



# 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: Dale County Board of Education

Month and year of current assessment: May 2023

Date of last Local Wellness Policy revision: March 2023

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: [www.dalecountyboe.org](http://www.dalecountyboe.org)

## Wellness Committee Information

How often does your district wellness committee meet? Annually or more

### District Wellness Coordinator

Name	School	Job Title	Email Address
Denisa Clark	CO	CNP Director	<a href="mailto:dclark@dalecountyboe.org">dclark@dalecountyboe.org</a>

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

Name	School	Job Title	Email Address
Melissa Mesey	Newton	CNP Manager	<a href="mailto:newtonlr@dalecountyboe.org">newtonlr@dalecountyboe.org</a>

### District Wellness Committee Members

Name	School	Job Title	Email Address
Chuck Walker	CO	Assoc. Superinten	<a href="mailto:cwalker@dalecountyboe.org">cwalker@dalecountyboe.org</a>
Tonia Strickland	CO	Parent	<a href="mailto:tstrickland@dalecountyboe.org">tstrickland@dalecountyboe.org</a>
Josh Evans	Ariton	Parent	
Lisa Hitchcock	DCHS	CNP Manager	<a href="mailto:dchslr@dalecountyboe.org">dchslr@dalecountyboe.org</a>
Melita Smith	GW Long	CNP Manager	<a href="mailto:longlr@dalecountyboe.org">longlr@dalecountyboe.org</a>
Stacy MacAloney	MCES	CNP Manager	<a href="mailto:mceslr@dalecountyboe.org">mceslr@dalecountyboe.org</a>
Melissa Mesey	Newton	CNP Manager	<a href="mailto:newtonlr@dalecountyboe.org">newtonlr@dalecountyboe.org</a>
Elaine Rogers	SDMS	CNP Manager	<a href="mailto:sdmslr@dalecountyboe.org">sdmslr@dalecountyboe.org</a>
Karen Goodson	CO	Parent	
Wendy Weathers	Newton	PE Teacher	<a href="mailto:wweathers@dalecountyboe.org">wweathers@dalecountyboe.org</a>

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



**District Wellness Committee Members continued**

Name	School	Job Title	Email Address
Hope Deloney	CO	Mental Health Coordinator	<a href="mailto:hdeloney@dalecountyboe.org">hdeloney@dalecountyboe.org</a>
Celeste Johnston	GW Long	Principal	<a href="mailto:cjohnston@dalecountyboe.org">cjohnston@dalecountyboe.org</a>



## 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)

### **DCBOE WELLNESS POLICY ADDRESSES:**

- **Nutrition Education**
- **Nutrition Promotion**
- **Physical Education and Activity Goals**
- **Nutrition Guidelines for Student Foods**
  - **School-Based Activities**

## 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:
<p><b>To be compliant with the USDA final rule and ALSDE:</b></p> <ul style="list-style-type: none"> <li>• All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the <u>USDA regulations for the National School Lunch and School Breakfast programs</u></li> <li>• 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 <u>Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.</u></li> <li>• Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.</li> </ul> <p>If applicable, list additional school goals below:</p>	<ul style="list-style-type: none"> <li>• All snacks are Smart Snack compliant</li> <li>• School schedules are made to be compliant with allowed timeframes</li> <li>• All students are provided access to reimbursable meals that are compliant with USDA standards</li> </ul>

Access to free potable water on campus	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</p> <p>List how access to potable water is made available in schools.</p>	<ul style="list-style-type: none"> <li>• Free, safe drinking water is available through-out the schools and in lunchroom. New, bottle-filler water fountains were recently placed in all schools</li> </ul>

## Section 2. Progress towards Goals continued

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

<p><b>Guidelines for other foods and beverages available on the school campus, but not sold</b></p>	<p><b>Describe progress and next steps:</b></p>
<p><b><u>To be compliant with ALSDE:</u></b>            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 <u>Smart Snack and Fundraiser Guide and Implementation.</u></p> <p><b>If applicable, list additional school goals below:</b></p>	<p>All school administrators and staff are aware of the one-hour timeframe rule and its purpose. Administrators work/prepare schedule of meals/snacks/breaks with this in mind.</p>

<p><b>Marketing and advertising of only foods and beverages that meet Smart Snacks</b></p>	<p><b>Describe progress and next steps:</b></p>
<p><b><u>To be compliant with the USDA final rule:</u></b>            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><b>If applicable, list additional school goals below:</b></p>	<p>School menus for breakfast and lunch are promoted on the school website. Hard copies of menus are also available at schools. Break/snack items are accessed to be Smart-Snack compliant as school notifies CNP of new snacks brought into break areas.</p>

## Section 2. Progress towards Goals continued

\*NOTE: Required components are listed in blue.

Physical Activity Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></p> <p>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><b>List physical activity opportunities that are offered at schools: Baseball, Football, Softball, Basketball, Soccer, Track, Band, Cheer</b></p>	<p>Many opportunities are given to all students on regular basis. All student schedules include 30 minutes or more of physical activity daily.</p>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></p> <p>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><b>List how nutrition promotion and nutrition education are provided in schools:</b></p> <p><b>Audio Announcements</b>  <b>TV Announcements</b>  <b>Class Activities</b></p>	<p>All meals meet USDA nutrition standards, as well as all a la carte items sold through cafeteria. Snacks are Smart-Snack compliant. Teachers and staff regularly encourage and teach healthy eating habits. Coaches regularly teach nutrition during workout sessions.</p>

Section 2. Progress towards Goals continued

\*NOTE: Required components are listed in blue.

Other school-based activities to promote student wellness goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b>                      The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.</p> <p><b>List other school-based activities that are offered by the district:</b></p> <p><b>Reading and Math Summer Programs</b>  <b>4-H Programs</b>  <b>Auburn Extension Service Program</b></p>	<p>Wellness activities are integrated into school activities, classrooms, physical education and extra-curricular activities</p>

**CHECKLIST:**

Triennial Assessment was made public: Date: 6-30-23  
 Updated Wellness Policy received Board approval: (if applicable) Date: NA  
 Wellness Policy was made public: Date: 2015

**SIGNATURES:**

  
 District Wellness Assessment Leader

PRINT NAME: Melissa Mese  
 DATE: 6-30-23

  
 District Wellness Coordinator

PRINT NAME: Denisa Clark  
 DATE: 6-30-23

  
 Superintendent

PRINT NAME: Ben Baker  
 DATE: 6-30-23