



AUTAUGA COUNTY BOARD OF EDUCATION CHILD NUTRITION OFFICE

The triennial assessment of the wellness policy was conducted during the month of September 2022. The committee below was instrumental in assessing the policy and making suggestions using the WellSAT 3.0 and Local Wellness Policy Checklist (provided to CNP by the CNP State Department). Information was sent to the different members either by hand outs, email or face to face conversations. Also, schools completed the policy checklist during the summer of 2022 and this documentation was evaluated. The changes were noted and Wellness Policy 5.53 was revised and updated at the October 24, 2022 board meeting.

District Wellness Policy Coordinator

Audra Segers – CNP Director

District Wellness Committee Members

Katie Lindsey – Principal

Holly McNider – Director of Curriculum and Instruction

Cafeteria Managers – all schools

Matt Short, Physical Education Teacher

Taylor Ann Shavers – High School Student

Tracy Junco - 6th grade teacher

Terri Pearson, Community Member

Autauga County Board of Education

Local Wellness Policy: Triennial Assessment

Background Information

An assessment of Autauga County's Wellness Policy must be conducted a minimum of once every three years per United States of Agriculture (USDA) regulations.

Purpose

Below you will see the template used to summarize the information gathered during for the assessment, including

- 1) compliance with the wellness policy,
- 2) how the wellness policy compares to a model wellness policy
- 3) progress made in attaining the goals of the wellness policy.

Results

The copy of the assessment, as well as the current wellness policy, will be made available to the public on the Autauga County Board of Education Website under Child Nutrition.

Recordkeeping

Autauga County Schools will keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as part of the general areas of the administrative review every five years.

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Autauga County Schools

Month and year of current assessment: September 2022

Date of last Local Wellness Policy revision: 9-13-21

Website address for the wellness policy and/or information on how the public can access a copy:

acboe.net

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 1

Designated School Wellness Leader

Name	Job Title	Email Address
Audra Segers	CNP Director	audra.segers@acboe.net

School Wellness Committee Members

Name	Job Title	Email Address
Cafeteria Managers		
Matt Short	P.E. Teacher	matthew.short@acboe.net
Holly McNider	School Admin	holly.mcnider@acboe.net
Taylor Ann Shavers	Student	
Tracy Junco	Teacher	tracy.junco@acboe.net
Terri Pearson	Community Member	tpearson212@gmail.com
Katie Lindsey	Principal	katie.lindsey@acboe.net

Section 3. Comparison to Model School Wellness Policies

Complete the [WellSAT3.0 assessment tool](#) and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- Alliance for a Healthier Generation: Model Policy
- WellSAT 3.0 example policy language
- Other (please specify): _____

Describe how your wellness policy compares to model wellness policies.

The wellness policy meets the minimum requirements of:
nutrition education
physical activity
description of meeting USDA guidelines with school meals
Smart Snack standards for each grade level
addresses fundraising

Section 4. Compliance with the Wellness Policy and Progress towards Goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
 - Nutrition promotion and education
 - Physical activity
 - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
1. Nutrition education is offered at each grade level 2. Nutrition education integrated into other subjects beyond health education	x	x		Utilize the cafeteria to integrate nutrition education into subjects beyond health education

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
1. The district has a written physical education curriculum that is implemented for every grade meeting national/state standards. 2. Opportunities for families and community members to engage in physical activity at school.	x	x		Schools have family and community involvement, but need to promote health and healthy lifestyle choices with involving the CNP staff.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Current policy does not include goals for integrating wellness activities across the entire school setting, including the cafeteria.			x	Will brainstorm with committee members about what we can do to create goals for students that involve the entire school setting.

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	Describe progress and next steps
1. School meals meet USDA guidelines. 2. Smart Snacks sold in the cafeteria. 3. Snacks sold in the schools meet smart snack guidelines.	x x	x		School meals meet USDA guidelines, but are in the process of reducing sodium to meet the next USDA target. Some snacks being sold in the schools are not meeting smart snack guidelines. Schools work hard to try and make sure these guidelines are met.

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Examples of these foods would be classroom parties, activities, etc. These are addressed in the wellness party.		x		The classrooms do not have set guidelines that have to be followed for parties, but teachers include fresh fruit, water, etc. to be part of the foods that students are able to partake of along with other items that may not be smart snack compliant. Send

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Allow marketing on the school campus during the school day of only those foods and beverages that meet Smart Snack Standards.		x		This is for sure being met in the cafeteria. The schools pretty much meet this, but with the high schools being so big there is a possibility that some advertising may be missed. This information needs to be communicated with faculty better. There is such a high turnover of employees that it easily can get missed.

Include any additional notes, if necessary:

WellSAT: 3.0

Wellness School Assessment Tool

DISTRICT SCORECARD



Federal Requirement



Farm to School



CSPAP



Section 1: Nutrition Education

		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	2
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	2
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	1
<i>Subtotal for Section 1</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	50



Section 2: Standards for USDA Child Nutrition Programs and School Meals



		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	2
SM6	Specifies strategies to increase participation in school meal programs.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	1
SM8	Free drinking water is available during meals.	2
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	Addresses purchasing local foods for the school meals program.	1
<i>Subtotal for Section 2</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	125
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	87.5

**Section 3: Nutrition Standards for Competitive and Other Foods and Beverages****Rating**

NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	1
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	Regulates food and beverages sold in a la carte.	2
NS4	Regulates food and beverages sold in vending machines.	1
NS5	Regulates food and beverages sold in school stores.	1
NS6	Addresses fundraising with food to be consumed during the school day.	0
NS7	Exemptions for infrequent school-sponsored fundraisers.	2
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	0
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	0
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	1
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	1
NS12	Addresses food not being used as a reward.	1
NS13	Addresses availability of free drinking water throughout the school day.	2
<i>Subtotal for Section 3</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	125
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	50



**Section 4: Physical Education Physical Activity****Rating**

PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	2
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	1
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	1

 PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	1
 PEPA14	Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
<i>Subtotal for Section 4</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	187.5
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	112.5









Section 5: Wellness Promotion and Marketing

		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
 WPM2	Addresses strategies to support employee wellness.	2
WPM3	Addresses using physical activity as a reward.	1
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
 WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers, etc.).	1
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products).	0
<i>Subtotal for Section 5</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	137.5
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	87.5



Section 6: Implementation, Evaluation, and Communication

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	2
 IEC2	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
 IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1
 IEC4	Addresses making the wellness policy available to the public.	1
 IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
 IEC6	Triennial assessment results will be made available to the public and will include: <ol style="list-style-type: none"> 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy. 	2
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	0
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
<i>Subtotal for Section 6</i>	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	87.5
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	50

Overall District Policy Score

		Score
	Comprehensiveness Score: Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	127.08
	Strength Score: Add the strength scores for each of the six sections above and divide this number by 6.	72.92



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1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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