Cody-Kilgore School District

Triennial assessment results 2026

Meet our team

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Policy compliance results

Strengths

- The district has established wellness goals and remains in compliance with district, state, and federal wellness requirements.
- Students benefit from strong Health and Physical Education programs that promote lifelong healthy habits.
- The district offers quality nutrition programs, including School Breakfast, School Lunch, and the Fresh Fruit and Vegetable (FFV) Program, which provide students with access to nutritious meal and snack options.

Areas for Improvement

- Increase compliance with Smart Snacks standards by reducing the availability of non-compliant snacks and beverages brought into the school.
- During the 2026–2027 school year, the Wellness Committee will prioritize developing and implementing a consistent plan to encourage healthier food choices for students and staff while reinforcing district food and beverage guidelines.

Wellness policy goals

1. Nutrition Education and Promotion

- The district will promote healthy eating habits through nutrition education and positive wellness initiatives.
- Students will have access to free, safe drinking water throughout the school day to encourage healthy hydration.

2. Physical Activity

- Students will be encouraged to participate in physical activity throughout the school day and will be provided with regular opportunities to engage in age-appropriate movement through physical education, recess, classroom activities, and other school-sponsored programs.

3. Other Goals for Student Wellness

- The district will continue to participate in all eligible state and federal child nutrition programs to ensure students have access to healthy, nutritious meals.
- The district will foster a school environment that supports the physical, mental, and emotional well-being of all students through policies and practices that encourage healthy lifestyles.

Key achievements

- One of the district's greatest achievements has been providing a healthier learning environment for our elementary students. Moving into the new elementary school has increased opportunities for physical activity, improved access to safe drinking water, and enhanced overall student wellness.

- The consolidation of our schools has strengthened our physical education program. With the physical education teacher located in the same building, students have more consistent access to quality instruction. In the past, PE opportunities were limited when a substitute was unavailable. Now, staff work collaboratively to ensure students remain physically active throughout the school day.

- Consolidating the district's breakfast and lunch programs into one location has improved efficiency and consistency in meal service. This centralized approach helps ensure that all students have reliable access to nutritious meals and that nutrition services are delivered effectively across the district.

Next Steps

1. A primary focus for the 2026–2027 school year will be strengthening compliance with the district's food and beverage guidelines. The Wellness Committee will work to reduce the availability of unhealthy foods and beverages brought into the school while promoting healthier options that meet Smart Snacks standards. The committee will collaborate to develop a clear and consistent plan that provides guidance for staff, students, and families, helping to create a healthier school environment.

Cody-Kilgore School District
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Cody-Kilgore Community

Our Cody-Kilgore School takes pride in supporting the needs of the whole child, and to ensure that all children are safe, supported, engaged, and challenged each school day. Research indicates that initiatives focused on improving aspects of students' well-being in schools — such as addressing childhood obesity, preventing bullying, supporting students mental health, and restricting use of exclusionary discipline — have been found to be successful in improving student success and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment.

Step #1- On the Healthier Generation Assessment, we scored 19 out of 20. One area that we really need to work on is the sales and access to food and beverages that don't meet the Health guidelines. This is something we will emphasize during the 26-27 school year.

Step #2-

Goal 1- Water will be made available to students throughout the school day.
Goal 2- Students will be encouraged to engage in physical activities throughout the school day and will be provided with opportunities to do so.
Goal 3- The district will participate in state and federal child nutrition programs as appropriate.

All goals have been met by the district. Although there are some areas for improvement.

The Area of emphasis is to prevent the sale and access to unhealthy food and beverages.

Steps to take:

1. Meet as a committee regularly to get it corrected.
2. Put out a letter to parents asking for their help by not allowing unhealthy snacks and drinks, and, when at parties, bringing healthy alternatives.
3. Administration monitoring and assessing progress.

If you have any questions, please contact **Ryan Orrock, ryan.orrock@cody-kilgore.com**

Sincerely,

Ryan Orrock

Superintendent of Schools