

GARDEN COUNTY SCHOOLS

Triennial Wellness Assessment Results 2023



Wellness Team

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1. Policy compliance results

Areas of Strength:	1. Students have access to great nutritious meals at school with lots of variety.
	2. Great cooperative effort with PE/FCS Wellness Curriculum.
	3. The district does a great job of not marketing foods during the school day.
Opportunities for Improvement	1. Create more opportunities for staff and students to move during the day.
	2. Expand nutrition topics through more grades.
	3. Offer nutrition related to weight training.

2. Wellness Policy Goals

- Meet all USDA Guidelines
- All Students will get a minimum of 75 minutes of physical activity weekly
- Begin 8 to Great Curriculum & Hope Squad

3. Wellness Metrics

