/Beverages NOT SOLD on School Grounds (Classroom Celebrations & Rewards) — *Not in Place*

- **Current Status:** A structured system to inform and track non-food rewards and healthy classroom celebrations is planned for implementation in SY 26–27.
- **Next Steps & Improvement Plan:**

- Develop and distribute a standardized "Healthy Celebrations & Non-Food Rewards Guide" to all teaching staff and administration during back-to-school professional development.
- Deploy a quarterly Google Form survey to teachers to monitor adoption, gather feedback on non-food reward ideas, and assess compliance.
- Work with school principals to ensure classroom party guidelines are regularly communicated to parents via school newsletters and handbooks.
- **4. Physical Activity (Expanded Opportunities & Recess) — *Not in Place***
- **Current Status:** Plans to expand active play, audit facilities, and launch extracurricular activity clubs are scheduled for SY 26–27.
- **Next Steps & Improvement Plan:**
- Conduct an inventory and safety audit of playground facilities and gym equipment at all elementary and middle school campuses before the start of the school year.
- Establish at least one new active before/after-school club or intramural option per school site in collaboration with PE staff and local community partners (e.g., Parks & Rec).
- Compile physical activity data into the annual Kentucky Department of Education (KDE) Physical Activity Report and present findings at the annual public forum.
- **5. Other School-Based Activities (Meal Duration & Hydration) — *Not in Place***
- **Current Status:** Standardizing lunch durations, ensuring water station functionality, and promoting non-food rewards are slated for full implementation in SY 26–27.
- **Next Steps & Improvement Plan:**
- Review all master school schedules with district and campus leadership to guarantee a minimum of 20 minutes of seated eating time for lunch at every grade level.
- Partner with the facilities and custodial teams to complete a pre-school-year audit of all water bottle filling stations to ensure proper functionality and filtration.
- Reiterate district policy on non-food academic and behavioral rewards across all faculty handbooks and administrative meetings.

Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the local wellness policy to a model wellness policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identifies policy strengths and areas for improvement, *please attach a copy of your district's Well SAT report to this assessment.*

Local Wellness Policy Strengths

Based on the comparison of your district's policy vs. the Wellness School Assessment Tool (WellSAT) please list all of your district's Local {
Wellness Policy Strengths. Examples could include (but not limited to) nutrition education, physical education and activity, etc }

Local Wellness Policy Strengths (WellSAT Comparison)

1. Food and Beverage Marketing Guidelines (WellSAT Section 3)

- **Standardized Walkthrough & Removal Protocol:** Your policy mandates an active, structured process (**The Walkthrough, Review, Removal, and Refresh**) to identify and remove non-compliant food and beverage branding from cafeterias, hallways, and gymnasiums during the school day.
- **Strict Smart Snack Alignment:** Clear commitment to restricting school-day advertising strictly to items meeting federal USDA Smart Snacks standards.

2. Physical Education & Physical Activity Standards (WellSAT Section 4)

- **KRS 160.345 Compliance & Blended Scheduling:** Policy directly aligns with Kentucky state mandates by establishing a minimum target of **150 minutes per week of physical education and physical activity** for elementary students, including a daily requirement of 30 minutes of moderate-to-vigorous physical activity.
- **Multidisciplinary Movement Breaks:** Explicitly structures physical activity across multiple delivery methods (core PE instruction, structured active recess, and classroom movement breaks like GoNoodle/Brain Gym).

3. Competitive Foods & Beverages Sold on School Grounds (WellSAT Section 2)

- **Universal Application:** Applies Smart Snacks guidelines across all point-of-sale areas on school grounds (cafeteria à la carte, vending machines, school stores, and school-day fundraisers).

- **Formal Verification System:** Requires the use of the USDA Smart Snack Calculator to pre-approve food items for school-sponsored fundraisers and sales.

4. Leadership, Implementation, & Monitoring (WellSAT Section 6)

- **Designated Wellness Leadership:** Direct administrative oversight led by district officials and school principals to evaluate compliance, present annual findings at public forums, and submit required KDE state reports

Areas for Local Wellness Policy Improvement

{Based on the comparison of your district's policy vs. the WellSat, please list all the areas for improvement for your district's Wellness Policy. In this section, also please explain what steps you will take to improve on these areas. Examples could include (but not limited to) wellness promotion and marketing, nutrition education, etc.}

Areas for Local Wellness Policy Improvement

Based on the WellSAT comparison and current district evaluation, Trigg County Public Schools has identified specific policy areas where language strength, monitoring mechanisms, and full implementation can be improved. Below are the key target areas along with the actionable steps the district will take to achieve full policy compliance.

1. Foods/Beverages Available but NOT SOLD (Classroom Celebrations & Rewards)

- **Area for Improvement:** Current policy language lacks enforceable restrictions regarding foods served during classroom parties, birthday celebrations, and as teacher rewards. WellSAT standards recommend clear, mandatory guidelines that prioritize non-food rewards and Smart Snack-compliant celebratory items.
- **Steps for Improvement:**
 - **Policy Revision:** Update formal district policy language to establish clear standards for classroom parties and restrict the use of food/beverages as student academic or behavioral rewards.
 - **Resource Distribution:** Provide all teachers and administrators with a standardized *Healthy Celebrations & Non-Food Rewards Guide* (e.g., extra recess, classroom coupons, special privileges) at the start of the school year.
 - **Monitoring & Feedback:** Implement a quarterly teacher Google Form survey to evaluate compliance, assess classroom practices, and collect feedback on non-food reward adoption.

2. Physical Activity Integration & Extended Opportunities

- **Area for Improvement:** While elementary physical activity targets are met, the policy lacks formal mandates for structured movement before/after school and formal protections against withholding physical activity (e.g., recess) as a disciplinary action.

- **Steps for Improvement:**

- **Facility & Equipment Audit:** Conduct an annual safety and resource audit of playground facilities and physical education equipment across all schools.
- **Program Expansion:** Collaborate with physical education staff, school leadership, and local community partners (e.g., Parks & Rec) to establish active before- or after-school intramurals and wellness clubs.
- **Policy Clarification:** Explicitly write language into site-based decision-making (SBDM) policies prohibiting staff from withholding recess or active play time as punishment.

3. Other School-Based Activities (Dining Environment & Hydration Protections)

- **Area for Improvement:** Ensure policy language explicitly mandates minimum seated dining times for student meals and guarantees free, unrestricted access to drinking water throughout the entire school day, not just during meal times.
- **Steps for Improvement:**
 - **Schedule Verification:** Audit all master school schedules annually to ensure every student receives a minimum of 20 minutes of seated eating time for lunch.
 - **Hydration Access Audit:** Partner with custodial and maintenance staff to conduct a pre-school-year audit of water bottle filling stations across all campuses to ensure functionality, cleanliness, and filter replacement.
 - **Communication:** Formally communicate drinking water access guidelines in student and faculty handbooks.

4. Staff Wellness & Modeling (Nutrition Promotion)

- **Area for Improvement:** Policy support for employee health has primarily focused on periodic competitions rather than sustained, year-round staff wellness programming and role modeling.
- **Steps for Improvement:**
 - **Sustained Programming:** Expand the district-wide "Biggest Loser" challenge into a broader, year-round staff wellness initiative offering health screenings, active movement opportunities, and mental health resources.
 - **Healthy Modeling:** Encourage staff to model healthy eating and active lifestyles in front of students by providing compliant options in staff breakrooms and during administrative meetings.