

District Wellness Policy Triennial Assessment Report 2020

School District: Beaufort County School District

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Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Food Service Accountant has assumed these responsibilities until the school district has appointed a designated officer.	Designated Leader's name and contact information are listed on the school district's web-site.
1a. Each school has a designated wellness leader. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15 of 32 schools have identified a Wellness Leader and Wellness Committee.	2020-21 School Wellness Initiative.
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Schools participating in the School Wellness Initiative are reporting compliance to the district wellness leader.	2020-21 School Wellness Initiative.
Public Involvement					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Committee met on 9/23/2019 to establish district wellness goals. Goal-Expand committee participation to include the public.	Committee Meeting Minutes
3. To the extent possible, committee includes representatives of: (PO-3) <ul style="list-style-type: none"> • Parents/Legal Guardians • Students • District Nutrition Services • Physical Education Teachers • School Health Professionals • Local School Board • School Administrators • General Public/Community Members 	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Goal-Expand committee participation to include the public. Several schools have involved physicians, health professional, community organizations, and students. At least one school has a student-led wellness committee.	Committee Meeting Minutes
Food and Beverage Availability					
School Meals					
4. Pre-K to fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food. (NS-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All schools provide at least 20 minutes to consume lunch after receiving meals.	District Wellness Policy
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
5. Foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. (SS-1, SS-2)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Generally, doing well to provide smart snacks but know from school monitoring that we still have challenges in this area.	District Wellness Policy regarding smart snacks.

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5a. The following venues currently comply with Smart Snacks requirements during the school day: <ul style="list-style-type: none"> • School Stores • Vending Machines • Concessions 	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	School Stores-Serve only Smart Snacks Vending Machines-Have mostly switched to smart snacks but know from school monitoring that we have not received 100% compliance with this policy Concessions-Have not been addressed in our District Wellness Policy.	School/Site Monitoring Reports District Wellness Policy
5b. Although the State allows exempt fundraisers, the district does not allow exempt fundraisers. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	The District Wellness Policy addresses exempt fundraisers but know from monitoring visits that these fundraisers are still happening. Challenge-School adherence to this policy	District Wellness Policy School/Site Monitoring Forms
6. Standards established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses. (SS-4)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Specific standards have been established	District Wellness Policy
Food and Beverage Marketing					
7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards. (PO-3)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Continue to educate community about USDA marketing requirements. Challenge -Not consistently followed	District Wellness Policy School/Site Monitoring Reports
District Goals for Health & Wellness					
Nutrition Education					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP. (NS-8, NS-12, HPE-11)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Working to integrate nutrition education and engage in nutrition promotion. Challenge-Resources are outdated and instructional materials are needed to support the updated state guidelines	Curriculum Guide Lesson Plans District Report District Wellness Policy
8a. Nutrition education is integrated across the curriculum. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Working to integrate nutrition education and engage in nutrition promotion. Challenge-Resources are outdated and instructional materials are needed to support the updated state guidelines	Curriculum Guide Lesson Plans District Wellness Policy
8b. Nutrition education is linked with the school food environment/cafeteria. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Working to integrate nutrition education and engage in nutrition promotion. Many of our schools maintain school gardens, incorporating nutrition education into this activity.	Curriculum Guide Lesson Plans District Wellness Policy
Nutrition Promotion					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. (NS-5, NS-8, NS-9)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Training provided annually to the food service employees to use principles of marketing and promotion to increase school meal participation. Challenge-Providing training to the school community to promote school meal participation and integrate nutrition across the curriculum.	Training Agenda District Wellness Policy
9a. All schools in the district are Team Nutrition (TN) Schools. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	17 of 32 schools are listed as Team Nutrition schools.	Team Nutrition Website
9b. TN resources are used to promote nutrition throughout the district. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Team Nutrition schools are utilizing the TN resources. Challenge: Remainder of schools become engaged as Team Nutrition Schools	TN resources included in Lesson Plans

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards. (NS-5, SS-3)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Marketing and merchandising used to promote 100% compliance with USDA smart snack standards. Knowing from monitoring visits that we still have issues with vending machines and school fundraisers that do not serve smart snacks.	Menus/Signage Social Media
Physical Activity					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education. (PO-8, PA-4, PA-3, PA-2)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have a variety of partnerships with the community: - First Tee (golf in elementary schools) - Backpack Buddies - Girls on the Run (Some Elementary or Middle Schools) -5K runs / Walking Clubs at schools -Boys and Girls Club/YMCA after-school programs promoting physical activities -After school physical activities at many schools	School / Community Partner Websites Social Media District Report
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. (PA-6, PA-7 ES)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BCSD encourages the use of Physical Activity as a reward but Physical Activity shall not be withheld as punishment for any reason.	District Wellness Policy
Physical Education					
13. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE. (HPE-3)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	The physical education curriculum shall promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. PE teachers are receive training and are monitored for implementation of the SC Academic Standards for Physical Education and the SC PE curriculum guide.	District Wellness Policy Physical Education Curriculum
13a. Fitness testing of students occurs, at a minimum, in grades 2 (height & weight only), 5, 8, and in high school PE course required for graduation. Individual student fitness reports are shared with parents/caregivers. * Per SC Students Health and Fitness Act of 2005	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fitness Testing for students occurs at a minimum in grades 2,5, and 8 and in high school PE course required for graduation	
13b. Student fitness data is used by the district and schools for instruction planning, fitness equipment, and professional development. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All Physical Education teachers receive professional development annually that includes the use of fitness data.	Training Agendas
14. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and PE classes and equipment are adapted, as necessary.	District Wellness Policy
Update/Inform the Public					

<p>15. Annually, the public is notified about the content and implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy. (PO-3)</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>Website has been updated to include the wellness policy.</p> <p>Will update website to include the name and contact information of the District Leader and how the public can become involved. This will be completed by July 31, 2021</p>	<p>School District Website.</p>
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Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
15a. The name and contact information of the designated officer is publicized.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Will update website to include the name and contact information of the District Leader and how the public can become involved. This will be completed by July 31, 2021	School District Website
15b. Information is shared on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Will update website to include the name and contact information of the District Leader and how the public can become involved. This will be completed by July 31, 2021	School District Website
16. Every three years, the district develops a report that meets the following requirements: ** (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Completed Triennial Assessment Report 6/30/2021	District Report
16a. All schools' compliance with the district wellness policy.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Generally, doing well complying with the District Wellness Policy but know from monitoring visits that we are not 100% compliant.	School/Site Monitoring Visits District Wellness Policy
16b. How the district policy compares with state and/or federal model wellness policies.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Comparisons are available for schools participating in the 2020-21 school wellness initiative.	2020-21 School Wellness Initiative
16c. A description of progress towards attaining wellness policy goals.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	District Leader compiled Triennial Assessment Report and MUSC worked with participating schools for annual progress reports.	District Report 2020-21 School Wellness Initiative
16d. This report is made available to the public.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Complete Triennial Assessment Report and will post report on district website prior to July 31, 2021.	District Website
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16 above.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	System developed to keep compliance documents on file in the District Food Service office.	Hard Copies of Documents
Other School Based Strategies for Wellness					
18. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Goals for 2021-22: Name District Wellness Leader / Select Committee 100% school participation in the school wellness initiative. Continue working with MUSC in the school wellness initiative.	
Optional Goals- School Meals					
19. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management. (NS-10)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Food cannot be withheld for punishment or provided as a reward for academic performance or good behavior.	Board-approved Code of Conduct
19a. Schools will not withhold foods or beverages for punishment. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Food cannot be withheld for punishment or provided as a reward for academic performance or good behavior.	Board-approved Code of Conduct
19b. Teachers are provided with a list of alternative ideas for behavior management. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Challenge: Resources are in need of updated	Lesson Plans Curriculum Guide

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data source for monitoring
Optional Goals- Water					
20. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	All schools have drinking water available in cafeterias and throughout the school. Elementary school cafeterias were tested for lead in 2019. Outside, when drinking fountains are not available, portable hydration stations are available	School/Site Monitoring Reports District Wellness Policy
Optional Goals- Staff Wellness					
21. Schools will offer staff wellness programs such as weight management, health assessments. (EW-1, EW-2, EW-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The BCSD either directly, or through our healthcare provider, offers many wellness activities for employees throughout the school year. Activities (free or low cost) include: - Annual School Based Health Screening for employees. - Flu shots. - Adult vaccines per CDC recommendations. - Weight loss program "Naturally Slim". - Tobacco Cessation program. - Diabetes Education. - Coaching on healthy lifestyles. - Fall of 2019 a weight loss challenge was undertaken throughout the BCSD with 78 participants.	PEBA
Optional Goals- Community Involvement					
22. School will allow community members access to the district's outdoor physical activity facilities before and after school. (PA-8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The BCSD has always allowed community use of outside school facilities after hours. Activities include: - Use of playgrounds by community with Biba (interactive playgrounds) at many locations. - Joint park/playground with the City of Port Royal at Port Royal Elementary School. - Beaufort Track Club meets at Beaufort Middle School Tuesdays at 6:30pm.	School Signage
22a. District has adopted the SC School Boards Association's model Open Community Use of School Recreational Areas (KFA) policy. *	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. (PO-9)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have a variety of partnerships with the community to engage students and their families in health promotion activities: - First Tee (golf in elementary schools) - Backpack Buddies - Girls on the Run (Some Elementary or Middle Schools) - Dental Health Program - Lions Club Vision and Hearing Screening - MUSC Telehealth and school based clinics at Whale Branch MS, Whale Branch ES, Davis ELC, Broad River ES and Whale Branch Early College.	2020-21 School Wellness Initiative District Report
Other Optional Goals					

Contract with MUSC to assist the District in reaching our Wellness Goals	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Partnered with MUSC at the beginning of the 2020-21 school year.	MUSC Agreement
Designate District Wellness Leader and appoint committee.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Committee was chosen but a leader was not designated	Committee Minutes
100% Participation in the school wellness initiative	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15 of 32 schools participated in the school wellness initiative.	2020-21 School Wellness Initiative

Success/Updates from the Past Three Years: –Partnered with MUSC to create the District School Wellness Initiative: Working through the pandemic, 15 of our 32 schools have reached their goals for the current year. We expect further participation in 2021-2022. Each of these schools received a \$1,000 award to be used on wellness resources.

District Wellness Committee met for the first time in many years and goals to promote district wellness were set.

SCDE District Wellness Policy Triennial Assessment Report - Additional Information You Should Know

School districts are encouraged to use the following tools and resources to assist with completing the SCDE District Wellness Policy Triennial Assessment Report:

- LWP STAT Webinar Series Three – Getting Ready for the Triennial Assessment: <link coming soon – will be located at <https://ed.sc.gov/districts-schools/nutrition/wellness-and-food-safety/wellness-and-food-safety/local-wellness-policies/>>
- Compilation of your district's completed SCDE District Wellness Policy Annual Progress Reports: <https://ed.sc.gov/districts-schools/nutrition/wellness-and-food-safety/wellness-and-food-safety/local-wellness-policies/local-wellness-policy-assessment-tool/>
- Compilation of your district's Alliance for a Healthier Generation Healthy Schools Program District Reports: <https://www.healthiergeneration.org/>

***Best Practices for implementing policy components**

**** More information addressing item 16 of the SCDE District Wellness Policy Triennial Assessment Report**

Tools You Can Use to Meet USDA Triennial Assessment Reporting Requirements:

16 a. Schools' Compliance with the District Wellness Policy -

Full completion of the SCDE District Wellness Policy Triennial Assessment Report

16 b. How the District's Policy Compares with State and/or Federal Model Wellness Policies -

Completion of the SCDE LWP Checklist – <link coming soon – will be located at <https://ed.sc.gov/districts-schools/nutrition/wellness-and-food-safety/wellness-and-food-safety/local-wellness-policies/>>

16 c. Description of Progress towards Attaining Wellness Policy Goals -

Full completion of the SCDE District Wellness Policy Triennial Assessment Report

USDA's Local Wellness Policy Triennial Assessment Questions & Answers:

How often must LEAs conduct assessments of schools' compliance with the local school wellness policy?

At a minimum, assessments must be conducted once every three years as described in 7 CFR 210.31(e); this is referred to as the triennial assessment. This assessment is separate from the Administrative Review conducted by the State agency. The local school wellness policy must be updated and in compliance with the final rule by June 30, 2017. Therefore, the first triennial assessment must be completed by June 30, 2020.

Who is responsible for conducting the assessments?

LEAs must designate at least one LEA or school official(s) as responsible for determining the extent to which each school under their jurisdiction is in compliance with their wellness policies (7 CFR 210.31(e)(1)).

In addition to the official(s) identified, other stakeholders must be permitted to be involved in the review process as described in 7 CFR 210.31(d)(1). However, LEAs have discretion in how they implement this requirement since each LEA is best suited to determine the distinctive needs of the community it serves. LEAs are also encouraged to identify a wellness champion at each school that would assist with the implementation and monitoring of the policy at the school level.

What must be included in the triennial assessment?

The LEA must develop a triennial assessment report that describes the extent to which its schools comply with the local school wellness policy, the extent to which the local policy aligns with model policies, and a description of progress towards attaining policy goals as described in 7 CFR 210.31(e)(2). There is local discretion on the format of the report. This report must be made available to the public (7 CFR 210.31(d)(3)).

What tools should LEAs use to assess implementation and compliance with the local school wellness policy?

The LEA has the flexibility to develop tools that will assess compliance with the specific components of their local school wellness policy. Some State agencies and partner organizations have developed tools that LEAs can adapt to meet their needs. Example tools can be found at the "School Nutrition Environment and Wellness Resources" website at <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellnesspolicy-process/assessment-needs-assessment>. In addition, the LEA must document when and how they evaluated their policy. For example, an agenda or attendance sheet could be used as documentation that the local school wellness policy was evaluated at a stakeholder meeting.

How often does the LEA have to update the policy?

USDA does not specify the frequency of updates to the local school wellness policy, as the need to update will vary based on the content and structure of the policy. However, it is recommended that the policy is updated, at a minimum, after conducting the triennial assessments (7 CFR 210.31(e)(3)). LEAs are also required to annually notify the public about the content of the local school wellness policy and any updates to the policy as stated in 7 CFR 210.31(d)(2).

How should LEAs compare their policies to model policies?

The responsibility for developing a local school wellness policy was placed at the LEA level so that each LEA has the flexibility to customize their own policy based on their own unique circumstances. However, at a minimum, LEAs must compare their policy against model policies during the triennial assessment (7 CFR 210.31(e)(2)(ii)). The Alliance for a Healthier Generation, in conjunction with USDA, developed a model local school wellness policy template that may be used for this comparison: https://www.healthiergeneration.org/_asset/wtqdwu/14-6372_ModelWellnessPolicy.doc.

Does the LEA need to do a triennial assessment of all the schools under its jurisdiction, or does each school do its own triennial assessment and report back to the LEA?

The LEA is responsible for ensuring that a triennial assessment of all the schools under its jurisdiction has been conducted. The LEA may conduct the triennial assessment on behalf of each participating school under its jurisdiction or may allow each school to conduct its own assessment.