



HCPS Student Wellness Triennial Assessment Report Summary

Review of Policy, Assessment
Domains, and Next Steps

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Overview of HCPS Wellness Policy (Policy Code 6140)

Purpose: To ensure students' physical health, proper nutrition, and wellness as essential components of the educational experience.

Components:

- Student wellness, proper nutrition, regular physical activity
- Compliance with State Board of Education's Healthy Active Children Policy
- Establishment of a School Health Advisory Council (SHAC)



Legislative Requirements for Triennial Assessment of Wellness Policy

Purpose: To inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the local school wellness policy by making the **triennial assessment**, as required in [paragraph \(e\)\(2\)](#) of section [7CFR 210.31](#), available to the public in an accessible and easily understood manner.



Assessment Domains

The **WellSat: 3.0** Wellness School Assessment Tool focuses on three primary domains:

Compliance with
Wellness Policy

Comparison to
Model Policies

Progress Toward
Wellness Goals



Key Findings and Next Steps

The key findings and next steps focus on three areas:

- Nutrition Promotion and Education
- Physical Activity
- School-Based Wellness Activities



Nutrition Promotion and Education

Findings: Nutrition education aligns with the Healthful Living Standard Course of Study, promoting healthy eating and involving families in wellness efforts.

Next Steps: Increase opportunities for family and community engagement and expand nutrition-focused projects.



Physical Activity

Findings: Physical education time meets state standards for all grade levels, with efforts to promote lifelong physical fitness.

Next Steps: Enhance after-school activity programs and integrate physical activity breaks across grade levels.



School-Based Wellness Activities

Findings: HCPS provides a safe meal environment, consistent access to drinking water, and professional development for nutrition staff.

Next Steps: Seek funding for further staff training and wellness program expansion; improve public awareness through regular updates and outreach.



Public Documents

Visit the HCPS website for complete details about our Triennial Assessment, our wellness policy, and progress updates.

- HCPS Student Wellness [Policy Code 6140](#)
- HCPS [WellSAT: 3.0](#) Triennial Assessment
- HCPS [Triennial Assessment Report](#)
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Thank You!

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