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.

Graves County Schools
Wellness Policy Triennial Assessment Report

Previous Date Completed: 7/2024
Date Completed: 7/2026

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 Shelina McClain- shelina.mcclain@graves.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** (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 knowledge and awareness of healthy eating habits, nutrition, and overall wellness by partnering with the local Health Department, community organizations, and School Nutrition Staff to provide engaging, age-appropriate nutrition education lessons in classrooms throughout the school year.	1. Collaborate with the local Health Department and community organizations to identify nutrition education resources, materials, and guest speakers. 2. Partner with School Nutrition Staff to plan and deliver age-appropriate nutrition education lessons in classrooms. 3. Coordinate with classroom teachers and school administrators to schedule nutrition education activities throughout the school year. 4. Provide opportunities for students to participate in School Nutrition taste testing and focus groups.	July 1, 2026	- Number of nutrition education lessons provided -Number of Health Department and community partnerships -Number of student taste-testing events conducted -Number of student focus groups held -Student participation and feedback collected	SN Staff Teachers Health Department		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 student participation in the School Nutrition Program by providing appealing, high-quality meals, gathering student feedback, and implementing strategies that encourage more students to eat school breakfast and lunch.	1. Conduct student taste-testing events to introduce new menu items and gather feedback before adding them to the menu. 2. Organize student focus groups to discuss meal preferences, menu variety, food quality, and opportunities for improvement.Review monthly breakfast and lunch participation data to identify trends, areas for improvement, and opportunities to increase participation at each school. 3. Collaborate with school administrators and teachers to promote the benefits of eating school breakfast and lunch. 4. Review monthly breakfast and lunch participation data to identify trends, areas for improvement, and opportunities to increase participation at each school. 5. Collaborate with school administrators and teachers to	July 1, 2026	-Monthly breakfast and lunch participation data -Number of school meal promotion activities conducted -Increase in student breakfast and lunch participation rates	SN Staff Administrators School Staff		X	

	promote the benefits of eating school breakfast and lunch.						

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 includes vending machines and bill boards.	1. Review all foods and beverages marketed on school grounds to ensure compliance with USDA Smart Snacks in School standards. 2. Monitor vending machines, billboards, posters, digital displays, and other school-based marketing materials for compliance. 3. Collaborate with school administrators, staff, and vending machine vendors to ensure all marketed foods and beverages meet Smart Snacks requirements. 4. Remove or replace noncompliant food and beverage advertisements with approved options.	July 1, 2026	-Number of school sites reviewed for Smart Snacks compliance -Vending machines and advertising materials monitored -Number of compliance reviews conducted annually -Number of noncompliant advertisements corrected or removed -Percentage of school sites meeting Smart Snacks standards	SN Staff Administrators		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
Staff is encouraged to provide students with other rewards that are not food related.		July 1, 2026		SN Staff Administrators		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
All foods and beverages sold on school grounds must meet Smart Snack compliance and compliance with 702 KAR 6:090. Foods and beverages sold 30 minutes after the end of the school day do not need to meet standards.	1. Encourage teachers and school staff to use non-food rewards to recognize positive behavior, academic achievement, and student accomplishments. 2. Share ideas for non-food incentives, such as extra recess, classroom privileges, stickers, pencils, certificates, and positive recognition. 3. Provide staff with resources and examples of alternatives to food-based rewards.	July 1, 2026	-Number of schools promoting non-food rewards -Staff awareness of non-food reward alternatives -Number of non-food reward resources shared with staff -Feedback from teachers and school administrators	SN Staff Administrators School Staff		X	

	4. Communicate the district's wellness policy regarding non-food rewards during staff meetings and wellness committee meetings. 5. Encourage school administrators to monitor and support the use of non-food rewards throughout the school year.		-Compliance with district wellness policy guidelines				

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 student physical activity before, during, and after school by encouraging brain breaks, incorporating interactive movement activities such as GoNoodle, and implementing physical activity strategies presented by Baptist Health	1. Encourage classroom teachers to incorporate scheduled brain breaks throughout the school day to increase movement, improve focus, and support student engagement. 2. Promote the use of GoNoodle and other age-appropriate movement activities to provide students with opportunities for physical activity during classroom instruction.	July 1, 2026	-Number of classrooms incorporating scheduled brain breaks -Number of teachers using GoNoodle or other movement activities -Frequency of physical activity breaks during the school day	Administrators School Staff		X	

Deaconess to support student health, focus, and overall wellness.			-Teacher feedback on student participation and engagement				

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 access to evidence-based health education for parents and families by partnering with Family Resource and Youth Services Centers (FRYSC) and the local Health Department to provide educational materials, resources, and information that promote healthy	1. Partner with FRYSC and the local Health Department to identify and share evidence-based health education materials and resources with parents and families. 2. Distribute educational materials through school newsletters, parent communication platforms, school websites, social media, and family engagement events. 3. Provide families with information on nutrition, physical activity, disease prevention, mental wellness, and other relevant health topics.	July 1, 2026	-Number of partnerships with FRYSC and the Health Department -Number of health education materials and resources distributed -Number of family communication channels used to share health information	FRYSC Families SN Staff Administrators		X	

lifestyles and overall family wellness.	4. Collaborate with FRYSC coordinators and Health Department representatives to connect families with community health services, educational programs, and available resources.		-Number of health topics addressed -Number of families connected with community health services and educational resources				

Section 2: Policy Progress and Improvement

Goals will be reviewed annually at the district level and during each school's Local Wellness Committee meetings to evaluate current progress and determine which goals are partially in place or not yet in place. Based on these reviews, the district and school wellness committees will develop action plans identifying strategies, activities, partnerships, and resources needed to improve implementation. Progress will be monitored throughout the school year, and adjustments will be made as needed to ensure continued improvement and work toward bringing all goals fully into place.

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

Nutrition Environment and Services
Nutrition Education
Physical Education and Physical Activity

Areas for Local Wellness Policy Improvement

Employee Wellness
Integration and Coordination