

# Triennial Assessment Tool

Every three years or more often if the district desires, the district must conduct an assessment of the wellness policy that is made available to the public. The evaluation must address:

- Compliance with the district policy
- The extent to which the local wellness policy compares to the [Model Wellness Policy](#)
- Progress made in attaining the goals of the wellness policy

The first triennial assessment should be completed by June 30, 2023 or earlier. The second triennial assessment is due 3 years from the completion of the first triennial assessment. Districts are required to make the Local Wellness Policy and Triennial Assessment available to the public.

Date of Assessment: 6/23/23	Name of School District: Bulloch		Number of Schools in District: 15
<b>Nutrition Education Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Compliant Schools:</b>	<b>Notes:</b>
1. Nutrition staff to collaborate with health teachers to promote nutrition education in the classroom	In Progress	15	
2. The school nutrition staff participates in classroom visits/tasting of healthy food options	Not Completed		
3.	Choose an item.		
4.	Choose an item.		
5.	Choose an item.		
<b>Nutrition Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Compliant Schools:</b>	<b>Notes:</b>
1. All food and beverages throughout campuses will meet Smart Snack guidelines	Completed	15	
2. Only foods that meet the Smart Snack guidelines will be marketed on school campus	Completed	15	
3. Nutrition promotion will be evident in the school cafeteria through posters, decorations, and bulletin board displays	In Progress		
4. Farm to school initiatives will be promoted through school gardens, green house crops, and serving locally grown food	In Progress		
5.	Choose an item.		

<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Compliant Schools:</b>	<b>Notes:</b>
1. Physical Activity will be encouraged to be integrated across curricula and throughout the school day	Completed	15	
2. Time allotted for physical education will be consistent with research, national, and state standards	Completed	15	
3. Students are encouraged to be involved in physical activity in the community, school sponsored events, and extracurricular activities	Completed	15	
4. Schools with utilize the FitnessGram to annually test and evaluate individual fitness levels	Completed?	15	
5. A recess period is made available each day to elementary school students	Completed	15	

<b>Other School-Based Activities that Promote Student Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Compliant Schools:</b>	<b>Notes:</b>
1. Each school will organize a wellness committee to plan and implement the wellness policy within their school	Not Completed	0	
2. Healthy eating and physical activity promotions to parents, families, and community will be on-going throughout the school year. Families will be invited to attend school sponsored events promoting health and wellness	In Progress	15	
3.	Choose an item.		
4.	Choose an item.		
5.	Choose an item.		
<b>Nutrition Guidelines for All Foods and Beverages Sold to Students</b>	<b>Status (select one):</b>	<b>Number of Compliant Schools:</b>	<b>Notes:</b>
1. To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made	Completed	15	

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<p>available on campus during the school day (beginning at 12:01 a.m. until 30 minutes after the end of the official day) shall be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals and competitive foods and beverages shall not be less restrictive than federal and state guidance.</p>			
<p>2. All foods and beverages sold to students on campus during the school day outside of USDA school meals are considered “competitive foods.” All competitive foods, including vending machines, school stores, and school fundraisers, must meet the Smart Snacks in School guidelines established by the standards set forth in the Healthy Hunger-Free Kids Act of 2010.</p>	Completed	15	
<p>3. Food Items: Any food sold in schools must: Be a whole-grain rich product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least ¼ cup of fruit and/or vegetable.</p> <p>Calorie Limits: Snack Item: less than or equal to 200 calories Entrée Item: Less than or equal to 350 calories Sodium Limits: Snack Item: less than or equal to 200 mg Entrée Item: less than or equal to 480 mg Fat Limits: Total Fat: less than or equal to 35% of calories Saturated Fat: less than or equal to 10% of calories</p> <p>Trans Fat: 0g Sugar Limit: Less than or equal to 45% of weight from total sugars in food.</p>	Completed	15	

<p>Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.</p> <p>Beverages:</p> <p>All Schools may sell:</p> <p>Plain water (with or without carbonation)</p> <p>Unflavored low fat milk</p> <p>Unflavored or flavored fat free milk</p> <p>100% fruit or vegetable juice</p> <p>100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.</p> <p>Elementary schools may sell up to 8 ounce portions. Middle and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit for water.</p> <p>High school may also sell "no calorie" and "lower calorie" beverages:</p> <p>No more than 20 ounce portions of:</p> <p>Calorie-free, flavored water (with or without carbonation)</p> <p>Other flavored and/or carbonated beverages that are labeled to contain &lt;5 calories per 8 fluid ounces or &lt; calories per 20 fluid ounces.</p>			
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No more than 12 ounce portions of beverages with < 40 calories per 8 fluid ounces, or < 60 calories per 12 fluid ounces.			
<p>4. Fundraisers- Fundraising events that involve the sale of food items conducted during the school day must meet the Smart Snacks guidelines. The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events. The school district will make available a list of ideas for acceptable fundraising activities.</p> <p>Exempted Fundraisers- Per the State Board Rule 160-5-6-.01, the Bulloch County Board of Education will allow 30 fundraisers per school per school year not to exceed 3 days in length. Exempted fundraisers will not occur 30 minutes prior until 30 minutes after the end of breakfast and lunch meal service. Appropriate documentation shall be maintained at the school for any exempted fundraiser.</p>	Completed	15	
5.	Choose an item.		
<p><b>Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b>  <i>(i.e., classroom parties, foods given as reward)</i></p>	<b>Status (select one):</b>	<b>Number of Compliant Schools:</b>	<b>Notes:</b>
1. Rewards/Punishment- Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior	Completed	15	
2. Drinking Water Availability- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present.	Completed	15	
3.	Choose an item.		
4.	Choose an item.		

5.	Choose an item.		
<b>Policies for Food and Beverage Marketing</b>	<b>Status (select one):</b>	<b>Number of Compliant Schools:</b>	<b>Notes:</b>
1. Any food or beverages advertised on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition guidelines	Completed	14	
2.	Choose an item.		
3.	Choose an item.		
4.	Choose an item.		
5.	Choose an item.		

<b>Wellness Policy Leadership</b> <i>Name of school official(s) who are responsible to ensure compliance.</i>	<b>Title and School</b>	<b>Notes:</b>
1. Desiree Yaeger	Central	
2. Hayley Greene	Central	
3.		
4.		
5.		
<b>Wellness Committee Involvement</b> <i>List of committee members' names</i>	<b>Title and Organization</b>	<b>Notes:</b>
1. Alli Baxter	Central	
2. Jeff Giddens	Central	
3.		
4.		
5.		



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KEY	
<b>Completed</b>	select if you have met this goal at all schools
<b>Partially Completed</b>	select if one or more schools has met this goal
<b>In Progress</b>	select if you are working on the goal, but none of the schools have met the goal
<b>Not Completed</b>	select if you have not begun working on this goal