



Alabama State Department of Education Child Nutrition Program



Local Wellness Policy: Triennial Assessment Report

This tool is intended to be a guide based on current regulations. It is the responsibility of the LEA to stay abreast of any updates and changes to the regulations and to implement any changes in local policies.

Background Information

To be compliant with the USDA final rule, at least once every three years, the district will assess the Local Wellness Policy. However, Local Education Agencies (LEAs) may assess their policy more frequently if they wish.

Purpose

The district should designate a representative to lead the wellness policy assessment. This representative must publicly invite members from the community, schools, and the district to participate. Members of the district wellness committee who are completing the assessment of the Local Wellness Policy may use this template. Section 3 of this template should be copied and completed for each school.

This template contains the three required components of the triennial assessment:

1. the extent to which the wellness policy compares to model wellness policies
2. progress made in attaining the goals of the wellness policy
3. the extent to which schools under the jurisdiction of the districts are complying with the district Wellness Policy

Results

A copy of the assessment must be made available to the public. How the assessment is made available is the decision of the LEA. (i.e., district website, local newspaper, etc.). The triennial assessment summary and the assessment details (e.g., WellSAT 3.0 report) must be shared.



Recordkeeping for the Child Nutrition Program Administrative Review:

- a copy of the most recent triennial assessment, along with supporting documentation
- a copy of the current and previous board approval of the policy
- documentation demonstrating the policy has been made available to the public
- documentation of efforts to review and update the policy, including who was involved and how the district made stakeholders aware of their ability to participate (i.e., meeting agendas and sign-in sheets)

Local Wellness Policy: Triennial Assessment Summary

General Information

LEA: **OPP CITY SCHOOLS**

Month and year of current assessment: **APRIL 2024**

Date of last Local Wellness Policy revision: **MAY 2023**

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: **www.oppcityschools.com/childnutrition**

Wellness Committee Information

How often does your district wellness committee meet? **ANNUALLY**

District Wellness Coordinator

Name	School	Job Title	Email Address
HEATHER SHORT	BOE	CNP DIRECTOR	HSHORT@OPPBOE.COM

Designated Wellness Assessment Leader (can be the District Wellness Coordinator)

Name	School	Job Title	Email Address
HEATHER SHORT	BOE	CNP DIRECTOR	HSHORT@OPPBOE.COM

District Wellness Committee Members

Name	School	Job Title	Email Address
RITA DREW	OHS/BOE	LEAD NURSE	RDREW@OPPBOE.COM
SHAWN SHORT	OES	PRINCIPAL	SSHORT@OPPBOE.COM
KIM ANDERSON	OES	CAFÉ MANAGER	KAANDERSON@OPPBOE.COM
ALICIA KROHER	OMS	ASST PRNCIPAL	AKROHER@OPPBOE.COM
KATIE JOHNSON	OMS	TEACHER	KJOHNSON@OPPBOE.COM
ROBBIE ROSS	OMS	PE/COACH	RROSS@OPPBOE.COM
JOSH THOMPSON	OES	PE/COACH	JTHOMPSON@OPPBOE.COM
ALLIE WISMER	OHS	STUDENT	AWISMER24@OPPCS.COM
APRIL COX	PARENT	PARENT	ACOX@ALLINCU.COM

*See page 13 for space to add Wellness Committee members.

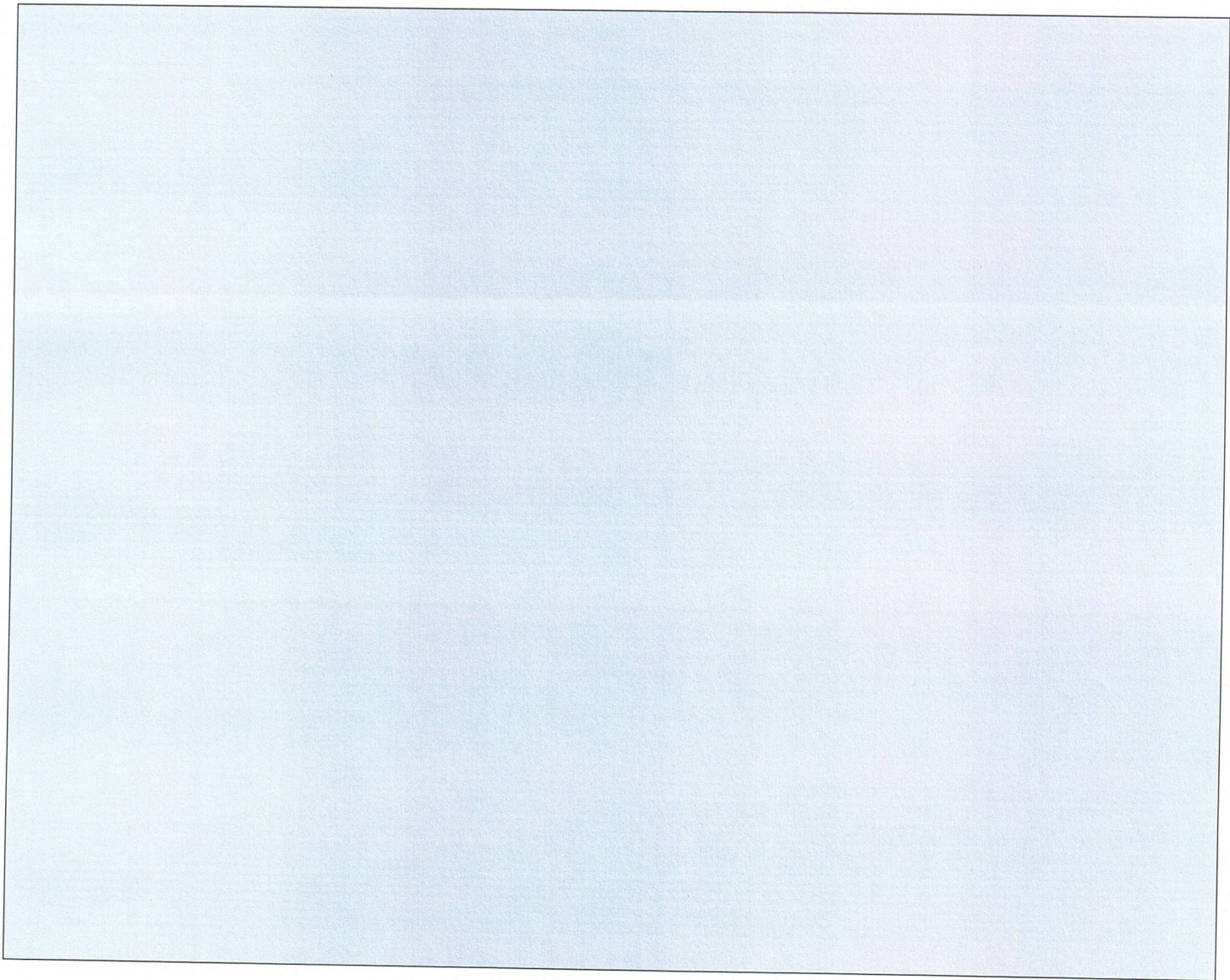
Section 1. Comparison to Model School Wellness Policies

Complete a Triennial Assessment Tool ([WellSAT3.0 assessment tool](#), or other customized assessment tool) and keep a copy of the results on file for at least three full school years plus the current year. It will be reviewed during the next administrative review of your Child Nutrition program.

Indicate which model wellness policy language was used for comparison:

- Alliance for a Healthier Generation Model Policy
- WellSAT 3.0 example policy language (Print the WellSat report and include with your assessment)
- Other (please specify): _____

Describe how your wellness policy compares to the model wellness policy. (May use a bullet format to list comparisons)



Section 2. Progress towards Goals

***NOTE: Required components are listed in blue.**

Nutrition standards for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)	Describe progress and next steps:
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To be compliant with the USDA final rule and ALSDE:

- All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the [USDA regulations for the National School Lunch and School Breakfast programs](#)
- All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity [Smart Snack and Fundraiser Guidance and Implementation.pdf \(alsde.edu\)](#)
- Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

COMPLIANT

COMPLIANT

COMPLIANT

If applicable, list additional school goals below:

Access to free potable water on campus

Describe progress and next steps:

To be compliant with the USDA final rule:

Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.

List how access to potable water is made available in schools.

COMPLIANT

WATER FOUNTAINS ARE AVAILABLE IN BOTH CAFETERIAS.

FOUNTAINS AND WATER FILL STATIONS ARE CONVENIENTLY LOCATED IN ALL SCHOOLS.

*NOTE: Required components are listed in blue.

<p>Guidelines for other foods and beverages available on the school campus, but not sold</p>	<p>Describe progress and next steps:</p>
<p>To be compliant with ALSDE: All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</p> <p>If applicable, list additional school goals below:</p>	<p style="text-align: center;">COMPLIANT</p>

<p>Marketing and advertising of only foods and beverages that meet Smart Snacks</p>	<p>Describe progress and next steps:</p>
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<p><u>To be compliant with the USDA final rule:</u> Our school only markets or advertises foods and beverages that meet the <u>USDA Smart Snacks in School</u> nutrition standards on the school campus, during the school day.</p> <p>If applicable, list additional school goals below:</p>	<p style="text-align: center;">COMPLIANT</p>
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***NOTE: Required components are listed in blue.**

Physical Activity Goal(s)	Describe progress and next steps:
<p><u>To be compliant with the USDA final rule:</u> The district requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school.</p> <p>List physical activity opportunities that are offered at schools:</p>	<p style="text-align: center;">COMPLIANT</p> <p style="text-align: center;">ALL SCHOOLS OFFER PHYSICAL EDUCATION CLASSES AS PART OF EACH SCHOOLS CIRRCULUM. THE ONLY DEVIATION WILL BE FOR THOSE STUDENTS 7TH-12TH GRADES WHO HAVE A VARSITY ATHLETIC PERIOD FOR THE SPORT THEY ARE INVOLVED.</p> <p style="text-align: center;">THE PHYSICAL ACTIVITY OFFERED AT SCHOOLS IN ADDITION TO P.E. ARE AS FOLLOWS:</p> <p style="text-align: center;"> FOOTBALL BASEBALL SOFTBALL BASKETBALL VOLLEYBALL CHEER GOLF CROSS COUNTRY TRACK FISHING </p>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p><u>To be compliant with the USDA final rule:</u> The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.</p> <p>List how nutrition promotion and nutrition education are provided in schools:</p>	<p style="text-align: center;">COMPLIANT</p> <p style="text-align: center;">SIGNAGE IN ALL CAFETERIAS MORNING ANNOUNCEMENTS OF MENU MENUS POSTED IN ALL CAFETERIAS MY PLATE PROGRAM HEALTH EDUCATION CLASSES AGRICULTURE CLASSES</p>

***NOTE: Required components are listed in blue.**

Other school-based activities to promote student wellness goal(s)	Describe progress and next steps:

To be compliant with the USDA final rule:

The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.

List other school-based activities that are offered by the district:

COMPLIANT

**OTHER SCHOOL-BASED ACTIVITIES INCLUDE:
BREAKFAST PROGRAM @ ALL SCHOOLS
FIELD DAY @ OPP ELEMENTARY SCHOOL
JUMP ROPE FOR HEART @ OPP ELEMENTARY SCHOOL
GREEK GAMES @ OPP MIDDLE SCHOOL
PRESIDENTIAL FITNESS PROGRAM @ OPP
ELEMENTARY & OPP MIDDLE SCHOOLS
HEATHER BRYAN MEMORIAL 5K @ OPP HIGH SCHOOL
DRUG AWARENESS/BREAST CANCER AWARENESS @
ALL SCHOOLS
DIABETIC EDUCATION & WELLNESS CLINIC FOR ALL
STAFF**

CHECKLIST:

Triennial Assessment was made public:

Date: 4/5/2024

Updated Wellness Policy received Board approval: (if applicable)

Date: 5/23/2023

Wellness Policy was made public:

Date: 5/23/2023

SIGNATURES:

Heather Short

District Wellness Assessment Leader

PRINT NAME: Heather Short

DATE: 4/5/24

Heather Short

District Wellness Coordinator

PRINT NAME: Heather Short

DATE: 4/5/24

M. Smithart

Superintendent

PRINT NAME: Michael Smithart

DATE: 4/5/24

Section 3: School Level Progress Report

Print or copy this section to be completed by each school.

Blue area includes specific guidance. Gray area includes examples.

Place an "X" in the appropriate column by each bullet and add additional goals in the space provided.

School: OPP ELEMENTARY SCHOOL

Date: 4/5/2024

School Wellness Leader: HEATHER SHORT

Page 1 of 4

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	Notes:
<p><u>To be compliant with the USDA final rule and ALSDE:</u></p> <ul style="list-style-type: none"> • All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programs • All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) • Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. 	X			
<p>If applicable, list additional school goals below:</p>				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:

To be compliant with the USDA final rule: <ul style="list-style-type: none"> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria. 	X			
If applicable, list additional school goals below:				

Section 3: School Level Progress Report continued

Guidelines for other foods and beverages available on the school campus, but not sold (i.e., classroom parties and rewards)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
To be compliant with ALSDE: <ul style="list-style-type: none"> All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) 	X			
If applicable, list additional school goals below:				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
To be compliant with the USDA final rule: <ul style="list-style-type: none"> Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day. 	X			



If applicable, list additional school goals below:				
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Section 3: School Level Progress Report

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u> The district requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school.</p>		X		NO BEFORE SCHOOL ACTIVITIES ARE OFFERED AT THIS TIME
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Physical education: (structured and unstructured play)</i> • <i>Our school prohibits withholding activities/recess as a punishment.</i> 	X			
<p>List school goals in this section: EXPLORE BEFORE SCHOOL ACTIVITIES</p>				


Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:



<p><u>To be compliant with the USDA final rule:</u> The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.</p>	X			
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</i> • <i>National School Lunch/School Breakfast Week promotion</i> 				
<p>List school goals in addition to the required outreach included in this section:</p> <ul style="list-style-type: none"> • School Breakfast Outreach • Summer Food Service Outreach 				

Section 3: School Level Progress Report

Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.</p>		X		
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Social Emotional Development</i> • <i>Counseling</i> • <i>Health Services</i> • <i>Physical Environment</i> • <i>Caregiver (Family) Engagement</i> • <i>Community Involvement</i> 				<p>TEACHERS WILL BE ENCOURAGED TO INCORPORATE PHYSICAL ACTIVITY INTO LESSON PLANS</p> <p>EXPLORE MORE WAYS FOR COMMUNITY INVOLVEMENT</p>



List school wellness activity goals in this section:

**EXPLORE BEFORE SCHOOL ACTIVITY
OPTIONS**

EXPLORE MORE WAYS FOR COMMUNITY
INVOLVEMENT

ENCOURAGE PHYSICAL ACTIVITY AND
HEALTHY CHOICE DECISION MAKING IN
TEACHERS CLASSROOM CURRICULUM



Request for Resources and Support

Check the resources and support below if you would like to request assistance for your school in meeting the wellness goals?

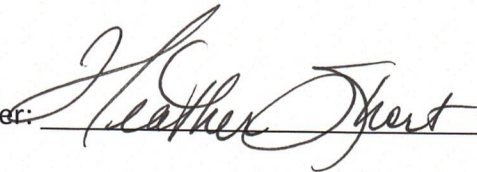
- content specific training (*i.e., Nutrition Education, Physical Education/Activity*)
- assistance with a school-based health assessment
- strategies for implementing the local Wellness Policy
- healthy and profitable non-food fundraisers
- healthy school non-food celebrations
- increasing engagement
- grant writing support
- local and state resources
- other (please specify):

Local Wellness Policy Recommendations

This space is for your school to make recommendations for suggested wellness policy revisions for the district wellness committee to consider.

Signatures:

District Wellness Assessment Leader:



DATE:

4/5/24



Section 3: School Level Progress Report

Print or copy this section to be completed by each school.

Blue area includes specific guidance. Gray area includes examples.

Place an "X" in the appropriate column by each bullet and add additional goals in the space provided.

School: OPP MIDDLE SCHOOL Date: 4/5/2024

School Wellness Leader: HEATHER SHORT

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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	Notes:
<p><u>To be compliant with the USDA final rule and ALSDE:</u></p> <ul style="list-style-type: none"> • All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programs • All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) • Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. 	X			
<p>If applicable, list additional school goals below:</p>				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:

<p><u>To be compliant with the USDA final rule:</u></p> <ul style="list-style-type: none"> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria. 	X			
<p>If applicable, list additional school goals below:</p>				

Section 3: School Level Progress Report continued

Guidelines for other foods and beverages available on the school campus, but not sold (i.e., classroom parties and rewards)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with ALSDE:</u></p> <ul style="list-style-type: none"> All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) 	X			
<p>If applicable, list additional school goals below:</p>				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u></p> <ul style="list-style-type: none"> Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day. 	X			



If applicable, list additional school goals below:				
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Section 3: School Level Progress Report

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u> The district requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school.</p>		X		NO BEFORE SCHOOL ACTIVITES ARE OFFERED AT THIS TIME
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Physical education: (structured and unstructured play)</i> • <i>Our school prohibits withholding activities/recess as a punishment.</i> 	X	X		
<p>List school goals in this section: EXPLORE BEFORE SCHOOL ACTIVITIES</p>				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:





<p><u>To be compliant with the USDA final rule:</u> The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.</p>	X			
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</i> • <i>National School Lunch/School Breakfast Week promotion</i> 				
<p>List school goals in addition to the required outreach included in this section:</p> <ul style="list-style-type: none"> • School Breakfast Outreach • Summer Food Service Outreach 				

Section 3: School Level Progress Report

Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.</p>		X		
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Social Emotional Development</i> • <i>Counseling</i> • <i>Health Services</i> • <i>Physical Environment</i> • <i>Caregiver (Family) Engagement</i> • <i>Community Involvement</i> 				<p>TEACHERS WILL BE ENCOURAGED TO INCORPORATE PHYSICAL ACTIVITY INTO LESSON PLANS</p> <p>EXPLORE MORE WAYS FOR COMMUNITY INVOLVEMENT</p>





List school wellness activity goals in this section:

EXPLORE BEFORE SCHOOL ACTIVITY OPTIONS

EXPLORE MORE WAYS FOR COMMUNITY INVOLVEMENT

ENCOURAGE PHYSICAL ACTIVITY AND HEALTHY CHOICE DECISION MAKING IN TEACHERS CLASSROOM CURRICULUM

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Request for Resources and Support

Check the resources and support below if you would like to request assistance for your school in meeting the wellness goals?

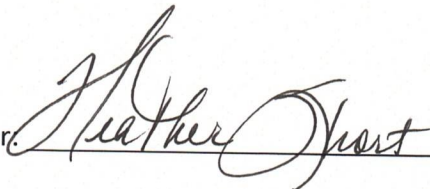
- content specific training (*i.e.*, Nutrition Education, Physical Education/Activity)
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- strategies for implementing the local Wellness Policy
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- healthy school non-food celebrations
- increasing engagement
- grant writing support
- local and state resources
- other (please specify):

Local Wellness Policy Recommendations

This space is for your school to make recommendations for suggested wellness policy revisions for the district wellness committee to consider.

Signatures:

District Wellness Assessment Leader



DATE: 4/5/24

Section 3: School Level Progress Report

Print or copy this section to be completed by each school.

Blue area includes specific guidance. Gray area includes examples.

Place an "X" in the appropriate column by each bullet and add additional goals in the space provided.

School: OPP HIGH SCHOOL Date: 4/5/2024

School Wellness Leader: HEATHER SHORT

Page 1 of 4

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	Notes:
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If applicable, list additional school goals below:				

Section 3: School Level Progress Report continued

Guidelines for other foods and beverages available on the school campus, but not sold (i.e., classroom parties and rewards)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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List school wellness activity goals in this section:

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EXPLORE MORE WAYS FOR COMMUNITY INVOLVEMENT

ENCOURAGE PHYSICAL ACTIVITY AND HEALTHY CHOICE DECISION MAKING IN TEACHERS CLASSROOM CURRICULUM



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- increasing engagement
- grant writing support
- local and state resources
- other (please specify):

Local Wellness Policy Recommendations

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Signatures:

District Wellness Assessment Leader:



DATE: 4/5/24