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: Ariton School

Date: 6/30/23

#### School Wellness Leader: Josh Evans

Nutrition guidelines for all foods and beverages	Meeting	Partially	Not	Page 1 of 4 Notes:
for sale on the school campus (i.e., school	Goal	Meeting	Meeting	NOLON
meals and Smart Snacks)		Goal	Goal	
To be compliant with the USDA final rule and ALSDE:	Х			
<ul> <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</u> regulations for the National School Lunch and</li> </ul>				
<ul> <li>School Breakfast programs</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 Fundraising Activity <u>Smart Snack</u></li> </ul>	x			
<ul> <li>and Fundraiser Guidance and Implementation.</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>	x			
If applicable, list additional school goals below:				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	x			
If applicable, list additional school goals below:				



Page 2 of 4

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:
<ul> <li>To be compliant with ALSDE:</li> <li>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 Guidance and Implementation.</u></li> </ul>	Х			
If applicable, list additional school goals below:				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>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.</li> </ul>	X			
If applicable, list additional school goals below:				



Page 3 of 4

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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,	x			
<ul> <li>before during and after school.</li> <li>Examples: <ul> <li>Physical education: (structured and unstructured play)</li> <li>Our school prohibits withholding activities/recess as a punishment.</li> </ul> </li> </ul>	x x			
List school goals in this section:				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
<ul> <li>Examples:</li> <li>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</li> <li>National School Lunch/School Breakfast Week promotion</li> </ul>	x x			
List school goals in addition to the required outreach included in this section: • School Breakfast Outreach • Summer Food Service Outreach	x x			



Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
Examples: • Social Emotional Development • Counseling • Health Services • Physical Environment • Caregiver (Family) Engagement • Community Involvement	X X X X X X X			
List school wellness activity goals in this section: • Nutrition Education • Physical Activity • Healthy Foods • School-Based Activities that promote Wellness	X			



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
- X strategies for implementing the local Wellness Policy
- □ healthy and profitable non-food fundraisers
- □ healthy school non-food celebrations
- □ increasing engagement
- □ grant writing support
- $\Box$  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.

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District Wellness Assessment Leader: Melissa Mesey Melisa Mesey	DATE: <u>6-30-23</u>
School Wellness Leader: Josh Evans	DATE: <u>6-30-23</u>
Principal: Josh Herring	DATE: <u>6-30-23</u>
Page 12	

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: DCHS

Date: 6/30/23

#### School Wellness Leader: Lisa Hitchcock

				Page 1 of 4
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:
<ul> <li>To be compliant with the USDA final rule and ALSDE:</li> <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 USDA regulations for the National School Lunch and School Breakfast programs</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 Fundraising Activity Smart Snacks and Fundraiser Guidance and Implementation.</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>	x x x			
If applicable, list additional school goals below:				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	x			
If applicable, list additional school goals below:				
Page 8 Local Wellness Policy: Triennial Assessment				

Page 2 of 4

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:
<ul> <li>To be compliant with ALSDE:</li> <li>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 Guidance and Implementation.</u></li> </ul>	Х			
If applicable, list additional school goals below:				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>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.</li> </ul>	X			
If applicable, list additional school goals below:				



Page 3 of 4

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
To be compliant with the USDA final rule:	X		1.	
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.				
Examples: • Physical education: (structured and un-	x			
<ul> <li>structured play)</li> <li>Our school prohibits withholding activities/recess as a punishment.</li> </ul>	x			
List school goals in this section:				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
<ul> <li>Examples:</li> <li>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</li> <li>National School Lunch/School Breakfast Week promotion</li> </ul>	x x			
List school goals in addition to the required outreach included in this section: • School Breakfast Outreach • Summer Food Service Outreach	x x			



				Page 4 of 4
Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
Examples: • Social Emotional Development • Counseling • Health Services • Physical Environment • Caregiver (Family) Engagement • Community Involvement	X X X X X X X			
List school wellness activity goals in this section: • Nutrition Promotion • Nutrition Education • Physical Activity • Healthy Foods • School-Based Activities that promote Wellness	X			



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
- X 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
- $\Box$  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.

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District Wellness Assessment Leader: Melissa Mesey	n //lesery DATE: 6-30-23
School Wellness Leader: Lisa Hitchcock	<u>Check</u> DATE: <u>6-30-23</u>
Principal: Matt Humphrey	DATE: <u>6-30-23</u>
- 0	

#### 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: GW Long

Date: 6/30/23

#### School Wellness Leader: Melita Smith

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:
<ul> <li>To be compliant with the USDA final rule and ALSDE:</li> <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 USDA regulations for the National School Lunch and School Breakfast programs</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 Fundraising Activity Smart Snacks and Fundraiser Guidance and Implementation.</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>	X X X			
If applicable, list additional school goals below:				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	х			
If applicable, list additional school goals below:				
Page 8 Local Wellness Policy: Triennial Assessment				

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:
<ul> <li>To be compliant with ALSDE:</li> <li>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 Guidance and Implementation.</u></li> </ul>	Х			
If applicable, list additional school goals below:				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>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.</li> </ul>	X			
If applicable, list additional school goals below:				

Page 3 of 4

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
<ul> <li>Examples:</li> <li>Physical education: (structured and unstructured play)</li> <li>Our school prohibits withholding activities/recess as a punishment.</li> </ul>	x x			
List school goals in this section:				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
<ul> <li>Examples:</li> <li>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</li> <li>National School Lunch/School Breakfast Week promotion</li> </ul>	x x			
List school goals in addition to the required outreach included in this section: • School Breakfast Outreach • Summer Food Service Outreach	x x			



Other school-based activities to promote student wellness goal(s)Meeting GoalPartially Meeting GoalNot Meeting GoalTo 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.XImage: Compliant with the USDA final rule: Social Emotional DevelopmentExamples: • Social Emotional DevelopmentXImage: Compliant With ServicesImage: Compliant With Services• Physical EnvironmentXImage: Compliant With ServicesImage: Compliant With ServicesImage: Compliant With Services• Community InvolvementXImage: Community InvolvementImage: Community InvolvementImage: Community Involvement	
The district integrates wellness activities across       X         the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.       X         Examples:       X         Social Emotional Development       X         Counseling       X         Health Services       X         Physical Environment       X         Caregiver (Family) Engagement       X	
<ul> <li>Social Emotional Development</li> <li>Counseling</li> <li>Health Services</li> <li>Physical Environment</li> <li>Caregiver (Family) Engagement</li> <li>X</li> </ul>	
List school wellness activity goals in this section: • Nutrition Promotion • Nutrition Education • Physical Activity • Healthy Foods • School-Based Activities that promote Wellness	



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
- X strategies for implementing the local Wellness Policy
- □ healthy and profitable non-food fundraisers
- □ healthy school non-food celebrations
- □ increasing engagement
- □ grant writing support
- $\Box$  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.

District Wellness Assessment Leader: Melissa Mesey	DATE: <u>6-30-23</u>
School Wellness Leader: Melita Smith Melita Smith	DATE: <u>6-30-23</u>
Principal: <u>Celeste Johnston</u>	DATE: <u>6-30-23</u>

#### 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: MCES

Date: 6/30/23

#### School Wellness Leader: Stacy MacAloney

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:
<ul> <li>To be compliant with the USDA final rule and ALSDE:</li> <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 USDA regulations for the National School Lunch and School Breakfast programs</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 Snack and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.</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>	x x x			
If applicable, list additional school goals below:				

Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
x			
	Goal	Goal Meeting Goal Goal	Goal Meeting Meeting Goal Goal Goal

Page 2 of 4

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:
<ul> <li>To be compliant with ALSDE:</li> <li>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 Guidance and Implementation.</u></li> </ul>	Х			
If applicable, list additional school goals below:				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>Our school only markets or advertises foods and beverages that meet the <u>USDA Smart</u> <u>Snacks in School</u> nutrition standards on the school campus, during the school day.</li> </ul>	X			
If applicable, list additional school goals below:				



Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
To be compliant with the USDA final rule:	X			
The district requires that a combination of obvious of obvious activity opportunities be offered daily to all students, including students with disabilities, before during and after school.				
Examples: Physical education: (structured and un-	x			
structured play) Our school prohibits withholding activities/recess as a punishment.	x			

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
<ul> <li>Examples:</li> <li>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</li> <li>National School Lunch/School Breakfast Week promotion</li> </ul>	x x			
<ul> <li>List school goals in addition to the required outreach included in this section:</li> <li>School Breakfast Outreach</li> <li>Summer Food Service Outreach</li> </ul>	x x			



Other school-based activities to promote student wellness goal(s)     Not Goal     Not Meeting Goal     Not Meet				Page 4 of 4
The district integrates wellness activities across       X         the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.       X         Examples:       X         • Social Emotional Development       X         • Counseling       X         • Health Services       X         • Physical Environment       X         • Caregiver (Family) Engagement       X         • Community Involvement       X         • List school wellness activity goals in this section:       X         • Nutrition Promotion       X         • Nutrition Education       X         • Physical Activity       Healthy Foods         • School-Based Activities that promote       X	Other school-based activities to promote student wellness goal(s)	Meeting Goal	-	Notes:
• Social Emotional Development       X         • Counseling       X         • Health Services       X         • Physical Environment       X         • Caregiver (Family) Engagement       X         • Community Involvement       X         List school wellness activity goals in this section:       X         • Nutrition Promotion       X         • Nutrition Education       X         • Physical Activity       -         • Healthy Foods       -         • School-Based Activities that promote       -	The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.			
section:     X       • Nutrition Promotion     -       • Nutrition Education     -       • Physical Activity     -       • Healthy Foods     -       • School-Based Activities that promote     -	<ul> <li>Social Emotional Development</li> <li>Counseling</li> <li>Health Services</li> <li>Physical Environment</li> <li>Caregiver (Family) Engagement</li> </ul>	X X X X X		
	List school wellness activity goals in this section: Nutrition Promotion Nutrition Education Physical Activity Healthy Foods School-Based Activities that promote			



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
- X 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
- $\Box$  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.

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District Wellness Assessment Leader: Melissa Mesey // Celum // Celug	DATE: <u>6-30-23</u>
School Wellness Leader: Stacy MacAloney	DATE: <u>6-30-23</u>
Principal: Jennifer Snellgrove AMM SMULLAU	DATE: <u>6-30-23</u>
Page 12 Local Wellness Policy: Triennial Assessment	

### 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: Newton Elementary School

Date: 6/30/23

Page 1 of 4

### School Wellness Leader: Melissa Mesey

				Page 1 of 4
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:
<ul> <li>To be compliant with the USDA final rule and ALSDE:</li> <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 USDA regulations for the National School Lunch and School Breakfast programs</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</li> </ul>	X X			
<ul> <li>Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity <u>Smart Snack</u> <u>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</li> </ul>	x			
by USDA. If applicable, list additional school goals below:				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	х			
If applicable, list additional school goals below:				
Page 8 Local Wellness Policy: Triennial Assessment				



Page 2 of 4

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:
<ul> <li>To be compliant with ALSDE:</li> <li>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 Guidance and Implementation.</u></li> </ul>	X			
If applicable, list additional school goals below:				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>Our school only markets or advertises foods and beverages that meet the <u>USDA Smart</u> <u>Snacks in School</u> nutrition standards on the school campus, during the school day.</li> </ul>	X		- 	
If applicable, list additional school goals below:				



Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
Examples: Physical education: (structured and un- structured play) Our school prohibits withholding	x			
activities/recess as a punishment.	X			

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
<ul> <li>Examples:</li> <li>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</li> <li>National School Lunch/School Breakfast Week promotion</li> </ul>	x x			
<ul> <li>List school goals in addition to the required outreach included in this section:</li> <li>School Breakfast Outreach</li> <li>Summer Food Service Outreach</li> </ul>	X X			



Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<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.	X			
Examples: Social Emotional Development Counseling Health Services Physical Environment Caregiver (Family) Engagement Community Involvement	X X X X X X X			
List school wellness activity goals in this section: Nutrition Promotion Nutrition Education Physical Activity Healthy Foods School-Based Activities that promote Wellness	X			





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)

 $\Box$  assistance with a school-based health assessment

X strategies for implementing the local Wellness Policy

□ healthy and profitable non-food fundraisers

□ healthy school non-food celebrations

□ increasing engagement

□ grant writing support

 $\Box$  local and state resources

 $\Box$  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.

District Wellness Assessment Leader: Melissa Mesey Melin Men	DATE: <u>6-30-23</u>
School Wellness Leader: Melissa Mesey Melion Men	DATE: <u>6-30-23</u>
Principal: Eric Andrews and Andrews	DATE: <u>6-30-23</u>

#### 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: South Dale Middle School

Date: 6/30/23

### School Wellness Leader: Elaine Rogers

To be compliant with the USDA final rule and ALSDE:X• 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 programsX• 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 Snacks and Fundraiser Guidance and Implementation.X• Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.X	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:
<ul> <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 Fundraising Activity <u>Smart Snack and Fundraiser Guidance and Implementation</u>.</li> <li>Provides an assurance that guidelines for reimbursable school meals shall not be less X restrictive than regulations and guidance issued</li> </ul>	<ul> <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</u> regulations for the National School Lunch and</li> </ul>	x			
reimbursable school meals shall not be less X restrictive than regulations and guidance issued	<ul> <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 Fundraising Activity <u>Smart Snack</u> and Fundraiser Guidance and Implementation.</li> </ul>	Х			
	reimbursable school meals shall not be less restrictive than regulations and guidance issued	Х			

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	X			
If applicable, list additional school goals below:				
Page 8 Local Wellness Policy: Triennial Assessment				

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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:
<ul> <li>To be compliant with ALSDE:</li> <li>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 Guidance and Implementation.</u></li> </ul>	Х			
If applicable, list additional school goals below:				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<ul> <li>To be compliant with the USDA final rule:</li> <li>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.</li> </ul>	X			
If applicable, list additional school goals below:				

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
To be compliant with the USDA final rule:	X			
The district requires that a combination of obvious obvious obvious activity opportunities be offered daily to all students, including students with disabilities, before during and after school.				
xamples: Physical education: (structured and un- structured play)	x			
Our school prohibits withholding activities/recess as a punishment.	x			

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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.	X			
<ul> <li>Examples:</li> <li>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</li> <li>National School Lunch/School Breakfast Week promotion</li> </ul>	X X			
<ul> <li>List school goals in addition to the required outreach included in this section:</li> <li>School Breakfast Outreach</li> <li>Summer Food Service Outreach</li> </ul>	X X			



				pol Level Progress Rep Page 4
Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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 obysical activity facilities.	x			
Examples: Social Emotional Development Counseling Health Services Physical Environment Caregiver (Family) Engagement Community Involvement	X X X X X X X			
<ul> <li>ist school wellness activity goals in this section:</li> <li>Nutrition Promotion</li> <li>Nutrition Education</li> <li>Physical Activity</li> <li>Healthy Foods</li> <li>School-Based Activities that promote Wellness</li> </ul>	X			



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
- X strategies for implementing the local Wellness Policy
- □ healthy and profitable non-food fundraisers
- □ healthy school non-food celebrations
- □ increasing engagement
- □ grant writing support
- $\Box$  local and state resources
- $\Box$  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. M. M.	
District Wellness Assessment Leader: Melissa Mesey	DATE: <u>6-30-23</u>
School Wellness Leader: Elaine Rogers	DATE: <u>6-30-23</u>
Principal: Perry Dillard	DATE: <u>6-30-23</u>