

# Local Wellness Policy: Triennial Assessment Summary

## General Information

LEA: Henry County Board of Education

Month and year of current assessment: June 2023

Date of last Local Wellness Policy revision: August 2017

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

## Wellness Committee Information

How often does your district wellness committee meet? 1x/year

### District Wellness Coordinator

Name	School	Job Title	Email Address
Darlene Cunningham	HHS	CNP Manager	dcunningham@henrycountyboe.org

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

Name	School	Job Title	Email Address
Alaina Sowell	CO	CNP Director	asowell@henrycountyboe.org

### District Wellness Committee Members

Name	School	Job Title	Email Address
Tameka Hicks	AES	Principal	thicks@henrycountyboe.org
Stacie Pitts	AES	CNP Manager	spitts@henrycountyboe.org
Brent Maloy	HHS	Principal	bmaloy@henrycountyboe.org
Cherie McKinney	HHS	CNP Bookkeeper	cmckinney@henrycountyboe.org
Darryl Brooks	AHS	Principal	dbrooks@henrycountyboe.org
Blessie Brown	AHS	CNP Manager	bbrown@henrycountyboe.org
Carmen Neiswanger	HES	Principal	cneiswanger@henrycountyboe.org
Theresa Alexander	HES	CNP Manager	talexander@henrycountyboe.org
Janie Jones	HMS	Principal	jajones@henrycountyboe.org
Kim Parnell	HMS	CNP Manager	kparnell@henrycountyboe.org

\*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)

Our policy includes:

- promotion goals
- nutrition education goals
- physical activity & education goals
- nutrition guidelines for all foods available to students
- other school-based activities goals

## 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><b>To be compliant with the USDA final rule and ALSDE:</b></p> <ul style="list-style-type: none"> <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 regulations for the National School Lunch and School Breakfast programs</u></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 and Fundraiser Guidance and Implementation.pdf (alsde.edu)</u></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> <p><b>If applicable, list additional school goals below:</b></p>	<p>All snacks that are purchased are Smart Snack compliant.</p> <p>Principals schedule activities outside the hour timeframe.</p> <p>All students have access to school meals. Meals are not refused to students who may not have the cost of the meal.</p>

Access to free potable water on campus	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></p> <p>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</p> <p><b>List how access to potable water is made available in schools.</b></p>	<p>Safe drinking water is available through-out each campus and in the cafeterias by the way of water fountains and filtered water dispensers in each classroom.</p>

## 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><b>To be compliant with ALSDE:</b></p> <p>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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</a></p> <p><b>If applicable, list additional school goals below:</b></p>	<p>Principals and staff are aware of the 1 hour timeframe rule. Activities have designated times in which they are allowed to happen that doesn't interfere with the rule. Principals work really hard to ensure the rule is followed with all schedules.</p>

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></p> <p>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus, during the school day.</p> <p><b>If applicable, list additional school goals below:</b></p>	<p>The Breakfast and Lunch menus are announced daily; menus are posted on social media and copies are sent home with elementary students. The USDA Smart Snack Standards are available on our district website. Teachers and Staff select applicable snacks for parties.</p>

## Section 2. Progress towards Goals continued

\*NOTE: Required components are listed in blue.

Physical Activity Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></p> <p>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><b>List physical activity opportunities that are offered at schools:</b></p> <p>Football, basketball, baseball, softball, track, soccer, cheerleading, band</p>	<p>All student's schedules include 30 minutes+ of physical activity daily. There are numerous extra-curricular activities available to all students.</p>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></p> <p>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><b>List how nutrition promotion and nutrition education are provided in schools:</b></p> <p>Menus Announcements Class activities Extra-curricular activities</p>	<p>Smart Snacks are offered to students. Meals and a la carte items (where offered) in the cafeteria meet USDA standards. Teachers and staff encourage healthy food/snack choices. Teachers and staff include class activities related to nutrition education. Coaches teach nutrition lessons during sports workouts/practices.</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></p> <p>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><b>List other school-based activities that are offered by the district:</b></p> <p>EDP Reading Programs 4-H Programs Auburn Extension Service Programs</p>	<p>All school-based programs integrate wellness activities into curriculum.</p>

### CHECKLIST:

Triennial Assessment was made public:

Date: 6/26/2023

Updated Wellness Policy received Board approval: (if applicable)

Date: NA

Wellness Policy was made public:

Date: 8/22/2017

### SIGNATURES:

Alaina Sowell

District Wellness Assessment Leader

PRINT NAME: Alaina Sowell

DATE: 6/26/23

Darlene Cunningham

District Wellness Coordinator

PRINT NAME: Darlene Cunningham

DATE: 6/26/23

Lori Beasley

Superintendent

PRINT NAME: Lori Beasley

DATE: 6/26/2023

## 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: Headland Elementary

Date: 6-21-23

School Wellness Leader: Carmen Neiswanger

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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:
<b>To be compliant with the USDA final rule and ALSDE:</b> <ul style="list-style-type: none"> <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 regulations for the National School Lunch and School Breakfast programs</u></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 and Fundraiser Guidance and Implementation.pdf (alsde.edu)</u></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			
<b>If applicable, list additional school goals below:</b>				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

### Section 3: School Level Progress Report continued

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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:
<b>To be compliant with ALSDE:</b> <ul style="list-style-type: none"> <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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</a></li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus, during the school day.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				



## Section 3: School Level Progress Report

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Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
<b>Examples:</b> <ul style="list-style-type: none"> <li>Physical education: (structured and un-structured play)</li> <li>Our school prohibits withholding activities/recess as a punishment.</li> </ul>	X X			
<b>List school goals in this section:</b>				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
<b>Examples:</b> <ul style="list-style-type: none"> <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			
<b>List school goals in addition to the required outreach included in this section:</b> <ul style="list-style-type: none"> <li>School Breakfast Outreach</li> <li>Summer Food Service Outreach</li> </ul>	X			

## Section 3: School Level Progress Report

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Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.	X			
<b>Examples:</b> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>				
<b>List school wellness activity goals in this section:</b> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>	X			

## 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: Alaina Sowell

DATE: 6-21-23

School Wellness Leader: Theresa Alexander

DATE: 6-21-23

Principal: Carmen Newwanger

DATE: 6-21-23

## 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: Headland Middle

Date: 6-21-23

School Wellness Leader: Janie Jones

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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:
<b>To be compliant with the USDA final rule and ALSDE:</b> <ul style="list-style-type: none"> <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 regulations for the National School Lunch and School Breakfast programs</u></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 and Fundraiser Guidance and Implementation.pdf (alsde.edu)</u></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			
<b>If applicable, list additional school goals below:</b>				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

### Section 3: School Level Progress Report continued

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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:
<b>To be compliant with ALSDE:</b> <ul style="list-style-type: none"> <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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</a></li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus, during the school day.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

## Section 3: School Level Progress Report

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Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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: <ul style="list-style-type: none"> <li>Physical education: (structured and un-structured play)</li> <li>Our school prohibits withholding activities/recess as a punishment.</li> </ul>	X X			
<b>List school goals in this section:</b>				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
Examples: <ul style="list-style-type: none"> <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			
<b>List school goals in addition to the required outreach included in this section:</b> <ul style="list-style-type: none"> <li>School Breakfast Outreach</li> <li>Summer Food Service Outreach</li> </ul>	X			

## Section 3: School Level Progress Report

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Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.	X			
<b>Examples:</b> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>				
<b>List school wellness activity goals in this section:</b> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>	X			

## 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: Alaina Sorrell

DATE: 6-21-23

School Wellness Leader: Kiri Parnell

DATE: 6/21/23

Principal: Jamie Jones

DATE: 6/21/23



## 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: Headland High

Date: 6/21/23

School Wellness Leader: Brent Maloy

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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:
<b>To be compliant with the USDA final rule and ALSDE:</b> <ul style="list-style-type: none"> <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 regulations for the National School Lunch and School Breakfast programs</u></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 and Fundraiser Guidance and Implementation.pdf (alsde.edu)</u></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			
<b>If applicable, list additional school goals below:</b>				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

### Section 3: School Level Progress Report continued

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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:
<b>To be compliant with ALSDE:</b> <ul style="list-style-type: none"> <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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</a></li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus, during the school day.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

## Section 3: School Level Progress Report

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Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
<b>Examples:</b> <ul style="list-style-type: none"> <li>Physical education: (structured and un-structured play)</li> <li>Our school prohibits withholding activities/recess as a punishment.</li> </ul>	X X			
<b>List school goals in this section:</b>				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
<b>Examples:</b> <ul style="list-style-type: none"> <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			
<b>List school goals in addition to the required outreach included in this section:</b> <ul style="list-style-type: none"> <li>School Breakfast Outreach</li> <li>Summer Food Service Outreach</li> </ul>	X			

## Section 3: School Level Progress Report

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Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
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<b>Examples:</b> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>				
<b>List school wellness activity goals in this section:</b> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>	X			

## 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
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- ☐ 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: Alaina Sowell

DATE: 6-21-23

School Wellness Leader: Quinn Kennedy

DATE: 6-21-23

Principal: [Signature]

DATE: 6/21/23

## 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: Abbeville Elementary

Date: 6/21/23

School Wellness Leader: Tameka Hicks

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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:
<b>To be compliant with the USDA final rule and ALSDE:</b> <ul style="list-style-type: none"> <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 regulations for the National School Lunch and School Breakfast programs</u></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 and Fundraiser Guidance and Implementation.pdf (alsde.edu)</u></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			
<b>If applicable, list additional school goals below:</b>				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

### Section 3: School Level Progress Report continued

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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:
<b>To be compliant with ALSDE:</b> <ul style="list-style-type: none"> <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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</a></li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus, during the school day.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

## Section 3: School Level Progress Report

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Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
<b>Examples:</b> <ul style="list-style-type: none"> <li>Physical education: (structured and un-structured play)</li> <li>Our school prohibits withholding activities/recess as a punishment.</li> </ul>	X X			
<b>List school goals in this section:</b>				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
<b>Examples:</b> <ul style="list-style-type: none"> <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			
<b>List school goals in addition to the required outreach included in this section:</b> <ul style="list-style-type: none"> <li>School Breakfast Outreach</li> <li>Summer Food Service Outreach</li> </ul>	X			



## Section 3: School Level Progress Report

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Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.	X			
<b>Examples:</b> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>				
<b>List school wellness activity goals in this section:</b> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>	X			

## 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: Alaina Howell

DATE: 6/21/23

School Wellness Leader: Stacie Pitts

DATE: 6-21-23

Principal: Damara Hicks

DATE: 6/21/23

## 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: Abbeville High

Date: 6-21-23

School Wellness Leader: Darryl Brooks

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:
<b>To be compliant with the USDA final rule and ALSDE:</b>	X			
<ul style="list-style-type: none"> <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 regulations for the National School Lunch and School Breakfast programs</u></li> </ul>	X			
<ul style="list-style-type: none"> <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.pdf (alsde.edu)</u></li> </ul>	X			
<ul style="list-style-type: none"> <li>Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.</li> </ul>				
<b>If applicable, list additional school goals below:</b>				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b>				
<ul style="list-style-type: none"> <li>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

### Section 3: School Level Progress Report continued

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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:
<b>To be compliant with ALSDE:</b> <ul style="list-style-type: none"> <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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf</a> (alsde.edu)</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b>To be compliant with the USDA final rule:</b> <ul style="list-style-type: none"> <li>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus, during the school day.</li> </ul>	X			
<b>If applicable, list additional school goals below:</b>				

### Section 3: School Level Progress Report

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Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
<b>Examples:</b> <ul style="list-style-type: none"> <li>Physical education: (structured and un-structured play)</li> <li>Our school prohibits withholding activities/recess as a punishment.</li> </ul>	X X			
<b>List school goals in this section:</b>				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<b><u>To be compliant with the USDA final rule:</u></b> 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			
<b>Examples:</b> <ul style="list-style-type: none"> <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			
<b>List school goals in addition to the required outreach included in this section:</b> <ul style="list-style-type: none"> <li>School Breakfast Outreach</li> <li>Summer Food Service Outreach</li> </ul>	X			

## Section 3: School Level Progress Report

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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></p> <p>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			
<p>Examples:</p> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>				
<p>List school wellness activity goals in this section:</p> <ul style="list-style-type: none"> <li>• <i>Social Emotional Development</i></li> <li>• <i>Counseling</i></li> <li>• <i>Health Services</i></li> <li>• <i>Physical Environment</i></li> <li>• <i>Caregiver (Family) Engagement</i></li> <li>• <i>Community Involvement</i></li> </ul>	X			

## 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
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- ☐ 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: Alaina Sewell

DATE: 6-21-23

School Wellness Leader: Blessie Brown

DATE: 6-21-23

Principal: Darryl Brown

DATE: 6-21-23