



Alabama State Department of Education Child Nutrition Program



Local Wellness Policy: Triennial Assessment Report

This tool is intended to be a guide based on current regulations. It is the responsibility of the LEA to stay abreast of any updates and changes to the regulations and to implement any changes in local policies.

Background Information

To be compliant with the USDA final rule, at least once every three years, the district will assess the Local Wellness Policy. However, Local Education Agencies (LEAs) may assess their policy more frequently if they wish.

Purpose

The district should designate a representative to lead the wellness policy assessment. This representative must publicly invite members from the community, schools, and the district to participate. Members of the district wellness committee who are completing the assessment of the Local Wellness Policy may use this template. Section 3 of this template should be copied and completed for each school.

This template contains the three required components of the triennial assessment:

1. the extent to which the wellness policy compares to model wellness policies
2. progress made in attaining the goals of the wellness policy
3. the extent to which schools under the jurisdiction of the districts are complying with the district Wellness Policy

Results

A copy of the assessment must be made available to the public. How the assessment is made available is the decision of the LEA. (i.e., district website, local newspaper, etc.). The triennial assessment summary and the assessment details (e.g., WellSAT 3.0 report) must be shared.

Recordkeeping for the Child Nutrition Program Administrative Review:

- ☒ a copy of the most recent triennial assessment, along with supporting documentation
- ☐ a copy of the current and previous board approval of the policy *Pending*
- ☒ documentation demonstrating the policy has been made available to the public
- ☒ documentation of efforts to review and update the policy, including who was involved and how the district made stakeholders aware of their ability to participate (i.e., meeting agendas and sign-in sheets)

Local Wellness Policy: Triennial Assessment Summary

General Information

LEA: Chickasaw City Schools

Month and year of current assessment: January 2024

Date of last Local Wellness Policy revision: August 25, 2022

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

Wellness Committee Information

How often does your district wellness committee meet? Quarterly

District Wellness Coordinator Name	School	Job Title	Email Address
J. Renee Reaves	Central Office	CNP Director	rreaves@chickasawschools.com

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

Name	School	Job Title	Email Address
J. Renee Reaves	Central Office	CNP Director	J. Renee Reaves

District Wellness Committee Members

Name	School	Job Title	Email Address
Robin Meadows	CES	PE Teacher	rmeadows@chickasawschools.com
Ricky Ruffin	CHS	Athletic Director	rruffin@chickasawschools.com
Marquette Ambrose	District	CNP Manager	mambrose@chickasawschools.com
Vicky Wren	District	RN	vwren@chickasawschools.com
Christy Amick, Principal	CES	Principal	camick@chickasawschools.com
Arnold Cox	CMS/CHS	Principal	acox@chickasawschools.com

*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
XX _____ 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)

The Chickasaw City Schools (CCS) current District Wellness policy is aligned moderately well to the model wellness policy. According to the WellSat 3.0 Assessment tool, CCS Wellness Policy scored as follows:

Nutrition Education: 100% Comprehensiveness, 50% Strength
Standards for USDA CNP Programs and School Meals: 100% Comprehensiveness, 88% Strength
Nutrition Standards for Competitive and Other Foods and Beverages: 92% Comprehensiveness, 77% Strength
Physical Education and Physical Activity: 94% Comprehensiveness, 75% Strength score
Wellness Promotion and Marketing: 100% Comprehensiveness, 100% Strength
Implementation, Evaluation, Communication: 100% Comprehensiveness, 100% Strength

Our lowest scores and areas of most needed improvement are in the area of Nutrition Education. While our teachers do integrate nutrition education into their lesson plans, the plans are not a quantified nutrition based curriculum and it is not linked to the school food environment. While fitness and physical activities are emphasized as important beyond health education regularly (sports, band etc), our current plan does not address nutrition education specifically beyond health education.

Our policy does not address foods served at class parties specifically.

Our policy does mention regulating foods 'available outside federally regulated CNP programs'.
'Our policy does not specifically mention 'Safe Routes to School' although we have a superb transportation department.
Overall, we believe our Wellness Policy aligns with USDA and ALSDE requirements, but we also recognize more specific language needs to be added to address certain areas of System wellness.

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:
<u>To be compliant with the USDA final rule and ALSDE:</u> • 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> • 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 <u>Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.</u> • Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. If applicable, list additional school goals below:	Chickasaw City Schools follows all USDA guidance and requirements with regard to all foods and beverages available on campus to include items for sale and available for consumption within the Breakfast, Lunch and After-school Snack (grades K-8) programs. While it is not specifically mentioned in the CCS Wellness Policy, the practice on all campuses is that non program foods are not sold within the timeframe of 1 hour before or after school. All Administrators have been provided with the Smart Snack and Fundraiser Attestation form as well as the separate fundraiser form. Our current policy explicitly states 'The Board will ensure that reimbursable school meals meet the program requirements and nutritional standards established by applicable state and federal regulations.'
Access to free potable water on campus	Describe progress and next steps:
<u>To be compliant with the USDA final rule:</u> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria. List how access to potable water is made available in schools. Bottled water is available at no cost to students during mealtimes in the cafeterias. CCS also provides bottle refilling stations on each campus.	Chickasaw City Schools provides free, unflavored safe drinking water to students during mealtimes. Bottled water is available. CCS also provides free water bottle refilling stations on each campus.

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:
<u>To be compliant with ALSDE:</u> All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity <u>Smart Snack and Fundraiser Guide and Implementation.</u> If applicable, list additional school goals below: CCS CNP Dept has goals to continue to improve in this area with renewed communication, education and training with all staff. CCS CNP Dept will incorporate this training with the Teacher Institute training that occurs each August.	Progress has been made in this area by continual reminders, training and communication with school administrators.

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps:
<u>To be compliant with the USDA final rule:</u> Our school only markets or advertises foods and beverages that meet the <u>USDA Smart Snacks in School</u> nutrition standards on the school campus, during the school day. If applicable, list additional school goals below: CCS will continue to provide reminders, documentation, and Smart Snack Calculators to Administrators on each campus.	CCS current Wellness policy states: 'The Board will encourage students to make nutritious food choices and will monitor all food and beverages sold or served to students, including those available outside federally regulated child nutrition programs. The Board will consider nutrient density and portion size before permitting food and beverages to be sold or served to students.'

Section 2. Progress towards Goals continued

***NOTE: Required components are listed in blue.**

Physical Activity Goal(s)	Describe progress and next steps:
<u>To be compliant with the USDA final rule:</u> 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. List physical activity opportunities that are offered at schools: All students PK-5th grade, including those with disabilities, receive at least 30 minutes of daily physical activity and education. All students 6th-8th, including those with disabilities, receive a minimum of 50 minutes of physical education and activity. All students grades 9-12, including those with disabilities, receive a minimum of 50 minutes of physical education (with some substitutions allowed by State guidelines). There are many electives available to grades 7-12 that promote physical activity as well (band, cheer, sports).	This goal has been identified in the Wellness Policy, listed under the bullet 'Physical Education and Physical Activity Opportunities'.
Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<u>To be compliant with the USDA final rule:</u> 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. List how nutrition promotion and nutrition education are provided in schools: Physical education curricula have integrated nutrition education standards. The CNP Dept at CCS promotes National School Breakfast Week and National School Lunch Week each school year. Classroom activities are provided and we promote the advantages of healthy eating on our social media. We also promote Break for A Plate and National Milk Day on our social media platforms.	This goal is covered in our current policy: 'Nutrition education that teaches the knowledge, skills, and values needed to develop healthy eating behaviors and nutrition promotion that promotes and reinforces student health will be integrated into the curriculum and offered throughout school campuses, including school dining areas and classrooms, by appropriately trained personnel.'

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:
To be compliant with the USDA final rule: The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities. List other school-based activities that are offered by the district: Fruit, vegetable, whole-grain, and low-fat dairy are promoted in cafeterias through signage, video reel loops and product placement. Staff wellness is promoted through access to Employee Assistance Program, health screenings, and vaccine clinics. Recently, CCS entered into an agreement with a local medical facility to provide a mobile medical clinic onsite at each campus during the week, available to students and staff.	This goal is identified in the Wellness Policy. We will continue to monitor and ensure compliance. "All students will be provided the opportunity to participate regularly in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle." "The Board may implement other programs that help create a school environment that conveys consistent wellness messages and that is conducive to healthy eating and physical activity."

CHECKLIST:

Triennial Assessment was made public:

Date: 2/27/2024

Updated Wellness Policy received Board approval: (if applicable)

Date: Pending

Wellness Policy was made public:

Date: 2/28/2024

SIGNATURES:

J. Renée Reaves
District Wellness Assessment Leader

PRINT NAME: J. Renée Reaves
DATE: 2-28-2024

J. Renée Reaves
District Wellness Coordinator

PRINT NAME: J. Renée Reaves
DATE: 2-28-2024

Jodie McPherson
Superintendent

PRINT NAME: Jodie McPherson
DATE: 2/28/24

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: Chickasaw Elementary School

Date: 2/27/2024

School Wellness Leader: Christy Amick, Principal

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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:
<u>To be compliant with the USDA final rule and ALSDE:</u> - 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> - All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity <u>Smart Snack and Fundraiser Guidance and Implementation</u>. - Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.	X			
	X			
	X			
If applicable, list additional school goals below:				

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

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:
<u>To be compliant with ALSDE:</u> All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity <u>Smart Snack and Fundraiser Guidance and Implementation.</u>	X			
If applicable, list additional school goals below:				

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

Section 3: School Level Progress Report

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

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<u>To be compliant with the USDA final rule:</u> 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: - Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year - National School Lunch/School Breakfast Week promotion				-Age appropriate lessons -Bulletin boards, videos, social media
List school goals in addition to the required outreach included in this section: - School Breakfast Outreach - Summer Food Service Outreach				CNP Dept will strive to provide more consistent (weekly/monthly) nutritional promotion on a district wide basis.

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:
<u>To be compliant with the USDA final rule:</u> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.	X			
Examples: • <i>Social Emotional Development</i> • <i>Counseling</i> • <i>Health Services</i> • <i>Physical Environment</i> • <i>Caregiver (Family) Engagement</i> • <i>Community Involvement</i>				
List school wellness activity goals in this section: CCS is proud to be awarded a Full Service Community Grant. There are many opportunities available for counseling, health services and community involvement. These are just a few CCS has offered this school year: On-site mobile Health Clinic Parent Engagement Night Food Bank MLK Day of Service Vaccine Clinic Wellness clinic Freight Farm, growing vegetables Community Youth Basketball League CNP hosted a community Senior Citizens luncheon in Nov 2023.				

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: Renee Beaves

DATE: 2-28-24

School Wellness Leader: Amil

DATE: 2-28-24

Principal: Amil

DATE: 2-28-24

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: Chickasaw Middle and High Schools

Date: 2/27/2024

School Wellness Leader: Arnold Cox, Principal

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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:
<u>To be compliant with the USDA final rule and ALSDE:</u> - 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> - All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity <u>Smart Snack and Fundraiser Guidance and Implementation</u>. - Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.	X X X			
If applicable, list additional school goals below: Refresher training at start of new school year and training with new staff when needed.				

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

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:
<u>To be compliant with ALSDE:</u> All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity <u>Smart Snack and Fundraiser Guidance and Implementation.</u>	X			
If applicable, list additional school goals below: Refresher training at start of new school year and training with new staff when needed.				

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

Section 3: School Level Progress Report

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

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<u>To be compliant with the USDA final rule:</u> 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: - Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year - National School Lunch/School Breakfast Week promotion				
List school goals in addition to the required outreach included in this section: - School Breakfast Outreach - Summer Food Service Outreach CNP staff will strive to provide more consistent promotion of the nutritional components of a healthy lifestyle.				

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:
<u>To be compliant with the USDA final rule:</u> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.	X			
Examples: • <i>Social Emotional Development</i> • <i>Counseling</i> • <i>Health Services</i> • <i>Physical Environment</i> • <i>Caregiver (Family) Engagement</i> • <i>Community Involvement</i>				
List school wellness activity goals in this section: Increase signage and media engagement in the dining areas Increase promotion through social media Increase nutritional promotion through partnering with the Dairy Alliance for ideas for age appropriate activities, Moo brew and smoothies. Partner with culinary course teacher to develop a taste test panel.				



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: *J. Daniel Neaves*

DATE: *2/28/24*

School Wellness Leader: *Principal*

DATE: _____

Principal: *[Signature]*

DATE: *2/28/24*