Elliott County
Wellness Policy Triennial Assessment Report

Previous Date Completed:
Date Completed: October 30, 2025}

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 Dolly Fannin at dolly.fannin@elliott.kyschools.us or 606-738-8002.

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 (Advertisement in Elliott County News):

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	
Increase student awareness of proper nutrition	a) Elementary students will receive instruction and participate in classroom instruction during special rotation classes a minimum of twice during rotation groups focusing on eating the right amount of foods in each food group measured by lesson plans/teacher notes. b) During health classes, incorporate age -appropriate nutrition education to reinforce healthy eating habits and food literacy at least once per semester.	August 2025	_Lesson Plans _Observations	Teachers and principals	x		
Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast	a) Ensure that all meals are compliant with Nutri Kids system weekly. b) Food service managers and menu planner aligns vegetable sub groups are complaint with National School Lunch and Breakfast standards.	August 2025	-Menus -Nutri Kids system report	Cafeteria Managers Child Nutrition Director	x		

standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.							
Water is available/accessible to all students during lunch as well as all during the school day.	Water fountains and refill stations are available through each school location.	August 2025	Building walkthroughs to ensure fountains are working properly	Maintenance and Custodia Staff	x		
Annual training for food and nutrition services staff in accordance with USDA Professional Standards.	All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs as documented by annual trainings provided by KDE.	July 2025	Professional Standards Tracker on Sponsor Net	Child Nutrition Director Superintendent	x		
					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
Increase participation in the school lunch and breakfast programs.	a) Offer more of a variety of fruits and vegetables during lunch and breakfast as measured by monthly menu options. b) Offer more varieties of grab and go breakfast options as measured by monthly menus.	August 2025	Meal participation rates	Food Service Managers Child Nutrition Director	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
All foods and beverages that are marketed on school grounds must meet Smart Snack standards. This	Ensure that no marketing from school or school employees that do not meet Smart Snack	August 2025	No marketing	Principals	x		

includes vending machines and group fundraising.							

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
Limit the foods and drinks provided to students during parties that are not Smart Snack Compliant.	a) Birthday celebrations should be limited to classrooms once a month. b) Other classroom celebrations should be limited to four or less times per year. c) Staff must not provide students with beverages that contain caffeine at the elementary school level at school events.	August 2025	Classroom celebrations held throughout the year	Principals 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.) (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
The district will ensure compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers. The district will not approve any fundraisers that are not Smart Snack compliant to be sold during school hours.	August 2025	Observations of items sold during the school day	Superintendent and Principals will monitor Teachers Club Sponsors	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

Increase the amount of student physical activity during school.	Each school will offer physical activity opportunities during school, supporting teachers to use an in -class movement structure during the day as measured by lesson plans and schedules.	August 2025	Lesson Plans Observations	Teachers and principals	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
Increase the number of health education session offered to parents and families.	FRYSC will offer family engagement activities that focuses on health education for parents as measured by FRYSC updates.	January 2026	Updates for FRYSC				x

Section 2: Policy Progress and Improvement

For items that are not implemented we have a plan of when it will begin implementation for policy/plan implementation

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

Some items that are not mentioned or not in place based on Well Sat are requirements that we must have in place but not included in our plan. We are ensuring that we meet all federal requirements.

Areas for Local Wellness Policy Improvement

The district is focus on increasing student participation for breakfast and lunch by offering more options including grab and go offerings.