

Local Wellness Policy: Triennial Assessment Summary

General Information

LEA: Covington County Board of Education

Month and year of current assessment: April 2023

Date of last Local Wellness Policy revision: December 2022

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: cov.k12.ga.us/childnutrition

Wellness Committee Information

How often does your district wellness committee meet? When changes are needed or at least once per school year

District Wellness Coordinator

| Name | School | Job Title | Email Address |
|-------------------------|-----------------------|---------------------|---------------------------------------|
| <u>Samantha Carroll</u> | <u>central office</u> | <u>CNP Director</u> | <u>Samantha.Carroll@Cov.k12.ga.us</u> |

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

| Name | School | Job Title | Email Address |
|-------------------------|-----------------------|---------------------|---------------------------------------|
| <u>Samantha Carroll</u> | <u>central office</u> | <u>CNP Director</u> | <u>Samantha.Carroll@cov.k12.ga.us</u> |

District Wellness Committee Members

| Name | School | Job Title | Email Address |
|---------------------------|-----------------------|-----------------------------|---|
| <u>Mary Ward</u> | <u>FJHS</u> | <u>teacher</u> | <u>mary.ward@Cov.k12.ga.us</u> |
| <u>Carie Turman</u> | <u>FHS</u> | <u>asst.principal</u> | <u>carie.turman@Cov.k12.ga.us</u> |
| <u>Jessica Gibson</u> | <u>PHS</u> | <u>teacher</u> | <u>jessica.gibson@cov.k12.ga.us</u> |
| <u>Britta Lambert</u> | <u>RLS</u> | <u>teacher</u> | <u>britta.lambert@cov.k12.ga.us</u> |
| <u>Sara Williams</u> | <u>SFS</u> | <u>bookkeeper</u> | <u>Sara.williams@cov.k12.ga.us</u> |
| <u>Jessica Wyrosdick</u> | <u>SMS</u> | <u>Media Specialist</u> | <u>jessica.wyrosdick@Cov.k12.ga.us</u> |
| <u>Hollie Carter</u> | <u>SHS</u> | <u>teacher</u> | <u>hollie.carter@Cov.k12.ga.us</u> |
| <u>Betsy Reed</u> | <u>WSH</u> | <u>teacher</u> | <u>betsy.reed@Cov.k12.ga.us</u> |
| <u>Michelle Armstrong</u> | <u>central office</u> | <u>Lead Nurse</u> | <u>michelle.armstrong@cov.k12.ga.us</u> |
| <u>Ashley Brunson</u> | <u>Central office</u> | <u>Mental Health Coord.</u> | <u>ashley.brunson@Cov.k12.ga.us</u> |

*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)

- Local policy addresses all federal requirements from WellSAT 3.0 with very similar policy language
- mentions specific nutritional guidelines (SMART Snacks, NSLP/SBP requirements)
- both mention Standards-based physical education classes taught by highly qualified teachers
- Specific nutrition education programs
- dedication to programs that address mental health and overall health and wellness of students and staff
- Marketing of only foods and beverages meeting Smart Snacks guidelines
- Explanation of requirements for foods sold/provided to students during the school day (i.e., parties, fundraisers, etc.)
- Specific goals/areas of focus and dedication as a district for nutrition and physical activity

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>To be compliant with the USDA final rule and ALSDE:</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>Meeting goal</p> <p><u>Next Steps</u></p> <p>- provide link in policy to NSLP / SBP meal patterns and nutrition guidelines</p> |

| Access to free potable water on campus | Describe progress and next steps: |
|--|---|
| <p>To be compliant with the USDA final rule: 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 water bottle filling stations Students allowed to bring water bottle from home to fill throughout the day | <p>Meeting goal</p> <p><u>next steps</u></p> <ul style="list-style-type: none"> possibly adding water bottle filling stations to all fountains in lunchrooms (discuss at next wellness mtg.) add more specific language to local policy |

Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

| | |
|---|---|
| <p>Guidelines for other foods and beverages available on the school campus, but not sold</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> <ul style="list-style-type: none"> - Specific timeframes for serving/not serving are provided - Specific statement that all schools comply with all state and federal regulations | <p>Describe progress and next steps:</p> <p>Meeting goal</p> |
|---|---|

| | |
|--|--|
| <p>Marketing and advertising of only foods and beverages that meet Smart Snacks</p> <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> <ul style="list-style-type: none"> - monitored annually by the CNP Director in a visit/evaluation at each school (form completed) | <p>Describe progress and next steps:</p> <p>Meeting goal</p> <p><u>next steps:</u></p> <ul style="list-style-type: none"> • Consider adding a statement to local policy referencing after school snacks also being in compliance with state/federal requirements |
|--|--|

Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

| Physical Activity Goal(s) | Describe progress and next steps: |
|---|--|
| <p>To be compliant with the USDA final rule: 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"> • P.E. Classes guaranteed in grades PK-8 everyday • Availability of daily PE class for 9-12 as an elective • Field Day for all elementary Schools • BodyQuest program in Schools | <p>Meeting goal</p> <p><u>next steps:</u></p> <ul style="list-style-type: none"> • add statement regarding physical activity opportunities for EDP students |

| Nutrition Promotion and Education Goal(s) | Describe progress and next steps: |
|---|---|
| <p>To be compliant with the USDA final rule: 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"> • National School Breakfast week: materials, door prizes, free materials, etc. done at each school • BodyQuest program in Schools • Harvest of the Month lessons | <p>Meeting goal</p> <p><u>Next steps</u></p> <ul style="list-style-type: none"> • get more grades doing the Harvest of the Month lessons each month • get BodyQuest program taught by local SNAPEducator into more schools / grade levels |

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>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.</p> <p>List other school-based activities that are offered by the district:</p> <ul style="list-style-type: none"> • each school has their own activities annually to focus on physical activity and health • Mental health counselor on staff to provide awareness and training to staff and students • wellness screenings and vaccine clinics to promote overall health | <p>Meeting goal</p> <p>next steps:</p> <ul style="list-style-type: none"> • look at a specific physical activity and/or nutritional program or activity to add district-wide • incorporate more specific activities that involve more specific grade levels |

CHECKLIST:

Triennial Assessment was made public:

Date: 06/05/2023

Updated Wellness Policy received Board approval: (if applicable)

Date: n/a

Wellness Policy was made public:

Date: always on website

SIGNATURES:


District Wellness Assessment Leader

PRINT NAME: Samantha Carroll
DATE: 4/27/2023


District Wellness Coordinator

PRINT NAME: Samantha Carroll
DATE: 4/27/2023


Superintendent

PRINT NAME: Shannon Driver
DATE: 5/15/2023



District Wellness Committee Members continued

| Name | School | Job Title | Email Address |
|-------------------|----------------|---------------------|------------------------------------|
| Debbie Beverly | CC Ext. office | SNAP Educator | beverdd@aces.edu |
| Kelli Worley, RDN | | parent/nutritionist | Kelli.worley@intentionaleating.net |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |