



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: Elba City Schools

Month and year of current assessment: June 2023

Date of last Local Wellness Policy revision: 2018

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

Wellness Committee Information

How often does your district wellness committee meet? Annually

District Wellness Coordinator Name	School	Job Title	Email Address
Christina Morgan	Central Office	CNP Director	cmorgan@elbaed.com

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

Name	School	Job Title	Email Address
Christina Morgan	Central Office	CNP Director	cmorgan@elbaed.com

District Wellness Committee Members

Name	School	Job Title	Email Address
Christina Morgan	Central Office	CNP Director	cmorgan@elbaed.com
Wynn Grimes	EHS	Principal	wgrimes@elbaed.com
Kenya Martin	EES	Principal	kmartin@elbaed.com
Maisie Edge	EES	School Nurse	Medge@elbaed.com
Anna Marie Moore	EES	Counselor	amoore@elbaed.com
Melissa Grantham	EES	Teacher	mgrantham@elbaed.com
Jamie Hudson	EHS	AG Teacher	Jhhudson@elbaed.com
Marc Seiving	EHS	Coach/PE	mseiving@elbaed.com
Jennifer Moseley	EHS	Parent	jendancing1@yahoo.com
Emily Capps	EES	Parent	Perez.nichole@gmail.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)

Total Comprehensive Score: 100 Total Strength Score: 93

Several areas have a very strong policy, and we are fully implementing practices that align with the policy. Other areas need improving.

Section 1. Nutrition Education - Score 88

Assessment: Our policy is strong, but practice implementation is either absent or limited.

Opportunities for Growth: Strengthen verbiage under NE7: linking nutrition education with the school food environment and by increasing implementation of the policy on campus and in the classrooms.

Section 2. USDA Standards in Child Nutrition Programs and School Meals - Score 100

Assessment: Our policy is strong and is fully implementing practices that align with the policy with one area of improvement in the Farm-to-School program.

Opportunities for Growth: Consistently review, update, and implement local, state, and federal regulations.

Section 3. Nutrition Standards for Competitive and Other Food and Beverages - Score 85

Assessment: Our policy is strong in all areas, but two (NS9 & NS12) areas are vague and/or suggested

Opportunities for Growth: Strengthen the verbiage under NS9: Regulates food and beverages served at class parties and other school celebrations in elementary and under NS12: Addressing food not being used as a reward. Creating a practice implementation plan and increasing the implementation of the policy/plan on campus and in the classrooms.

Section 4. Physical Education and Physical Activity - Score 94

Assessment: Our policy is strong, but practice implementation is either absent or limited.

Opportunities for Growth: Strengthen verbiage addressing family and community engagement in physical activity opportunities at all schools under sub-section PEPA11. Consistently implement the policy throughout the school and in the classrooms.

Section 5. Wellness Promotion and Marketing - Score 100

Assessment: Our policy is strong but needs improvement in the implementation of the policy on campus.

Opportunities for Growth: Create a practice implementation plan.

Section 6. Implementation, Evaluation & Communication - Score 88

Assessment: Our policy is strong. Need to strengthen verbiage in sub-section IEC1 concerning our active district level committee. Increase the participation and implementation for a school level committee.

Opportunities for Growth: School-level committee and leadership

Section 2. Progress towards Goals

*NOTE: Required components are listed in blue.

<p>Nutrition standards for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)</p>	<p>Describe progress and next steps:</p>
<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. <p>If applicable, list additional school goals below:</p> <p>NS9- Regulate food and beverages served at class parties and other school celebrations in elementary school</p> <p>NS12 - Address food not being used as a reward</p>	<ul style="list-style-type: none"> * The USDA regulations for the National School Lunch and School breakfast programs goal is identified in the Wellness Policy and is implemented at both schools * Will strengthen the language used to address food and beverages served at class parties and other school celebrations in the elementary school * Will strengthen the language used to address food not being used as a reward in the classroom
<p>Access to free potable water on campus</p>	<p>Describe progress and next steps:</p>
<p><u>To be compliant with the USDA final rule:</u> 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"> * Water fountains in both cafeterias. Cups are provided at no cost to children during all school meals for water. * Water fountains can be found at several locations throughout both school campuses. * Water bottles are allowed to be used during school. 	<ul style="list-style-type: none"> * Our Wellness Policy, in Section 2: SM8 addresses "Free drinking water is available during meals" *The District has a strong policy and is fully implementing practices that align with the policy

Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps:
<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>* To increase the use of non-food fundraisers and as rewards in the classroom</p>	<p>* Our policy specifically explains the timeframe of nonprogram food sales. Our district and schools follow this policy.</p>

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps:
<p>To be compliant with the USDA final rule: 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.</p> <p>If applicable, list additional school goals below:</p> <p>NA</p>	<p>* This goal has been identified in the Wellness Policy. We will continue to monitor to ensure compliance.</p>

Section 2. Progress towards Goals continued

*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> <ul style="list-style-type: none"> * PE classes with certified PE teachers * Field Day * Boys & Girls Junior High & Varsity Sports - Football, Softball Basketball, Volleyball * Organized games students vs. faculty 	<p>* This goal has been identified in the Wellness Policy. We will continue to monitor to ensure compliance.</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> <ul style="list-style-type: none"> * Fresh fruit choices at all meals * Posters in the classroom, lunchroom and throughout school * Fruit and vegetable Alacarte items are at a reasonable cost allowing students to purchase extras * Vending machines have water choices 	<p>* This goal has been identified in the Wellness Policy. We will continue to monitor to ensure compliance.</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><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> <p>List other school-based activities that are offered by the district:</p> <ul style="list-style-type: none"> * Nature walks that incorporate classroom lessons * Class in the Outdoor Exploreum * Farm Day - Kindergarten * Teachers and cafeteria staff model wellness behavior and healthy food choices * All field trips - healthy snack lunches that meet USDA guidelines are provided by the Cafeteria 	<p>* This goal has been identified in the Wellness Policy. We will continue to monitor to ensure compliance.</p>

CHECKLIST:

Triennial Assessment was made public: Date: 6/22/2023

Updated Wellness Policy received Board approval: (if applicable) Date: NA

Wellness Policy was made public: Date: 8/3/2018

SIGNATURES:

Christina Morgan
District Wellness Assessment Leader

PRINT NAME: Christina Morgan
DATE: 6/21/23

Christina Morgan
District Wellness Coordinator

PRINT NAME: Christina Morgan
DATE: 6-21-23

Chris Moseley
Superintendent

PRINT NAME: Chris Moseley
DATE: 6/22/2023

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: Elba Elementary School and Elba High School

Date: 6/22/23

School Wellness Leader: Kenya Martin and Wynn Grimes

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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	X		<ul style="list-style-type: none"> * No restrictions on food and beverages served at celebrations * Occasionally teachers use food as a reward in the classroom * EHS has vending machines/school store on school property and the principal is somewhat confident that all items meet Smart Snack standards * Products containing caffeine are sold at EHS * EHS has food and beverage fundraisers during the school day that may not meet Smart Snack standards
<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			<ul style="list-style-type: none"> * Safe & Clean water fountains or drink dispensers are accessible in the cafeteria and on campus * Cups are available during meal service at no charge * Students are allowed to take water to the tables during meal service
<p>If applicable, list additional school goals below:</p>				<ul style="list-style-type: none"> * Both EES and EHS meet this goal

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			* Both EES and EHS meet this goal
<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		* Most marketing on campus meets the Smart Snack Standards
<p>If applicable, list additional school goals below:</p>				

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		* Implement physical activity during the school day beyond P.E.
<p>Examples:</p> <ul style="list-style-type: none"> Physical education: (structured and un-structured play) Our school prohibits withholding activities/recess as a punishment. 	X	X		
<p>List school goals in this section:</p> <p>PE classes with certified P.E. teachers, Field Day, Boys & Girls Junior High and Varsity Sports, Organized games with students versus faculty, physical activity breaks in the classroom and during recess/P.E. times</p>		X		* Both EES and EHS meet these goals

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>* Both EES and EHS meet these goals</p> <p>* Increase the promotion of the goals listed below</p>
<p>Examples:</p> <ul style="list-style-type: none"> Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year National School Lunch/School Breakfast Week promotion 				
<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 	X X			National School Lunch/School Breakfast week promotion

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			Both EES and EHS Meet these goals
<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>List school wellness activity goals in this section:</p>				<p>* Elba City Schools excel in the Wellness and Care of their students.</p> <p>* Marketing and promoting healthy food and beverage choices along with physical activity will be encouraged and monitored on campus.</p>



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: Christina Morgan

DATE: 6/21/23

School Wellness Leader: Kenya Martin

DATE: 6/21/23

Principal: [Signature]

DATE: 6-21-23

