

LOCAL WELLNESS POLICY CHECKLIST

This checklist is intended to help schools meet the USDA regulations for the Local Wellness Policy.
(This checklist is not an assessment tool.)

- ☒ **Nutrition Education** - Includes specific goals for nutrition education that were developed to enhance a child's understanding of healthy foods using evidence-based strategies.
- ☒ **Nutrition Promotion** - Includes specific nutrition promotion that follows USDA regulations for school meals.
- ☒ **Physical Activity** - Includes specific goals for physical activity that promote wellness using evidence-based strategies.
- ☒ **Other School-Based Activities that Promote Student Wellness** - Includes other school-based activities that are designed to promote wellness in a manner that the Local Education Agency (LEA) determines is appropriate.
- ☒ **Nutrition Guidelines:**
 - Provides an assurance that guidelines for reimbursable school meals and a la carte foods shall not be less restrictive than regulations and guidance issued by USDA.
 - Includes nutrition guidelines and standards for USDA/ALSDE Smart Snacks in School for all foods available on each school campus (including fundraisers) under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity.
 - Policies that allow marketing or advertising of only those foods/beverages that meet the USDA/ALSDE Smart Snacks in School nutrition standards.
- ☒ **Wellness Committee:**
 - Includes title of the LEA or school official(s) responsible for oversight of the Local Wellness Policy and efforts to involve parents, students, representatives of the Child Nutrition Program, the school board, school administrators, and the general public in the development of the Local Wellness Policy.
 - Includes how potential stakeholders: parents, students, teachers, administrators, school health professionals, school board members, and the general public are made aware of their ability to participate in the development, review, update, and implementation of the Local Wellness Policy.
- ☒ **Triennial Assessment:**
 - Establishes a plan for measuring implementation of the Local Wellness Policy and completion of a triennial assessment at least once every three years.
 - Includes designation of one or more persons within the LEA (or at each school) charged with operational responsibility for ensuring that the school follows the Local Wellness Policy.
 - Includes when and how the review and update of the Local Wellness Policy occur.
- ☒ **Public Notification:**
 - Includes how the public and stakeholders are notified of the Local Wellness Policy, committee meetings, updates, activities, and assessments. (i.e., local newspaper, district website, school social media, etc.)
 - Includes how the public can locate a copy of the Local Wellness Policy and Triennial Assessments.

THE ASSESSMENT TOOL

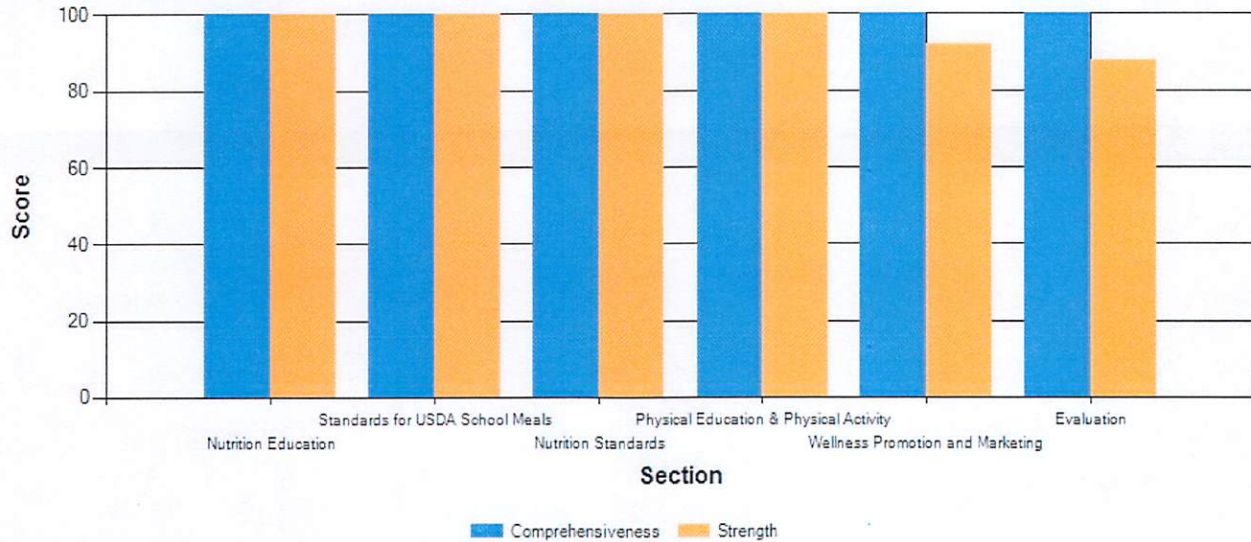
Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: Saraland City Schools Comprehensive Wellness Plan



Section 1. Nutrition Education

Rating

NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
NE8	Nutrition education addresses agriculture and the food system.	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	100

[Click here for Nutrition Education Resources](#)

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	 Addresses purchasing local foods for the school meals program.	2
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	100

[Click here for School Food Resources](#)

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	2
NS6	 Addresses fundraising with food to be consumed during the school day.	2

NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	2
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	2
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	100

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

Rating

PEPA1	 There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	2

PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	100

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	 Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	2
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	92

[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	1
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	88

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 100
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 97



Federal Requirement



Farm to School



CSPAP

Thank you for completing the WellSAT!

[Print-friendly version](#)
[Export data from the current wellness policy assessment \(version 3.0 and WellSAT-I\)](#)

Export data from all my prior wellness policy assessments (version 3.0 and WellSAT-I)

Export data from all my prior wellness policy assessments (version 2.0)

Email scores to my registered email address

Email scores to:



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
- ☒ 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: Saraland City Schools

Month and year of current assessment: June of 2023

Date of last Local Wellness Policy revision: March 10, 2023

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: Yes; on the School System Website

Wellness Committee Information

How often does your district wellness committee meet? Yearly

District Wellness Coordinator

Name	School	Job Title	Email Address
Shane Martin	Central Office	CNP Coordinator	smartin@saralandboe.org

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

Name	School	Job Title	Email Address
Diana Collins MSN RN	Health Services	Health Services Supervisor	dcollins@saralandboe.org

District Wellness Committee Members

Name	School	Job Title	Email Address
Shane Martin	Central Office	Child Nutrition Coordinator	smartin@saralandboe.org
Dr. Frankie Mathis	Central Office	Asst. Superintendent	fmathis@saralandboe.org
Teresa Watts LPN	Saraland HS	School Nurse	twatts@saralandboe.org
Robert Smith	Saraland MS	PE Teacher	rsmith@saralandboe.org
Stephanie Verkouille	Saraland MS	PE Teacher	sverkouille@saralandboe.org
Staci White LPN	Saraland Elem	School Nurse	swhite@saralandboe.org
Kelly Harrison RN	Saraland Elem	School Nurse	kharrison@saralandboe.org
Lisa Copeland RN	Saraland MS	School Nurse	lcopeland@saralandboe.org
Stephanie Clark LPN	Saraland SMS	School Nurse	sstephenson@saralandboe.org

District Wellness Co.

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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
- X Yes _____ 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)

Saraland City Schools (SCS) Comprehensive Wellness Plan compares to the WellSAT 3.0 Wellness Assessment in the following ways:

SCS Comprehensive Wellness Plan	WellSAT-I 3.0 Wellness School Assessment
<ul style="list-style-type: none">• Healthy School Environment• Nutrition Education• Staff and Educational Reinforcement• Coordination of Programs• Nutrition-Related Health Problems and Modified Diets• Physical Activity• Healthy School• Food Service Operation• Resources, Evaluation Assessment Tool• Meetings/Website Communication/Community Involvement	<ul style="list-style-type: none">• Nutrition Education• Standards for School Meals• Nutrition Standards• Physical Education and Physical Activity• Wellness Promotion and Marketing• Implementation, Evaluation, and Communication

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>To be compliant with the USDA final rule and ALSDE:</p> <ul style="list-style-type: none"> • All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programs • 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) • Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. <p>If applicable, list additional school goals below:</p>	<p>During school hours, All foods and beverages that are sold on campus during the school day meet the USDA regulations.</p> <p>Healthy and appealing foods should be available through cafeteria meals and a la carte items. Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans and/or other nutrition standard guidelines as set forth by USDA and the Alabama State Department of Education.</p> <p>The guidelines apply to the follow areas:</p> <ul style="list-style-type: none"> • The child nutrition program • A la carte offerings in the child nutrition program • Food and beverage choices in vending machines, snack bars, and school stores • Food and beverages sold as part of school-sponsored fundraising activities • Refreshments served at student parties, celebrations, and meetings <p>This wellness nutrition plan has been developed to protect the health of Saraland City School System students so they may achieve their full academic potential. Foods of minimal nutritional value as defined by USDA are prohibited from being served or sold anywhere a reimbursable meal is served, sold, and/or eaten. Foods of minimal nutritional value as defined by USDA include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, licorice, spun candy, and candy coated popcorn. Nutritious Food Choices- School Personnel should pay special attention to portion sizes and assist students in selecting the appropriate amount of food. See Portion Sizes indicated in the Wellness Plan.</p>

Access to free potable water on campus	Describe progress and next steps:
<p>To be compliant with the USDA final rule:</p> <p>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</p> <p>List how access to potable water is made available in schools.</p>	<p>On each campus, there are drink stations where students can fill their water bottles or containers brought from home with water throughout the day. If they do not have containers, then cups will be provided for them during the school day.</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>To be compliant with ALSDE: 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</p> <p>If applicable, list additional school goals below:</p>	<p>At any time there are foods and beverages sold outside of the school meal program, Saraland City Schools utilizes the Smart Snack calculator. The nutrition facts on all of these snacks and drinks are within guidelines as provided by the USDA.</p>

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps:
<p>To be compliant with the USDA final rule: Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day.</p> <p>If applicable, list additional school goals below:</p> <p>Beverage Sales: SEEC, SES, and SMS- Only non-carbonated beverages are to be sold or served to students in grades PreK-8</p> <p>SHS- Only non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, sports drinks. Any carbonated beverages must be no/low calorie beverages, contain no more than 25 calories, and may not exceed 20 ounces</p>	<p>Partnerships between schools and businesses are encouraged and business sponsorship of educational activities and materials shall be duly acknowledged. However, such partnerships shall be designed to meet identified education needs and reflect healthy school environment goals.</p> <p>Advertising of foods or beverages in the areas accessible to students during the school day must reinforce the objectives of the educational and nutrition environment goals of the school and be consistent with established nutrition environment standards.</p> <p>SEEC, SES, and SMS- All vending machine fronts will picture water or 100% fruit juice products with no added sweeteners.</p> <p>SHS- All vending machine fronts other than those located in athletic spectator settings (football stadiums) will be water and 100% juice products with no added sweeteners.</p> <p>Food sold will follow the federal, state, and local policy for sale of competitive foods. The management of food sales on school grounds not under the direction of Child Nutrition Program shall be the responsibility of the local administrator to follow federal,</p>

state and district guidelines. The nutrition and environment requirements set forth in this policy must be maintained. Foods sold for fundraising purposes are prohibited during mealtimes. All foods served during school hours must comply with regulations of USDA and the Alabama State Department of Education. All fundraising activities that involve the selling of food should reinforce food choices that promote good health.

Except when medically contraindicated, no one on the school campus will provide access to "for sale" or "free" foods and beverages of minimal nutritional value as described above. Foods and beverages that have as the first ingredient: sugar, corn syrup, shortening, lard, or similar, may not be available to students on school grounds during the normal school day. This includes school parties. Persons responsible for this compliance include school administrators, staff, students, student groups, or any other person, company, or organization.



Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

Physical Activity Goal(s)	Describe progress and next steps:
<p><u>To be compliant with the USDA final rule:</u></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>List physical activity opportunities that are offered at schools:</p>	<p>Saraland Early Education Center- PE Programs- Jump Rope for Heart, Introduction to Exercise, Mileage Monday, Running program in the gym area, Teaching Cardiac workouts and increasing the heart rate. Organized activities to enhance learning motions to exercise maneuvers.</p> <p>Saraland Elementary- Workout Stations- A variety of different exercises are set up each week to help improve muscular strength, flexibility, cardiovascular endurance, motor-skill development, and agility. It is called workout Wednesdays and occurs every week. Eztally Mileage Activity- This program allows us to log each student's progress of running laps. We encourage students to run a mile each week we run. QR codes are made for each student that they use to scan on the iPad each time they complete a lap. A timer is set to prohibit students from double scanning. State Fitness Testing- Students are tested on four different areas: Pacer test (cardiovascular endurance), sit-n-reach test (flexibility), curl ups (abdominal strength), and push-ups test (muscular endurance). We conduct these tests twice a year and log each student's score. Jump Rope Ninjas- Students are challenged to complete nine levels starting at 25 jumps increasing by 25 all the way to 225 consecutive jumps. Students will have a partner they will jump with to count for one another. If students complete all 9 levels, they can then attempt the heart challenge for each level which consists of jumping on one leg consecutively for each level.</p> <p>Saraland Middle School- The Department of Physical Education at Saraland Middle School strives for excellence in teaching physical education, health, and wellness to all individual students while providing a safe, differentiated, inclusive, affective, and challenging classroom environment. Programs that we implement to include these educational goals are derived from all three wellness platforms, the physical, mental, and the social needs.</p> <p>To education individuals in the physical realm we teach modified sports for both competition and life-long fitness. Sports included are volleyball, football, tennis, badminton, track and field, pickleball, floor hockey, handball, basketball golf, soccer, and dance. These sports are introduced with the rules and history of the sport, followed by the fundamental skills to perform the sport, as well as modified game play of the sport to encourage healthy competition and team building skills. The Sportsmanship model is also used in teaching some referee, media specialist and the player. To include cooperation and higher-level thinking, throughout the dance unite the students create a dance to a song and perform for their classmates.</p> <p>In addition to sports training, the physical education department</p>

	<p>also teaches the fundamentals of fitness. Introducing the muscle groups, teaching the student how to plan out a fitness routine and how to properly perform exercises for health and fitness in the fitness sym. All students exercise in the fitness gym weekly as a class. Nutrition, hygiene, and health topics are taught to help students learn how to properly care for their bodies for life-long health and wellness.</p> <p>Students are also tested on the four components of the Alabama Physical Fitness test that is mandated by the State Department of Education. A pre-test is performed in October followed by a posttest that is performed in March. These tests are then compared to see where each student correlates to other students who are the same age in the state of Alabama.</p> <p>Saraland High School- The Physical Fitness Assessments are performed at the SHS level in PE classes on all students that are in the PE classes. There is a weight training program that has shown an increase in participation amongst the student body population. Weight Training assessments are utilized to measure physical ability. In the weightlifting program, students are grouped according to their ability and exercise mastery. The beginning and experienced athletes receive the same principles within the unified program. The program is a progressive resistance training program based on the athlete's individual difference and what that athlete needs. Technology implemented- automated training templates are delivered through iPads, laser timing system, plyo mats/switch mats are utilized, and Enodé pro velocity based training system are being implemented.</p>
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Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
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To be compliant with the USDA final rule:

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:

Saraland Early Education Center- Programs taught that support nutrition promotion and nutrition education are Healthy Body/Healthy Mind, My Plate- choosing the right foods and portions, Cardiac Healthy lifestyle, and Choosing Healthy Foods vs. Unhealthy foods. During our parenting day presentation we taught parents the importance of their children eating a well-balanced diet and discussed portion control/serving size for this age group. We performed a Kaboot game on cell phones which made it fun for parents in regards to portion control and nutritional diet for their children.

Saraland Elementary- Programs taught that support nutrition promotion and nutrition education are Healthy lifestyles. Choosing healthy foods and portion sizes are taught with examples of healthy foods reviewed with students in the PE program. In the cafeteria bulletin board with healthy foods and choices are promoted. Teaching students to make good choices with the foods they are eating, what is healthy and what is unhealthy foods.

Saraland Middle School- Nutrition promotion and nutrition education are provided like healthy cardiac eating, increasing protein in your diet, and portion sizes are taught through the MyPlate and other nutritional programs. Cooking and nutrition classes are offered in the family/consumer science class with an iron chef competition with attention given to healthy cooking and healthy choices.

Saraland High School- Nutrition promotion and nutrition education is taught at the 10th grade level in the Health Classes for all students. Units on Nutrition portions and healthy diet are taught in this class. There is also a consumer science class where students are catering, baking, cooking, and learning to prepare nutritious foods for others and themselves. Portion sizes, MyPlate, How to build a healthy meal for specific needs like vegetarian, diabetic, specific allergies. Substitutions to make a recipe healthy. Guidelines for food handling are taught, food safety and sanitation. Health Guidelines from the FDA/USDA are reviewed with students in this class.



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>To be compliant with the USDA final rule:</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>List other school-based activities that are offered by the district:</p>	<p>SEEC- School-based activities that promote student wellness are taught by the school nurses, teachers, PE teachers, and other programs that are brought in such as Handwashing Steps and Importance of handwashing to stay free of germs and illness. Other important topics that are taught are healthy teeth and importance of brushing, flossing, and regular check-ups with Dentist. We also bring in a dentist and hygienist that perform a dental screening for our students. Character building and being kind, no bullying, and Fire Safety are taught. Hygiene classes are taught.</p> <p>Saraland Elementary- Handwashing classes and hygiene classes are taught in grades 2-5. Growth/Development classes are taught at 5th grade level. Scoliosis education and screenings are performed at 5th grade level. Dental Education and screenings are performed at 3rd grade level. Weekly Running Program in afternoons for 2nd.</p> <p>Saraland Middle- The mental realm for the student is met by educating and incorporating a "Questions of the Day" and DOK questions on assessments. We give written and physical assessments over sports units and will have students read newsletter articles and participate in discussions regarding health and sports topics. To education the social realm for the student, we provide collaboration and teambuilding activities. Teach life-long fitness activities and provided social classes that encourage physical movement. Some examples of social activities include corn hole, 4-square, field games and gym activities. In addition, we include the PATH program in our lesson plans. We educate and discuss topics such as mental health, abuse, decision making skills, cyber safety, and good leadership qualities. Education on the dangers of drugs, vaping, alcohol, and other mind altering substances. The physical education department at SMS works together as a team of educators to provide a safe, inclusive educational environment for all students to learn, socialize, exercise, and develop as young adults for life-long health and wellness.</p> <p>Saraland High School- Hygiene classes are taught at 9th grade level and individual lessons are taught. Diabetes Education, Dangers of drugs, alcohol, vaping dangers, and</p>

other mind/body alerting substances are taught to students. Teenage pregnancy prevention and lessons on what is a sexually transmitted infections are reviewed. The importance of exercise and getting plenty of rest/sleep are reviewed. Living a healthy lifestyle.

System Wide- To support that student wellness and safety is our primary goal every school year on each campus staff/faculty are taught CPR/AED for Adult and Child, Stop the Bleed Program, Diabetes Education, Anaphylaxis Preparedness Program, How to use an Epinephrine autoinjector, Naloxone Training, and Universal Precautions.

CHECKLIST:

Triennial Assessment was made public:

Date: 6-2023

Updated Wellness Policy received Board approval: (if applicable)

Date: 3-10-2023

Wellness Policy was made public:

Date: 3-10-2023

SIGNATURES:

Diana Collins
District Wellness Assessment Leader

PRINT NAME: Diana Collins MSN, RN
DATE: 6-20-23

[Signature]
District Wellness Coordinator

PRINT NAME: Shane Martin
DATE: 6-20-23

[Signature]
Superintendent

PRINT NAME: Aaron Milne
DATE: 6-8-23

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: Saraland Early Education Center

Date: 3-15-2023

School Wellness Leader: Helen Lofton LPN

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:
<u>To be compliant with the USDA final rule and ALSDE:</u> <ul style="list-style-type: none">All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programsAll 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.	X			
<u>If applicable, list additional school goals below:</u> <ul style="list-style-type: none">Food and Beverages sold or served on SEEC campus or at school-sponsored events during the normal school day meet the Dietary Guidelines for Americans and/or nutrition stand guidelines as set forth by USDA and ALSDE	X			

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> <ul style="list-style-type: none">Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.	X			

If applicable, list additional school goals below:

X

- Drink Stations are located throughout the school building for students to use during the school day. Bottled waters are available for student during meal times.

Section 3: School Level Progress Report continued

Page 2 of 4

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> <ul style="list-style-type: none"> 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) 	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> <ul style="list-style-type: none"> Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day. 	X			
If applicable, list additional school goals below:				

Section 3: School Level Progress Report

Page 3 of 4

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: <ul style="list-style-type: none"> Physical education: (structured and un-structured play) Our school prohibits withholding activities/recess as a punishment. 				
List school goals in this section: Continue PE Programs- Jump Rope for Heart, Introduction to Exercise, Mileage Monday, Running Program, Cardio workouts	X			

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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> School Breakfast Outreach Summer Food Service Backpack for Students Program 	X			

Section 3: School Level Progress Report

Page 4 of 4

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: <ul style="list-style-type: none"> • <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: <ul style="list-style-type: none"> • Continue School-based activities that promote student wellness are taught by the school nurses, teachers, and PE teachers. 	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
- X 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.

- Request for information and websites to review to get ideas for class parties and other receptions/celebrations within the system.
- More information on how to get a fitness center for staff.

Signatures:

District Wellness Assessment Leader: Diana Cellin MSN, RN DATE: 3-15-23

School Wellness Leader: Helen LoEton LPN DATE: 3-15-23

Principal: Dr. Kimberly Williams DATE: 3-16-23

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: Saraland Elementary School

Date: 3-15-2023

School Wellness Leader: Kelly Harrison RN, BSN and Staci White LPN

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:
<u>To be compliant with the USDA final rule and ALSDE:</u> <ul style="list-style-type: none">All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programsAll 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.	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> <ul style="list-style-type: none">Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.	X			
If applicable, list additional school goals below: <ul style="list-style-type: none">Drink Stations provided throughout the campus for all students.	X			

Section 3: School Level Progress Report continued

Page 2 of 4

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:
To be compliant with ALSDE: <ul style="list-style-type: none"> 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) 	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:
To be compliant with the USDA final rule: <ul style="list-style-type: none"> Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day. 	X			
If applicable, list additional school goals below:				

Section 3: School Level Progress Report

Page 3 of 4

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: <ul style="list-style-type: none"> Physical education: (structured and un-structured play) Our school prohibits withholding activities/recess as a punishment. 	X	X		
List school goals in this section: Continue current Programs Workout Stations, Eztaly Mileage Activity, State Fitness Testing, and Jump Rope Ninjas	X			

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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> School Breakfast Outreach Summer Food Service Back Pack Program for Students 	X X X			

Section 3: School Level Progress Report

Page 4 of 4

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: <ul style="list-style-type: none"> • <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: Continue Wellness Programs within the SES campus including Handwashing classes and hygiene classes taught to grades 2-5. Scoliosis education and screenings for 5 th grade level. Vision, Hearing, and Dental Screenings performed yearly and Weekly Running Program will continue.	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.

- Interested in writing a possible grant for exercise equipment for our staff
- Interest in websites and suggestions on healthy class parties and events

Signatures:

District Wellness Assessment Leader: Diana Collins MSN, RN DATE: 3-15-23

School Wellness Leader: Staci White / Kelly Harrison DATE: 3-15-23

Principal: Mark Pottery DATE: 3-16-23

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: Saraland Middle School

Date: 3-15-2023

School Wellness Leader: Marcy Turner LPN and Lisa Copeland BSN, RN

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:
<u>To be compliant with the USDA final rule and ALSDE:</u> <ul style="list-style-type: none">All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programsAll 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)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> <ul style="list-style-type: none">Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.	X			
If applicable, list additional school goals below: <ul style="list-style-type: none">Refillable drink stations throughout building for student and staff usage.	X			

Section 3: School Level Progress Report continued

Page 2 of 4

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> <ul style="list-style-type: none"> 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) 	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> <ul style="list-style-type: none"> Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day. 	X			
If applicable, list additional school goals below:				

Section 3: School Level Progress Report

Page 3 of 4

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: <ul style="list-style-type: none"> Physical education: (structured and un-structured play) Our school prohibits withholding activities/recess as a punishment. 	X	X		
List school goals in this section: <ul style="list-style-type: none"> Continue programs at SMS that promote excellence in teaching physical education, health and wellness individual students Continue programs at SMS that promote meeting the physical, mental, and social needs of each student 	X X			

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: <ul style="list-style-type: none"> 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
- Back Pack for Student Program
- Family and Consumer Class Curriculum – teaches students to cook, live, and be healthy

X
X
X

Section 3: School Level Progress Report

Page 4 of 4

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: <ul style="list-style-type: none"> • <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> 	X			
List school wellness activity goals in this section: The mental realm for the student is met by educating and incorporating a "Questions of the Day" and DOK questions on assessments. We give written and physical assessments over sports units and will have students read newsletter articles and participate in discussions regarding health and sports topics. To education the social realm for the student, we provide collaboration and teambuilding activities. Teach life-long fitness activities and provided social classes that encourage physical movement. Some examples of social activities include corn hole, 4-square, field games and gym activities. In addition, we include the PATH program in our lesson plans. We educate and discuss topics such as mental health, abuse, decision making skills, cyber safety, and good leadership qualities. Education on the dangers of drugs, vaping, alcohol, and other mind altering substances. The physical education department at SMS works together as a team of educators to provide a safe, inclusive educational environment for all students to learn, socialize, exercise, and develop as young adults for life-long health and wellness.	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
- X 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.

- Consider supporting more programs that teach students to learn how to prepare healthy snacks
- Would like to receive more information about grants related to nutritional programs

Signatures:

District Wellness Assessment Leader: Diana Collin MSN, RN DATE: 3-15-23

School Wellness Leader: Marcy Turner LPN Lisa Caputo RN DATE: 3-15-23

Principal: [Signature] DATE: 3-15-23

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: Saraland High School

Date: 3-15-2023

School Wellness Leader: Teresa Watts LPN

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:
<u>To be compliant with the USDA final rule and ALSDE:</u> <ul style="list-style-type: none"> All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programs 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) 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> <ul style="list-style-type: none"> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria. 	X			
If applicable, list additional school goals below: <ul style="list-style-type: none"> Water Stations provided throughout the school building for all students and staff. Water served in the cafeteria. 	X			

Section 3: School Level Progress Report continued

Page 2 of 4

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> <ul style="list-style-type: none"> 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 Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) 	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> <ul style="list-style-type: none"> Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day. 	X			
If applicable, list additional school goals below:				

Section 3: School Level Progress Report

Page 3 of 4

Physical Activity 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 requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school.</p>	X			
<p>Examples:</p> <ul style="list-style-type: none"> Physical education: (structured and un-structured play) Our school prohibits withholding activities/recess as a punishment. 				
<p>List school goals in this section:</p> <ul style="list-style-type: none"> Continue the Physical Fitness Assessments performed at the SHS level in PE classes on all students that are in the PE classes. Continuation of weight training program that has shown an increase in participation amongst the student body population. Weight Training assessments are utilized to measure physical ability. In the weightlifting program, students are grouped according to their ability and exercise mastery. The beginning and experienced athletes receive the same principles within the unified program. The program is a progressive resistance training program based on the athlete's individual difference and what that athlete needs. Technology implemented- automated training templates are delivered through iPads, laser timing system, plyo mats/switch mats are utilized, and Enode pro velocity based training system are being implemented. 	<p>X</p> <p>X</p>			

Nutrition Promotion and Education 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 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>	X			

<p>Examples:</p> <ul style="list-style-type: none"> • <i>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</i> • <i>National School Lunch/School Breakfast Week promotion</i> 				
<p>List school goals in addition to the required outreach included in this section:</p> <ul style="list-style-type: none"> • School Breakfast Outreach • Back Pack Program for Students 	<p>X</p> <p>X</p>			

Section 3: School Level Progress Report

Page 4 of 4

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: <ul style="list-style-type: none"> • <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: <ul style="list-style-type: none"> • Continuation of Nutrition promotion and nutrition education is taught at the 10th grade level in the Health Classes for all students. Units on Nutrition portions and healthy diet are taught in this class. There is also a consumer science class where students are catering, baking, cooking, and learning to prepare nutritious foods for others and themselves. Portion sizes, MyPlate, How to build a healthy meal for specific needs like vegetarian, diabetic, specific allergies. Substitutions to make a recipe healthy. Guidelines for food handling are taught, food safety and sanitation. Health Guidelines from the FDA/USDA are reviewed with students in this class. 	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
- X increasing engagement
- X 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.

- Consideration of Student Based Groups to support nutritional and physical fitness programs outside of competition sports

Signatures:

District Wellness Assessment Leader: Diana Collin MSN, RN DATE: 3-15-23

School Wellness Leader: Teresa Watts LPN DATE: 3-15-23

Principal: [Signature] 6/2/23
DATE: _____

Saraland City Schools Wellness Plan Assessment Tool

School Name: Saraland Early Education Center

Reviewer: Helen Lofton LPN

Select all grades: X PK X K X 1 2 3 4 5 6 7 8 9 10 11 12

Yes No NA **I. Public Involvement**

- ☒ ☐ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness plan:

 Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

- ☒ ☐ ☐ Our School Designee in charge of compliance:

Name/Title: Helen Lofton LPN - School Nurse

- ☒ ☐ ☐ We make our plan available to the public via:

 School Newsletter School District Website Wellness Plan Packet

- ☒ ☐ ☐ Our school district reviews the Wellness Plan/Policy at least annually.

Yes No NA **II. Nutrition Education**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for nutrition education.

- ☒ ☐ ☐ We offer "standards based nutrition education" in a variety of subjects (e.g. science, health, math, etc.) according to "Alabama Course of Study Health Education" and "Alabama Course of Study Physical Education".

- ☒ ☐ ☐ We offer nutrition education to students in:

 Early Education Center Elementary Middle School High School

Yes No NA **III. Nutrition Promotion**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for nutrition promotion.

- ☒ ☐ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

- ☒ ☐ ☐ We have reviewed Smarter Lunchroom Self-Assessment and evaluated our ability to implement some of them.

- ☒ ☐ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

- ☒ ☐ ☐ We ensure students have access to hand-washing facilities prior to meals.

- ☒ ☐ ☐ We annually evaluate how to market and promote our school meal program(s).

- ☒ ☐ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

- ☒ ☐ ☐ We offer taste testing or menu planning opportunities to our students.
- ☒ ☐ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.).
- ☐ ☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- ☒ ☐ ☐ We provide teachers with examples of alternative reward options other than food or beverages.
- ☒ ☐ ☐ We discourage the use of food and beverages as a reward.

Yes No NA **IV Nutrition Guidelines**

- ☒ ☐ ☐ Our district's written wellness plan addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ ☐ We operate the School Breakfast program:
☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☒ ☐ ☐ We have a Certified Food Handler as our Food Service Manager.

Yes No NA **V. Physical Activity**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for physical activity.
- ☒ ☐ ☐ We provide physical education for elementary students on a daily basis.
- ☒ ☐ ☐ We provide physical education for middle school on a daily basis.
- ☒ ☐ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ ☐ We offer before or after school physical activity:
☐ Competitive sports ☐ Non-competitive sports ☒ Other clubs

Yes No NA **VI. Other School Based Wellness Activities**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ ☐ We provide annual training to all staff via Compliance Director/Onsite Instruction.

☒ ☐ ☐ We have a staff wellness program.

☒ Wellness Screening/Flu shots ☒ Employee Assistance Program

☒ ☐ ☐ We teach HeartSaver CPR/AED First Aid training, Stop the Bleed Course, Diabetes Education, Seizure Protocol, Anaphylaxis Preparedness, and Universal Precautions (e.g. teachers, coaches, counselors, paraprofessionals, bus drivers/aides, food service staff).

☐ ☐ ☒ We have a recycling/environmental stewardship program.

☒ ☐ ☐ We have a recognition/reward program for students who exhibit healthy behaviors.

☒ ☐ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report

Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy:

VIII. Contact Information

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinators:

Diana Collins MSN, RN Health Services Supervisor dcollins@saralandboe.org

Shane Martin Child Nutrition Director smartin@saralandboe.org

Saraland City Schools Wellness Plan Assessment Tool

School Name: Saraland Elementary School

Reviewer: Staci White LPN and Kelly Harrison RN

Select all grades: ___PK ___K ___1 ___x 2 ___x 3 ___x 4 ___x 5 ___6 ___7 ___8 ___9 ___10 ___11 ___12

Yes No NA **I. Public Involvement**

- ☒ ☐ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness plan:

✓ Administrators ✓ School Food Service Staff ✓ P.E. Teachers ✓ Parents

✓ School Board Members ✓ School Health Professionals ✓ Students ✓ Public

- ☒ ☐ ☐ Our School Designee in charge of compliance:

Name/Title: Staci White LPN and Kelly Harrison RN

- ☒ ☐ ☐ We make our plan available to the public via:

 School Newsletter

✓ School District Website

✓ Wellness Plan Packet

- ☒ ☐ ☐ Our school district reviews the Wellness Plan/Policy at least annually.

Yes No NA **II. Nutrition Education**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for nutrition education.

- ☒ ☐ ☐ We offer "standards based nutrition education" in a variety of subjects (e.g. science, health, math, etc.) according to "Alabama Course of Study Health Education" and "Alabama Course of Study Physical Education".

- ☒ ☐ ☐ We offer nutrition education to students in:

✓ Early Education Center

✓ Elementary

✓ Middle School

✓ High School

Yes No NA **III. Nutrition Promotion**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for nutrition promotion.

- ☒ ☐ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

- ☒ ☐ ☐ We have reviewed Smarter Lunchroom Self-Assessment and evaluated our ability to implement some of them.

- ☒ ☐ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

- ☒ ☐ ☐ We ensure students have access to hand-washing facilities prior to meals.

- ☒ ☐ ☐ We annually evaluate how to market and promote our school meal program(s).

- ☒ ☐ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

- ☒ ☐ ☐ We offer taste testing or menu planning opportunities to our students.
- ☒ ☐ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.).
- ☐ ☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- ☒ ☐ ☐ We provide teachers with examples of alternative reward options other than food or beverages.
- ☒ ☐ ☐ We discourage the use of food and beverages as a reward.

Yes No NA **IV Nutrition Guidelines**

- ☒ ☐ ☐ Our district's written wellness plan addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ ☐ We operate the School Breakfast program:
 - ☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☒ ☐ ☐ We have a Certified Food Handler as our Food Service Manager.

Yes No NA **V. Physical Activity**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for physical activity.
- ☒ ☐ ☐ We provide physical education for elementary students on a daily basis.
- ☒ ☐ ☐ We provide physical education for middle school on a daily basis.
- ☒ ☐ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ ☐ We offer before or after school physical activity:
 - ☒ Competitive sports ☒ Non-competitive sports ☒ Other clubs

Yes No NA **VI. Other School Based Wellness Activities**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ ☐ We provide annual training to all staff via Compliance Director/Onsite Instruction.

- ☒ ☐ We have a staff wellness program.
☒ Wellness Screening/Flu shots ☒ Employee Assistance Program
- ☒ ☐ We teach HeartSaver CPR/AED First Aid training, Stop the Bleed Course, Diabetes Education, Seizure Protocol, Anaphylaxis Preparedness, and Universal Precautions (e.g. teachers, coaches, counselors, paraprofessionals, bus drivers/aides, food service staff).
- ☒ ☐ We have a recycling/environmental stewardship program.
- ☒ ☐ We have a recognition/reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report

Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy:

VIII. Contact Information

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinators:

Diana Collins MSN, RN	Health Services Supervisor	dcollins@saralandboe.org
Shane Martin	Child Nutrition Director	smartin@saralandboe.org

Saraland City Schools Wellness Plan Assessment Tool

School Name: Saraland Middle School

Reviewer: Marcy Turner LPN and Lisa Copeland RN

Select all grades: ___ PK ___ K ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ x 6 ___ x 7 ___ x 8 ___ 9 ___ 10 ___ 11 ___ 12

Yes No NA **I. Public Involvement**

- ☒ ☐ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness plan:

☒ Administrators ☒ School Food Service Staff ☒ P.E. Teachers ☒ Parents
☒ School Board Members ☒ School Health Professionals ☒ Students ☒ Public

- ☒ ☐ ☐ Our School Designee in charge of compliance:

Name/Title: Marcy Turner LPN and Lisa Copeland RN

- ☒ ☐ ☐ We make our plan available to the public via:

___ School Newsletter ☒ School District Website ☒ Wellness Plan Packet

- ☒ ☐ ☐ Our school district reviews the Wellness Plan/Policy at least annually.

Yes No NA **II. Nutrition Education**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for nutrition education.

- ☒ ☐ ☐ We offer "standards based nutrition education" in a variety of subjects (e.g. science, health, math, etc.) according to "Alabama Course of Study Health Education" and "Alabama Course of Study Physical Education".

- ☒ ☐ ☐ We offer nutrition education to students in:

☒ Early Education Center ☒ Elementary ☒ Middle School ☒ High School

Yes No NA **III. Nutrition Promotion**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for nutrition promotion.

- ☒ ☐ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

- ☒ ☐ ☐ We have reviewed Smarter Lunchroom Self-Assessment and evaluated our ability to implement some of them.

- ☒ ☐ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

- ☒ ☐ ☐ We ensure students have access to hand-washing facilities prior to meals.

- ☒ ☐ ☐ We annually evaluate how to market and promote our school meal program(s).

- ☒ ☐ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

- ☒ ☐ ☐ We offer taste testing or menu planning opportunities to our students.
- ☒ ☐ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.).
- ☐ ☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- ☐ ☐ ☐ We provide teachers with examples of alternative reward options other than food or beverages.
- ☐ ☐ ☐ We discourage the use of food and beverages as a reward.

Yes No NA **IV Nutrition Guidelines**

- ☒ ☐ ☐ Our district's written wellness plan addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ ☐ We operate the School Breakfast program:
☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☒ ☐ ☐ We have a Certified Food Handler as our Food Service Manager.

Yes No NA **V. Physical Activity**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for physical activity.
- ☒ ☐ ☐ We provide physical education for elementary students on a daily basis.
- ☒ ☐ ☐ We provide physical education for middle school on a daily basis.
- ☒ ☐ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ ☐ We offer before or after school physical activity:
☒ Competitive sports ☐ Non-competitive sports ☒ Other clubs

Yes No NA **VI. Other School Based Wellness Activities**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ ☐ We provide annual training to all staff via Compliance Director/Onsite Instruction.

- ☒ ☐ We have a staff wellness program.

☒ Wellness Screening/Flu shots
☒ Employee Assistance Program
- ☒ ☐ We teach HeartSaver CPR/AED First Aid training, Stop the Bleed Course, Diabetes Education, Seizure Protocol, Anaphylaxis Preparedness, and Universal Precautions (e.g. teachers, coaches, counselors, paraprofessionals, bus drivers/aides, food service staff).
- ☒ ☐ We have a recycling/environmental stewardship program.
- ☒ ☐ We have a recognition/reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report

Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy:

VIII. Contact Information

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinators:

Diana Collins MSN, RN	Health Services Supervisor	dcollins@saralandboe.org
Shane Martin	Child Nutrition Director	smartin@saralandboe.org

Saraland City Schools Wellness Plan Assessment Tool

School Name: Saraland High School

Reviewer: Teresa Watts LPN

Select all grades: ___PK ___K ___1 ___2 ___3 ___4 ___5 ___6 ___7 ___8 X ___9 X ___10 X ___11 X ___12

Yes No NA **I. Public Involvement**

☒ ☐ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness plan:

X Administrators X School Food Service Staff X P.E. Teachers X Parents

X School Board Members X School Health Professionals X Students X Public

☒ ☐ ☐ Our School Designee in charge of compliance:

Name/Title: Teresa Watts, LPN

☒ ☐ ☐ We make our plan available to the public via:

 School Newsletter

X School District Website

X Wellness Plan Packet

☒ ☐ ☐ Our school district reviews the Wellness Plan/Policy at least annually.

Yes No NA **II. Nutrition Education**

☒ ☐ ☐ Our district's written wellness plan includes measurable goals for nutrition education.

☒ ☐ ☐ We offer "standards based nutrition education" in a variety of subjects (e.g. science, health, math, etc.) according to "Alabama Course of Study Health Education" and "Alabama Course of Study Physical Education".

☒ ☐ ☐ We offer nutrition education to students in:

X Early Education Center

X Elementary

X Middle School

X High School

Yes No NA **III. Nutrition Promotion**

☒ ☐ ☐ Our district's written wellness plan includes measurable goals for nutrition promotion.

☒ ☐ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ ☐ We have reviewed Smarter Lunchroom Self-Assessment and evaluated our ability to implement some of them.

☒ ☐ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ ☐ ☐ We ensure students have access to hand-washing facilities prior to meals.

☒ ☐ ☐ We annually evaluate how to market and promote our school meal program(s).

☒ ☐ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

- ☒ ☐ ☐ We offer taste testing or menu planning opportunities to our students.
- ☒ ☐ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.).
- ☐ ☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- ☒ ☐ ☐ We provide teachers with examples of alternative reward options other than food or beverages.
- ☒ ☐ ☐ We discourage the use of food and beverages as a reward.

Yes No NA **IV Nutrition Guidelines**

- ☒ ☐ ☐ Our district's written wellness plan addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ ☐ We operate the School Breakfast program:
☒ Before School ☐ In the Classroom ☐ Grab & Go
- ☒ ☐ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☒ ☐ ☐ We have a Certified Food Handle as our Food Service Manager.

Yes No NA **V. Physical Activity**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for physical activity.
- ☒ ☐ ☐ We provide physical education for elementary students on a daily basis.
- ☒ ☐ ☐ We provide physical education for middle school on a daily basis.
- ☒ ☐ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ ☐ We offer before or after school physical activity:
☒ Competitive sports ☐ Non-competitive sports ☒ Other clubs

Yes No NA **VI. Other School Based Wellness Activities**

- ☒ ☐ ☐ Our district's written wellness plan includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ ☐ We provide annual training to all staff via Compliance Director/Onsite Instruction.

- ☒ ☐ We have a staff wellness program.
☒ Wellness Screening/Flu shots ☒ Employee Assistance Program
- ☒ ☐ We teach HeartSaver CPR/AED First Aid training, Stop the Bleed Course, Diabetes Education, Seizure Protocol, Anaphylaxis Preparedness, and Universal Precautions (e.g. teachers, coaches, counselors, paraprofessionals, bus drivers/aides, food service staff).
- ☒ ☐ We have a recycling/environmental stewardship program.
- ☒ ☐ We have a recognition/reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report

Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy:

We have added stationary cycles to the Library for students to cycle while reading. We have also added desk risers for standing at some work areas for students and staff.

VIII. Contact Information

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinators:

Diana Collins MSN, RN Health Services Supervisor dcollins@saralandboe.org

Shane Martin Child Nutrition Director smartin@saralandboe.org