Kentucky Local Wellness Policy Triennial Assessment

In accordance with the U.S. Department of Agriculture's Final Rule: Local School Wellness Policy Implementation, all sponsors participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy (LWP), at minimum, once every three years. The following report will act as an assessment of the district's LWP. It is recommended that all Kentucky sponsors use the Kentucky Local Wellness Policy Triennial Assessment to fulfill the program requirements.

The assessment must measure the following:

1. Sponsor's compliance with their local wellness policy
2. Sponsor's progress toward meeting their local wellness policy goals
3. How the language in the sponsor's wellness policy compares to the model wellness policy.

Instructions:

Before you begin the assessment, please read through the entire instruction section. Next, follow steps 1-4 to complete the Triennial Assessment Report. The report template can be found on page two of this document. Please note, the brackets with a gray background are editable ({Example of Editable Field}).

STEP 1: Policy Assessment

- Requirement: assess compliance with the local wellness policy.
- How to complete section 1 of the report:
    - Select the people who are participating in the development, implementation, and evaluation of our wellness policy.
    - Select how the public receives notice that they're available to participate in the Local Wellness Process.
    - List and review your district's goals for each of the 7 required policy components and mark with an "X" which column best suits the degree of compliance for each required policy component (Fully in Place, Partially in Place, Not in Place).

STEP 2: Policy Progress and Improvement

- Requirement: describe the overall progress made toward meeting policy goals.
- How to complete: In section 2 of the report, provide a description that includes how you will implement further steps and activities and improvement bases on the information entered in Step 1.

STEP 3: Model Policy Comparison

- Requirement: describe policy strengths and areas for improvement based on the findings of the WellSAT.
- How to complete: First, complete the WellSAT assessment (see below for instructions). Based on the results from WellSAT, provide a brief description of the LWP strengths and areas of improvement in section 3 of the report.
- How to complete the WellSAT: You can complete the WellSAT assessment either electronically OR by hard copy. Go to wellsat.org. Note: Retain a copy of the completed assessment and attach to this assessment.

STEP 4: Record Keeping

- Requirement: each LEA must retain records and make available to the public to document compliance.
- How to complete: Share your progress with your school community by posting it your nutrition services or district webpage.

Fulton County Schools
Wellness Policy Triennial Assessment Report

Previous Date Completed: {School Year}
Date Completed: 2026-2027

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, please contact: Lindsey Bridges, Food Service Director.

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 (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	
Promote healthy eating behaviors	Use cafeteria signage, nutrition promotions, and meal program messaging to support healthy food choices.	Ongoing throughout the school year	Observation of participation. School nutrition feedback.	Students, Teachers, School nutrition staff, administrators, families		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
Encourage healthy food choices	Offer fruits, vegetables, whole grains, and healthier meal options through positive promotion and taste-testing activities.	Ongoing	Promote new items into the menu for the students to try for breakfast and lunch	Students, Staff, Parents		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
Ensure food and beverage marketing complies with Smart Snack standards.	Remove any non-compliant advertising. Ensure ordering is smart-snack approved.	Annual Review and ongoing site monitoring	Administrative monitoring and site observation	Administrators, school nutrition 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)

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
Encourage healthy food choices for classroom parties and snacks	Discourage food as a reward. Encourage non-food reward alternatives. Principal monitor approval for snacks.	Ongoing	Principal oversight and school monitoring	Teachers, administrators, students, and families		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
Ensure all foods and beverages sold during the school day meet federal nutrition requirements.	No items shall be sold during the day that don't meet smart snacks. Items that do not meet compliance are to be sold after school hours.	Ongoing	Principal oversight and school monitoring	Teachers, principals, 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
Active lifestyles beyond the school day	Support running clubs, walking programs, and family wellness opportunities	Ongoing	Principal, teachers, students, and parents	Principal, teachers, students, and parents		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
Promote family and community engagement	Offer family wellness nights, health promotion events, encourage parents or guardians to participate in monthly meals, and partnerships that support student wellness	Ongoing	Administrators, principal, teachers, parents, and students	Administrators, principal, teachers, parents, and students		X	

Section 2: Policy Progress and Improvement

Fulton County Schools has made significant progress toward implementation of the district Local Wellness Policy goals. Nutrition education efforts continue through classroom instruction, cafeteria nutrition signage, and student taste testing opportunities that encourage healthy food choices. Physical activity opportunities remain strong through daily recess, classroom brain breaks, running clubs, and physical education programming.

The district continues to support family wellness nights and community meals, helping promote a culture of health beyond the classroom.

Fulton County Schools maintains compliance with USDA meal pattern requirements and Smart Snack standards for foods sold during the school day. Food rewards are discouraged, and classroom celebrations and snacks are monitored at the school level with principal oversight.

Areas for Local Wellness Policy Improvement

Areas for continued improvement include strengthening documentation of implementation practices, expanding wellness engagement opportunities where feasible, and maintaining consistent monitoring to ensure continued compliance with federal and state wellness policy requirements.

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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

Fulton County Schools' Local Wellness Policy demonstrates several strengths when compared to the WellSAT model wellness policy, including:

- Compliance with USDA meal nutrition standards
- Smart Snack compliance language
- Food and beverage marketing restrictions
- Stakeholder engagement expectations
- Wellness leadership structure
- Annual reporting expectations
- Nutrition education support
- Physical activity promotion

Comparison through the WellSAT assessment identified opportunities to strengthen policy language in several areas, including:

- More specific written language regarding structured physical activity opportunities
- Expanded recess and classroom physical activity break language
- Additional detail regarding nutrition education implementation
- More specific language regarding before- and after-school wellness opportunities
- Stronger documentation expectations for implementation monitoring

Fulton County Schools will address these areas through future policy review and revision, continued wellness committee oversight, stakeholder input, and annual monitoring of wellness practices.