

Local Wellness Policy Assessment Comparison to a Model Policy

The Local Wellness Policy Final Rule requires districts to assess the extent to which their Local Wellness Policy aligns with model policies at least once every three years. Use this form to assess how your policy compares to the Model Policy. Identify the areas of strength and success, as well as the areas the district wants to work on in the coming years. Share this form or include the results on the triennial assessment that is shared with the public.

District Name: Stewart County Educational Complex

Date: February 28, 2024

		Yes/No	Comments
1	Policy contains specific language regarding nutrition education.	Yes	<p>Nutrition Education and Promotion: It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:</p> <ol style="list-style-type: none"> 1. Students shall receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. 2. Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between school nutrition staff and other school personnel. 3. Students shall receive consistent nutrition messages from all aspects of the school program. 4. Nutrition education, as appropriate, shall be integrated into the health education and core curricula (e.g., math, science, language arts) and may include participatory activities such as classroom projects. 5. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, and accurate portion sizes. 6. Nutrition education and promotion will be provided to families via handouts, newsletters, and postings on the school district website.



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2	Policy contains specific language regarding nutrition promotion.	Yes	
3	Policy contains specific language regarding physical activity as part of health education.	Yes	<p>Physical Education All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals:</p> <ol style="list-style-type: none"> 1. Students shall be given opportunities for physical activity through physical education (PE) classes, recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate. 2. Students shall be given opportunities for physical activity through a range of after school programs including, but not limited to, intramurals, and interscholastic athletics. 3. Attention shall be focused on the knowledge of physical activity behaviors, body composition (BMI) and cardiovascular risk factors in health classes. 4. Employees will be encouraged to complete some type of health/wellness activity during each re-certification period.
4	Policy contains specific language regarding increased student activity including physical activity breaks, active academics, and before and after school activities.	Yes	<ol style="list-style-type: none"> 1. Students shall be given opportunities for physical activity through physical education (PE) classes, recess periods for elementary school students, and the integration of INCREASED physical activity into the academic curriculum where appropriate. 2. Students shall be given opportunities for INCREASED physical activity through a range of after school programs including, but not limited to, intramurals, and interscholastic athletics.

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5	Policy contains specific language regarding health education curriculum requirements on healthy eating.	Yes	
6	Policy contains specific language regarding other activities that promote student wellness. This includes community partnerships, family engagement, staff wellness, and professional learning.	Yes	<p>Other School-Based Activities</p> <p>The Superintendent or designee shall develop procedures that promote attainment of the following goals related to other school-based activities to promote wellness:</p> <ol style="list-style-type: none"> 1. Students will be provided adequate time to eat school meals, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. 2. The schools will strive to increase participation in the available federal Child Nutrition programs (e.g. school breakfasts, school lunches). 3. Students shall be encouraged to start each day with a healthy breakfast. 4. Parents/guardians of students shall be encouraged to reinforce and support healthy eating and physical activity. 5. Ice cream may be sold only after lunch period is over at the elementary school or after a student has eaten a lunch at the middle school. Emphasis will be on selling low fat ice cream, yogurt, or real fruit juice popsicles at all schools.
7	Policy contains specific language regarding nutrition requirements established by local, state and federal regulations.	Yes	<p>Nutrition Guidelines to the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA pertaining to the Healthy, Hunger-free Kids</p>

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			<p>Act of 2010 and state requirements regarding exempt fundraisers, as those regulations and guidance apply to schools.</p> <p>The Superintendent or designee shall develop procedures for operation of school food services at each school during the day with the objectives of promoting school health and reducing childhood obesity.</p>
8	Policy contains specific language regarding competitive foods and beverages.	Yes	<p>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</p>
9	Policy contains specific language regarding food use in celebrations and rewards.	Yes	<p><i>Celebrations and Rewards</i> All foods <u>offered</u> on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards <i>or, if the state policy is stronger, “will meet or exceed state nutrition standards, including through:</i></p> <ol style="list-style-type: none"> 1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA. 2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards. 3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
10	Policy contains specific language regarding fundraising guidelines.	Yes	<p><i>Fundraising</i> Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be</p>

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			<p>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 [examples from the Alliance for a Healthier Generation and the USDA].</p> <ul style="list-style-type: none"> ▪ Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. Outside of school fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales.
11	Policy contains specific language regarding food and beverage marketing in schools.	Yes	Stewart County schools will advertise or market only those foods and beverages that meet the Smart Snack standards and nutrition guidelines.
12	Policy contains specific language regarding water availability and promotion.	Yes	
13	Policy contains specific language regarding promotion of healthy food and beverages.	Yes	

14	Policy contains specific language regarding staff qualifications and professional development.	Yes	
15	Policy contains specific language regarding community involvement, including outreach and communication to the community.	Yes	
16	School Food Authority (SFA) has convened a Wellness Committee.	Yes	
17	Wellness committee meets at least 1 time per year.	Yes	
18	Committee includes representatives from all school levels and include (to the extent possible) but not limited to: parents and caregivers; students; representatives from school nutrition department; physical education teachers; health education teachers; school health professionals; school health services staff; mental health and social services staff; school administrators; school board members; and the general public.	Yes	
19	The SFA has developed and maintains a plan for managing and coordinating the execution of the policy. This plan delineates roles, responsibilities, actions, and timelines specific to each school.	Yes	
20	The SFA has convened the district wellness committee and facilitate development of and updates to wellness policy and will ensure each school's compliance with the policy.	Yes	
21	SFA has retained records that document compliance with policy requirements.	No	The Stewart County School's Wellness Policy will be reviewed annually by a committee consisting of the nutrition staff, school nurse, and superintendent stakeholder groups (student cabinet and parent advisory committee). The policy will be evaluated for its effectiveness and implementation and comparison to a model wellness policy. The Superintendent or designee shall develop an annual summary report on the district-wide compliance with this policy.
22	SFA annually informs families and the public of basic policy information. Information included policy content, updates, and implementation status.	Yes	
23	The SFA has evaluated compliance with the policy to assess implementation. The	Yes	

	evaluation occurs triennially, and results are posted publicly. If the assessment has not occurred, determines plans for the evaluation.		
24	Following the triennial evaluation, the policy was assessed and updated as needed. If this has not occurred what are plans to assess and update the policy.	Yes	