

Wythe County Public Schools

Wellness Policy

Wythe County Public Schools (here to referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative School Wellness Team (SWT) that meets at least times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The SWT membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; school health professionals (e.g. school health services staff], psychologists, school administrators, school board members; health professionals and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinator. To the extent possible, the SWT will include representatives from each school building and reflect the diversity of the community.

Leadership

The School Health Coordinator or designees will convene the SWT and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

Designees: Gretchen Robinson, School Health Coordinator and Tracy Webster, School Nutrition Coordinator. The names, titles, and contact information of these individuals are:

Name	Title / Relationship to the School or District	Email address	Role on Committee
Gretchen Robinson	School Health Coordinator	grobinson@wythek12.org	Assists in the evaluation of the wellness policy implementation

Tracy Webster	School Nutrition Coordinator	twebster@wythek12.org	Assists in the evaluation of the wellness policy implementation
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II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to schools; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy.

The Wythe County Public School Health Coordinator will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the policy, including indicators that will be used to measure its success. Principals will be responsible for overseeing the implementation in their buildings. The public, including parents, students, and others in the community, will be informed and updated about the content of implementation of the policy

This wellness policy and the progress reports can be found on the Wythe County Public Schools Website: [Wellness Policy](#) Wellness Policy Assessments: [#1](#) [#2](#) [#3](#)

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District’s Central Offices. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;

- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the SWT;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;

The position/person responsible for managing the triennial assessment and contact information is Gretchen Robinson, School Health Coordinator, 1570 West Reservoir Street Wytheville, VA 24382, phone 276-228-5411 or email grobinson@wythek12.org.

The SWT, in collaboration with schools, will monitor schools' compliance with this wellness policy.

The availability of the triennial progress report will be available to all stakeholders on the WCPS website.

Revisions and Updating the Policy

The SWT will update or modify the wellness policy based on the results of triennial assessments, and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Summer Food Service Program (SFSP). The District also operates additional nutrition-related programs and activities including: Breakfast in the Classroom, Mobile Breakfast carts, and Grab 'n' Go Breakfast. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices:
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - A reimbursable meal can be created in any service area available to students Student taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Daily announcements are used to promote and market menu options.
 - Menus will be posted on the District website or individual school websites,
 - School meals are administered by a team of child nutrition professionals.
 - Lunch may not be used as a reward/punishment or as homework time.

- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.
- In some schools, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. All food and beverages served to students while attending before/aftercare and class parties while on school grounds are encouraged to be healthy snacks and meet the smart snack nutrition standards. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas from the [Alliance for a Healthier Generation](#) and the [USDA](#).

The Division shall permit each public school to conduct on school grounds, during the regular school hours, no more than 30 school-sponsored fundraisers per school year, during which food and beverages that do not meet the nutrition guidelines for competitive foods may be sold to students. Pursuant to the Regulations for the School Breakfast Program and the Regulations Governing School Lunch Sale of Food Items, **the sale of any such food or beverage items CANNOT take place in competition with the National School Lunch and School Breakfast Programs from 6 a.m. until after the close of the last breakfast period and from the beginning of the first lunch period to the end of the last lunch period.**

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion taught by school nurses as well as through cross curriculum activity that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Meets the Virginia Department of Education (VDOE) Health Standard of Learning (SOL) curriculum for all grades and is sequential and comprehensive in nature.
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities,
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;

- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs and cafeteria nutrition promotion activities

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum for some grades a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Eating disorders (on WCPS WEBSITE)
- Reducing sodium intake
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior
- The Wythe County Website Nutrition page provides multiple resources for employees, parents and students as well as Nutrition education.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition.

IV. Physical Activity

Children and adolescents should participate in at least 150 minutes of physical activity every week. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools

will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education (PE)

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education and follow the VDOEs SOL curriculum for PE.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All District **middle school students** are required to take 3 years of physical education classes and all high school students are required to take two classes of physical education. Middle and High School PE will consist of 150 minutes a week in the classes offered and meet the DOEs SOL curriculum requirements for PE.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Health Fitness Zone other appropriate assessment tool) and will use criterion-based reporting for each student (Fitness Gram tool data warehouse).

Additionally:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers in the District will be required to participate in at least a once a year professional development (PD) in education.
- Physical Education staff have a Health and PE Google classroom set up to offer PD opportunities and networking for staff.
- All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are granted on a limited basis.
- Support for the health of all students will demonstrated by promoting eligible children to the availability of Medicaid and other state children's health insurance programs.
- Height and weight will be collected and maintained on students in grades K, 3, 5, 7 and 10. This information will be utilized for division-wide but not individual data purposes.
- Dental screenings will be offered with parental permission. Parents will receive written notification of any dental concerns.
- Schools will be encouraged to organize individual wellness committees comprised of families, teachers, administrators and students to help implement this policy and to plan, implement, and improve nutrition, physical activity and mental health in the school environment.
- An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. CPR will be taught to all 9th grade PE students. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down

- Overcoming barriers to physical activity
- Preventing injury during physical activity
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan

Recess (Elementary)

All elementary schools will offer an average of **20 minutes of recess** on all days during the school year (This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just near the cafeteria to ensure proper hygiene prior to eating.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Active Academics

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects. Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: such as physical activity clubs, physical activity in aftercare, and interscholastic sports.

V. Other Activities that Promote Student Wellness

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SWT.

Community Partnerships

The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

1. The District will partner with the local health department as much possible, to administer influenza immunizations, other required immunizations and in providing health related services.
2. The District will partner with the Wythe County Sheriff's Department to provide the Dare Program to elementary and middle school students each year.
3. The District will partner with the Wythe County Sheriff's Department to provide the Anti-Tobacco Programs to middle and high school students each year as available.
4. The District will partner with WCCH and WorkPoint Wellness to provide healthy incentives and programs for staff.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

The SWT will have a staff wellness committee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will encourage strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the District may offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Adopted: August 8, 2012

Revised: June 10, 2013
June 11, 2015
July 13, 2017
June 26, 2018

Legal Refs: 42 U.S. C. section 1758b
7 CFR Pt. 201, App. B
7 CFR Pt. 210, 220 (FNS 2014-0010)
Code of VA 1950, as amended, Section 22.1-253.13.13:1.D.14.
Code of VA 2014, as amended, Section 22.1-207.4

Cross Refs: EFB Free and Reduced Price Food Services
IGAE/IGAF Health Education/Physical Education
JL Fund Raising and Solicitation
JHCH School Meals and Snacks
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships

Assessment 1 - Wellness Policy Assessment for Wythe County Public Schools

Goal Evaluated: Other school-based activities

- **Objective Evaluated:** Wythe County Public Schools Physical Activity Award Program for School Personnel:

Communication venues and audiences:

- School Staff
- In an effort to help facilitate the overall health and fitness of the Wythe County Public School personnel, we are encouraged our staff to participate in a holistic approach to physical fitness and health. This included regular exercise, good nutrition, and participation in sports. We will be challenged our staff in a program similar to the Governor's Physical Activity Award Program.

Communication Instruments:

- An email went out to all Wythe County Public School employees in January of 2017 to invite them to participate in the Physical Activity Award Program. Included in the email was the award criteria and activity log sheet.
- Fliers were also posted in the school nurses offices.

Evaluation Measurements:

- **Process Measure:** A list of physical activity suggestions was given in the along with the activity log. PE teachers from each school measured out a mile walking course around their school and a map was posted in each school office for employee convenience. Pedometers were given to each participate to facilitate the numbers of steps they walked.
- **Impact Measure:** During the sixteen week activity challenge we had anywhere from thirty to sixty-nine employees participating in the exercise program.
- **Outcome Measure:** During the Physical Activity Award program we had up to 69 employees participating in the challenge or 10% of our employee population. In one four week challenge period employees logged 51,876 minutes of exercise. While our numbers did not stay consistent through our sixteen week program we had employees excited about exercise and improved aerobic health. It would appear that we met the goal for school personnel to make a commitment to become active and participate regularly in physical activity.

Assessment 2 - Wythe County Public Schools Wellness Policy Assessment

Goal Evaluates: Physical Activity

- **Objective Evaluated:** Wythe County Public Schools All –County Field Day

Communication venues and audiences:

- All High School students from Wythe County Public Schools were invited to participate in the All-County HS Field Day (see attached flier) that was held on Monday May 22nd, 2017 at FCHS. The event was held in the football stadium at FCHS.
- Parental permission forms were required to attend the event due to the physical activity aspect.

Communication Instruments:

- Fliers and Permission forms were posted and handed out by WCPS School Nurses.
- Announcements were made at all three High Schools publicizing the event.
- Honey Well Voicemail alerts were sent out to students' enrolled at each of the county high schools.

Evaluation Measurements:

- **Process Measure:** The FCHS football stadium was chosen because for the ease of running multiple events at one time. All WCPS students were invited to the all-county high school field day. A parental permission form was required to attend. The majority of GWHS's staff participated in the management of the field day. The principals and teacher chaperones from each of the other schools were present as well. There were various vendors and sponsors also present.
- **Impact Measure:** There were approximately 500 students in attendance. This is a total from all three high schools. The games/ Events that were included in the day were:
 1. Volleyball Games
 2. Tug of War
 3. Hula Hoop Games
 4. Dizzy Bat Races
 5. Sack Races
 6. Zumba
 7. Iron Man Races

Each school a several teams that rotated through all of the stations. The Zumba demonstrations had the entire student section from each school on the field participating.

- **Outcome Measure:** The annual All-County High School Field Day was a large success. We had a high number of students from each of the county high schools partaking in all of the events. Many of the staff members not running stations were also joining in the activities. The Zumba and aerobic/dance warm up session that all of the students participated in was also good exposure to a different type of physical activity for this age student.



2017

Wythe County Public Schools

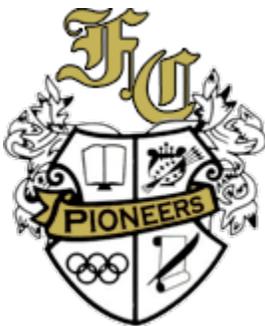
All-County

High School Field Day

Monday May 22, 2017

FCHS Football Field

12:30 pm



Assessment 3 - Wythe County Public Schools Wellness Policy Assessment

Goal Evaluated: Physical Activity:

- **Objective Evaluated: The Pioneer Run**

Communication Venues and Audiences:

- Elementary School Students from Max Meadows, Sheffey and Jackson Elementary Schools
- Fort Chiswell High School (FCHS) Cross Country Field and Course

Communication Instruments:

- Event Fliers went home with each elementary school student from these three schools in select grades.
- A Honey Well alert was sent out to all of the families from these elementary schools
- Banners for the event were placed at FCHS
- T-Shirts were made to advertise the event and were given to all participating students

Evaluation Measurements:

- **Process Measurement:** The location for this event was optimal. Using the FCHS Field and Cross Country Course was an ideal setting for these students to experience a true running course. The half day event was an appropriate time frame to keep these students attention while providing the opportunity to try a new form of exercise. Offering two different lengths of races was also beneficial. This offered an option for differing skill and exercise levels.
- **Impact Measurement:** The Pioneer Trail Run had a wonderful turn out. Almost one hundred percent of the three participating elementary school student populations (close to 126 students) were in attendance. There were two different runs offered for both male and female students. There was a competitive run and a fun run for those that wanted participate but not compete. This format actually encouraged many students to participate that would not normally take part in this type of activity.
- **Outcome Measurement:** The Pioneer Trail Run did a wonderful job of reaching its target audience the Jackson, Sheffey and Max Meadows Elementary School's fifth grade students. The Fort Chiswell High School Cross Country Team also benefitted from this event. Their Cross Country team tripled in size due to students being introduced to this lifelong sport, activity. The feedback from students, staff and parents associated with this event was extremely positive and we hope for an even better experience next year.