

Local Wellness Policy: Triennial Assessment Summary Report

Section 1: General Information

School(s) included in the assessment: Ashe County Public Schools

Month and year of current assessment: June 2022

Date of last local Wellness Policy revision: April 6th, 2020

Website address for the local wellness policy: [ACS Student Wellness Policy](#)

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 2 in 2021-2022 school year (COVID related meeting delays)

Designated School Wellness Leader: Jamie Little, Director of Student Services,
jamie.little@ashe.k12.nc.us

School Health Advisory Council Members:

First Name	Last Name	Agency	E-mail address
Caitlin	Adams	ACHD	Caitlin.adams@apphealth.com
Kristy	Aldridge	ACMS-counselor	Kristy.aldrige@ashe.k12.nc.us
Whitney	Amendolare	COVID Nurse - ACHS	whitney.goodman@ashe.k12.nc.us
Tonya	Blevins	EC Program Spec	Tonya.blevins@ashe.k12.nc.us
Maggie	Birdsell	Nutrition	Maggie.birdsell@gmail.com
Amanda	Bloomer	WWES-Guidance	amanda.bloomer@ashe.k12.nc.us
Laura	Branch	School Nurse – BRES	laura.branch@ashe.k12.nc.us
Jessica	Calhoun	Physical Ed	jessica.calhoun@ashe.k12.nc.us
Dr. Eisa	Cox	Superintendent	eisa.cox@ashe.k12.nc.us
Tracy	Downer	DSS	tmjordan@hotmail.com
Elizabeth	Dunbar	ACS - ACHS	elizabeth.dunbar@ashe.k12.nc.us
Stephanie	Eggers	School Nurse – ACMS	Stephanie.eggers@ashe.k12.nc.us
Dianne	Eldreth	BOE	dianne.eldreth@ashe.k12.nc.us
Roxane	Gilbert	Health Occu – ACHS	roxane.gilbert@ashe.k12.nc.us
Doug	Helms	Ashe Medics	DHelms78@gmail.com
Brian	Hampton	AP - ACHS, AD	brian.hampton@ashe.k12.nc.us
Autumn	Hodges	ACS-Social Worker	Autumn.hodges@ashe.k12.nc.us
Julie	Jones	BRES- Guidance	Julie.jones@ashe.k12.nc.us
Jason	Krider	MVES-AP	Jason.krider@ashe.k12.nc.us
Melissa	Lewis	AMH	education@ashememorial.org
Jamie	Little	Student Service Coord.	jamie.little@ashe.k12.nc.us

Joallen	Lowder	BRES-Principal	Joallen.lowder@ashe.k12.nc.us
Libby	Matheson	School Nurse-WWES	libby.matheson@ashe.k12.nc.us
Derek	McClure	DNP	ashefamilyhealthcare@gmail.com
Susan	Mochen	Assistant Principal	Susan.mochen@ashe.k12.nc.us 1
Lisa	Osborne	COVID Nurse - MVES	lisa.obsorne@ashe.k12.nc.us
Brittany	Perry	ACS-Social Worker	brittany.perry@ashe.k12.nc.us
Regan	Perry	School Nurse- MVES	regan.perry@ashe.k12.nc.us
Heather	Peters	FNP	Hpeters8505@gmail.com
Crystal	Reeves	COVID Nurse - ACS	crystal.reeves@ashe.k12.nc.us
Fawn	Roark	ACHS	fawn.roark@ashe.k12.nc.us
Karina	Romero	ACHD	Karina.romero@apphealth.com
Lindsey	Sullivan	ACHD	Lindsey.sullivan@apphealth.com
Amy	Tsolis	MVES-Guidance	amy.tsolis@ashe.k12.nc.us
Martha	Turner	Nutrition ACS	martha.turner@ashe.k12.nc.us
David	Willard	ACHD	david.willard@apphealth.com
Kelly	Welsh	ACHD	kelly.welsh@apphealth.com

Section 3: Comparison to Model School Wellness Policies

Complete the WellSAT3.0 assessment tool and keep a copy of the results for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

Alliance for a Healthier Generation: Model Policy

WellSAT 3.0 example policy language

Other (please specify):

Describe how your wellness policy compares to model wellness policies: Ashe County Public Schools Student Wellness Policy 6140 follows guidelines and requirements set by the Health Active Children Policy.

<p>Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 65</p>
<p>Total Strength Add the strength scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 42</p>

Section 4: Compliance with the wellness policy and progress towards goals

Specific Goal	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe action Steps
<p>Nutrition Guidelines The general goals of nutrition promotion and nutrition education are (1) to provide appropriate instruction for the acquisition of behaviors that contribute to a health lifestyle for students and (2) to teach, encourage, and support healthy eating by students.</p>	√			Continue to provide and promote nutrition education through the curriculum.
<p>All foods and beverages sold at school must meet the nutrition standards established in accordance with Smart Snacks Standards</p>	√			Continue to follow Smart Snacks Standards.
<p>Food and beverage marketing on school campuses during the school day must meet federal and state standards.</p>	√			Continue to follow Smart Snacks Standards.
<p>Physical Education & Physical Activity The goal of the physical education program is to promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation in physical activity. Schools must provide a minimum of 30 minutes of moderate to vigorous physical activity daily for kindergarten through eighth-grade students.</p>	√			Continue to provide and promote meaningful physical activity and education.
<p>Other school-based promotion of wellness activities 1. Schools will provide a clean and safe meal environment. 2. Students will be provided adequate time to eat meals. 3. Drinking water will be available at all meal periods and throughout the school day.</p>		√		<ol style="list-style-type: none"> 1. Met: Continue with current practices. 2. Partially Met: Continue to seek ways to ensure adequate time to eat meals. SHAC to review current goals and advise on necessary changes. 3. Met: Continue water filling station accessibility in all schools and having

<p>4. Professional development will be provided for school system nutrition staff.</p> <p>5. To the extent possible, the school system will utilize available funding and outside programs to enhance student wellness.</p> <p>6. Food will not be used in the schools as a reward or punishment.</p> <p>7. As appropriate, the goals of this wellness policy will be considered in planning all school-based activities.</p> <p>8. Administrators, teachers, school nutrition personnel, students, parents or guardians, and community members will be encouraged to serve as positive role models to promote student wellness.</p>				<p>water available during meals.</p> <p>4. Met: Continue current practices.</p> <p>5. Partially Met: Continue to seek ways to enhance student wellness. SHAC to review current goals and advise on necessary changes.</p> <p>6. Partially Met: Continue to seek ways to ensure food is not used as a reward (Currently Met: no food is used as a punishment). SHAC to review current goals and advise on necessary changes.</p> <p>7. Met: Continue current practices.</p> <p>8. Partially Met: Continue to seek ways to engage stakeholders. SHAC to review current goals and advise on necessary changes.</p>
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Include any additional notes, if necessary: N/A

Ashe County Schools completed WellSat 3.0 Assessment Tool for policy comparison and created a Google Form based on WellSat implementation guidelines for district school data collection.

Results are available for review upon request.