

Local School Wellness Policy: Triennial Assessment

An assessment of Elmore County's wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations.

Purpose

The template below will be used to summarize the information gathered during assessment. It contains the three required components of the triennial assessment, including 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policies 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 Elmore County Public Schools Website.

Recordkeeping

Elmore County Public 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 a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

Section 1: General Information

School(s) included in the assessment: Wetumpka Elementary, Wetumpka Middle, Wetumpka High, Redland Elementary, Eclectic Elementary, Eclectic Middle, Elmore County High, Holtville Elementary, Holtville Middle, Holtville High, Coosada Elementary, Airport Road Intermediate, Millbrook Middle, Stanhope Elmore High.

Month and year of current assessment: March 2022

Date of last wellness policy revision: October 2017

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

Section 2. Compliance with the Wellness Policy and Progress Towards Goals

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

- Specific goals for:
 - Nutrition promotion
 - Nutrition 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 evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school 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.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Wellness Coordinator: Has identified at least one person as responsible for facilitating the wellness policy upkeep Name person responsible for facilitating the upkeep: <u>CNP Director</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Describe progress and next steps			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Stakeholder Participation: Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: COVID has effected our ability to obtain as much feedback as desired. Receive frequent feedback from parents, students and public on social media outlets. Describe progress and next steps During 2022-2023 school year, will conduct full assessment of wellness policy, create a new tool for allowing stakeholder participation and obtaining their feedback. Will also revise wellness policy to have in place for 2023-2024 School Year.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
USDA Requirements for School Meals: Has assured school meals meet the USDA requirements	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps: Conduct regular training with CNP staff. Conduct monitoring to ensure compliance. In the process of implementing a “5 Star” meal program to better educate students and staff on choosing selecting reimbursable meals.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for all foods and beverages sold: Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps: Based on monitoring, schools are in compliance with current policies. Will revise policy based on feedback received during School year 2022-2023 assessment.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for non-sold foods and beverages: Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps: Based on monitoring, schools are in compliance with current policies. Will revise policy based on feedback received during School year 2022-2023 assessment.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Food & Beverage Marketing: Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps: : Based on monitoring, schools are in compliance with current policies. Will revise policy based on feedback received during School year 2022-2023 assessment.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutrition Education: Has at least 2 goals for nutrition education List goals:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. The Board aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:
 - a. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
 - c. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
 - d. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
 - e. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
 - f. Links with school meal programs, other school foods, and nutrition-related community services;
 - g. Teaches media literacy with an emphasis on food marketing; and
 - h. Includes training for teachers and other staff.

2. Communications with Parents – The district/school shall support parents' efforts to provide a

healthy diet and daily physical activity for their children. The district/school shall send home nutrition information and post nutrition tips on school websites. Schools shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school shall provide parents a list of ideas for snacks, healthy celebrations/parties, rewards, and fundraising activities.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutrition Promotion: Has at least 2 goals for nutrition promotion List goals:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. The Board aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:
- a. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
 - c. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
 - d. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
 - e. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
 - f. Links with school meal programs, other school foods, and nutrition-related community services;

- g. Teaches media literacy with an emphasis on food marketing; and
- h. Includes training for teachers and other staff.

2. Communications with Parents – The district/school shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school shall send home nutrition information and post nutrition tips on school websites. Schools shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school shall provide parents a list of ideas for snacks, healthy celebrations/parties, rewards, and fundraising activities.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Physical Activity: Has at least 2 goals for physical activity List goals:</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>1. At a minimum, students will receive the Physical Education State Course of Study recommendation for per day activity. 2. Students will be encouraged to fully embrace regular physical activity as a personal behavior. 3. Waivers for exemption to physical education requirements must be approved by the State Department of Education which require full justification to the State Superintendent of Education in any year in which a waiver is requested. Waivers for High School students must follow the guidelines as outlined in Instructional Code Changes (290-3-1.02(8)(f).</p>			
School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness List goals: Current policy does not include goals for integrating wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Describe progress and next steps: Current policy does not include goals for integrating wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities. However, activities are in place that promote wellness across the entire school setting such as:

1. Annual "Eat Fresh" Challenge-Annual challenge given to students at end of the school year to eat well, live well and be well during the summer. Challenges students to eat fresh produce, drink water, exercise and read every day during summer. A tracker/checklist is provided to help them keep track of their progress with these goals throughout the summer.
2. Farm to School activities that extend beyond the cafeteria promoting fresh produce as well as locally grown produce. Example: Persimmons procured by Alabama farmer and served with Breakfast in the Classroom program. Teachers were provided with educational materials on the persimmons as well as the farmer that grew them.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
<p>Evaluation: Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:</p> <ul style="list-style-type: none"> ● to what extent the LEA is in compliance with the school wellness policy ● the extent to which the local wellness policy compares to model school wellness policies ● the progress made in attaining the goals of the school wellness policy <p>Name person responsible for monitoring the policy: Cacyce Davis, CNP Director</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Describe progress and next steps: Goal met utilizing this assessment/tool.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Communication: Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Wellness policy is posted to the district website at all times. All assessments of the wellness policy will be posted to the website as well to serve as an update to parents, students, staff and the community about the content and implementation of the wellness policy. A google form/ survey is also posted to provide a way for additional stakeholders to participate at any time.			

Include any additional notes, if necessary:

Include any additional notes, if necessary

Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found [here](#).



Alliance for a Healthier Generation: Model Policy



Upgrade Sample Language



Other (please specify): _____

Describe how the school wellness policy compares to model wellness policies.

Describe how the school wellness policy compares to model wellness policies

- establishes a wellness policy committee
- establishes a guide for implantation and monitoring of the wellness policy
- lacks information regarding triennial assessments
- Encourages community/stakeholder involvement
- Outlines compliance with nutrition standards.
- Outlines compliance with professional standards.
- Outlines policies related to foods and beverages served/sold on campus as well as water sources to be made available.
- Establishes goals for nutrition education, nutrition promotion and physical education.
- Establishes goals for marketing.