

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Gates County Public Schools

Month and year of current assessment: December 2024

Date of last Local Wellness Policy revision: December 2021

Website address for the wellness policy and/or information on how the public can access a copy:
<https://boardpolicyonline.com/?b=gates>

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 2

Designated School Wellness Leader

Name	Job Title	Email Address
Jeremy Wright	Director of Student Services	wrightje@gatescountyschools.net

School Health Advisory Council

Name	Job Title	Email Address
Heather Boyce	School Nurse	boycehm@gatescountyschools.net
Courtney Jones	School Nurse	jonescg@gatescountyschools.net
Lisa Jordan	School Nurse	jordanll@gatescountyschools.net
Arthea Ruffin	School Counselor	ruffinac@gatescountyschools.net
Dr. Paula Simpson	Nutrition Director	simpsonpj@gatescountyschools.net
Katron Greene	PE Teacher	greenekl@gatescountyschools.net

Section 3. Comparison to Model School Wellness Policies

Complete the [WellSAT3.0 assessment tool](#) and keep a copy of the results on file 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:

- ☐ WellSAT 3.0 example policy language
- ☐ Other (please specify): NC STATE Board of Education - Healthy Active Children Policy

Describe how your wellness policy compares to model wellness policies.

Gates County Public Schools Student Wellness Policy 6140 follows guidelines and requirements set by the Healthy Active Children Policy. Gates County Schools wellness policy uses much of the same policy language found in the WellSAT 3.0 examples but additional work can be done to make improvements in certain areas.

Section 4. Compliance with the Wellness Policy and Progress towards Goals

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps:
The general goals of nutrition promotion and nutrition education are (1) to provide appropriate instruction for the acquisition of behaviors that contribute to a healthy lifestyle for students and (2) to teach, encourage and support healthy eating by students.	X			Continue to promote nutrition education across the school setting.

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps:
All foods and beverages sold at school must meet the nutrition standards established in policy 6230, School Meal and Competitive Foods Standards	X			Continue to follow smart snacks guidelines.

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps:
School principals shall establish rules for foods and beverages brought from home for classroom events or parties during the school day or for extracurricular activities after the school day. The board encourages principals to establish rules that are consistent with the Smart Snacks in Schools standards.		X		Principals have rules for outside food established in their Student/Parent handbooks. We do need to strengthen our Smart Snack implementation when it comes to extracurricular activities and classroom parties.

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Food and beverage marketing on school campuses during the school day must meet federal and state standards. In accordance with these standards, only foods and beverages that meet the Smart Snack standards.	X			Will continue to follow the Smart Snack standards.

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps:
<p>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.</p> <p>Schools must provide a minimum of 30 minutes of moderate to vigorous physical activity daily for kindergarten through eighth-grade students.</p>	X			Will continue to promote and provide meaningful physical activity and education. We do have a need to increase professional development opportunities to our staff.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps:
<p>1. Schools will provide a clean and safe meal environment.</p> <p>2. Students will be provided adequate time to eat meals.</p> <p>3. Drinking water will be available at all meal periods and throughout the school day.</p> <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>		X		As a district we need to continue working towards fully meeting these goals. Policies are in place but implementation needs to be strengthened in some areas.

Include any additional notes, if necessary:

Gates County completed WellSAT3.0 Assessment Tool

Results can be found on the District Website.

Policy Assessment: Gates County Schools (12/2024)

District: GATES COUNTY SCHOOLS

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.


Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	1
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	1
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	1
FR4	Free drinking water is available during meals.	2
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	2
FR7	Regulates food and beverages sold in a la carte.	2
FR8	Regulates food and beverages sold in vending machines.	2
FR9	Regulates food and beverages sold in school stores.	2
FR10	Addresses fundraising with food to be consumed during the school day.	2
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
FR13	Addresses how all relevant stakeholders will participate.	1

Policy Assessment: Gates County Schools (12/2024)**District: GATES COUNTY SCHOOLS**

FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	2
FR15	Addresses making the wellness policy available to the public.	2
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	1
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	1


Section 2. Nutrition Environment and Services

NES1	Addresses access to the USDA School Breakfast Program.	1
NES2	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	2
NES4	Specifies strategies to increase participation in school meal programs.	1
NES5	Specifies marketing to promote healthy food and beverage choices.	1
NES6	Addresses the amount of "seat time" students have to eat school meals.	1
NES7	 Addresses purchasing local foods for the school meals program.	0
NES8	USDA Smart Snack standards are easily accessed in the policy.	1
NES9	Exemptions for infrequent school-sponsored fundraisers.	2
NES10	Addresses foods and beverages containing caffeine at the high school level.	0


Policy Assessment: Gates County Schools (12/2024)**District: GATES COUNTY SCHOOLS**

NES11	Addresses nutrition standards for all foods and beverages SERVED to students after the school day, including aftercare on school grounds, clubs, and after-school programming.	0
NES12	Addresses nutrition standards for all foods and beverages SOLD to students after the school day, including aftercare on school grounds, clubs, and after-school programming.	0
NES13	Addresses food not being used as a reward.	2
NES14	Addresses availability of free drinking water throughout the school day.	1





Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE2	All elementary school students receive sequential and comprehensive nutrition education.	1
NE3	All middle school students receive sequential and comprehensive nutrition education.	1
NE4	All high school students receive sequential and comprehensive nutrition education.	1
NE5	Nutrition education is integrated into other subjects beyond health education.	0
NE6	Links nutrition education with the food environment.	0
NE7	 Nutrition education addresses agriculture and the food system.	0

Section 4. Physical Education and Physical Activity

PEPA1	 There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2


Policy Assessment: Gates County Schools (12/2024)
District: GATES COUNTY SCHOOLS

PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	0
PEPA13	Addresses recess for all elementary school students.	1
PEPA14	 Addresses physical activity breaks during school.	0
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0
PEPA17	 Addresses using physical activity as a reward.	0
PEPA18	Addresses physical activity not being used as a punishment.	2

Policy Assessment: Gates County Schools (12/2024)
District: GATES COUNTY SCHOOLS

PEPA19	Addresses physical activity not being withheld as a punishment.	2
---------------	---	----------

Section 5. Employee Wellness


EW1	 Addresses strategies to support employee wellness.	0
EW2	Encourages staff to model healthy eating and physical activity behaviors.	1

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	1
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	1

Overall District Policy Score

Total Comprehensiveness	District Score 72
Total Strength	District Score 24


 Farm to School

 CSPAP


Practice Assessment: Gates County Schools (12/2024)


District: GATES COUNTY SCHOOLS






Congratulations! You have completed the WellSAT Policy Assessment and the WellSAT Practice Assessment. You can see your Policy and Practice scores for each item below. Each pair of responses is compared and linked to an outcome. These are explained below.

 **Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy

 **Create Practice Implementation Plan** - District has a strong or weak policy, but practice implementation is either absent or limited





 **Update Policies Update Policies** - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy

 **Opportunities for Growth** - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way












Section 1. Federal Requirements		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	1	2	
FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	1	2	
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	1	2	
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	2	2	

Practice Assessment: Gates County Schools (12/2024)

District: GATES COUNTY SCHOOLS











FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	2	2	★
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	★
FR8	Do all foods and beverages sold in vending machines meet Smart Snack standards?	2	1	
FR9	Do all foods and beverages sold in school stores during the school day meet Smart Snack standards?	2	2	★
FR10	Are there fundraisers that sell foods or beverages to be consumed during the school day? If yes, do the foods and beverages sold meet Smart Snacks standards?	2	2	★
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	1	0	
FR12	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	2	2	★
FR13	Which groups are represented on the district-level wellness committee?	1	1	
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	★
FR15	How is the wellness policy made available to the public?	2	2	★
FR16	Is wellness policy implementation evaluated every three years?	2	2	★
FR17	What is included in the triennial assessment report to the public?	1	2	

Practice Assessment: Gates County Schools (12/2024)
District: GATES COUNTY SCHOOLS












FR18	Has the wellness policy been revised based on the previous triennial assessment?	1	1	
Section 2. Nutrition Environment and Services		Policy Score	Practice Score	
NES1	Does the district offer breakfast every day to all students?	1	2	
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2	
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	2	2	
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	1	1	
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	1	1	
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	1	2	
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	0	0	
NES8	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	1	2	
NES9	Are you familiar with any state laws allowing exemptions for school-sponsored fundraisers during which foods and beverages do not have to meet Smart Snacks?	2	NA	
NES10	Are foods or beverages containing caffeine sold at the high school level?	0	2	

Practice Assessment: Gates County Schools (12/2024)

District: GATES COUNTY SCHOOLS

















NES11	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	0	1	
NES12	Do all foods or beverages SOLD (not served) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	0	0	
NES13	Do teachers or school staff give students food as a reward?	2	0	
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	1	2	
Section 3. Nutrition Education		Policy Score	Practice Score	
NE1	Are skills-based, behavior-focused, and interactive/ participatory methods used in nutrition education to develop student skills?	2	1	
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	1	1	
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	1	2	
NE4	Do all high school students receive sequential and comprehensive nutrition education?	1	1	
NE5	Is nutrition education integrated into other subjects beyond health education?	0	0	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	0	0	

Practice Assessment: Gates County Schools (12/2024)
District: GATES COUNTY SCHOOLS

NE7	 Does nutrition education address agriculture and the food system?	0	1	
Section 4. Physical Education and Physical Activity		Policy Score	Practice Score	
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	1	2	
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	
PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	1	
PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	1	
PEPA6	How many minutes per week of PE does each grade in high school receive?	1	0	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	0	1	




Practice Assessment: Gates County Schools (12/2024)


District: GATES COUNTY SCHOOLS

PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	0	2	
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	0	NA	
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	0	1	
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	0	1	
PEPA13	Is there daily recess for all grades in elementary school?	1	2	
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	0	1	
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	0	2	
PEPA16	What proportion of students walk or bike to school?	0	1	
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	0	2	
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	
Section 5. Employee Wellness		Policy Score	Practice Score	
EW1	 Are there strategies used by the school to support employee wellness?	0	2	

Practice Assessment: Gates County Schools (12/2024)

District: GATES COUNTY SCHOOLS

EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	1	0	
Section 6. Integration and Coordination		Policy Score	Practice Score	
IC1	Is there an active district-level wellness committee?	1	2	
IC2	Is there an active school-level wellness committee?	1	1	

 Farm to School

 CSPAP