



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: AltaPointe Health

Month and year of current assessment: March 2021

Date of last Local Wellness Policy revision: March 2021

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

Wellness Committee Information

How often does your district wellness committee meet? _____

District Wellness Coordinator

Name	School	Job Title	Email Address
Nicolette Harney		Associate Director	nharney@altapointe.org

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

Name	School	Job Title	Email Address
Same			

District Wellness Committee Members

Name	School	Job Title	Email Address
Debra Outlow		Facilitator of Academics	doutlow@mepss.com
Dr. Jeremy Moore		Psychiatrist	jmoore@altapointe.org
Ray Sasser		Food Service	rsasser@linton1.com
Katie Emer		Marketing Exec	kemer@altapointe.org
Andrea Dossett		Physician	
Megan James, CTRS		Rec Therapy Specialist	mjames@altapointe.org

*See page 13 for space to add Wellness Committee members.

Section 1. Comparison to Model School Wellness Policies

Complete a Triennial Assessment Tool ([WellSAT3.0 assessment tool](#), or other customized assessment tool) and keep a copy of the results on file for at least three full school years plus the current year. It will be reviewed during the next administrative review of your Child Nutrition program.

Indicate which model wellness policy language was used for comparison:

- Alliance for a Healthier Generation Model Policy
- WellSAT 3.0 example policy language (Print the WellSat report and include with your assessment)
- Other (please specify): _____

Describe how your wellness policy compares to the model wellness policy. (May use a bullet format to list comparisons)

Section 2. Progress towards Goals

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

<p>Nutrition standards for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)</p>	<p>Describe progress and next steps:</p>
<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>no food and beverage is available for sale at the facility to students</p>

<p>Access to free potable water on campus</p>	<p>Describe progress and next steps:</p>
<p>To be compliant with the USDA final rule: 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>Potable water is available in the school Cafeteria for student access. water is also available at water fountains & nursing stations.</p>

Section 2. Progress towards Goals continued

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

<p>Guidelines for other foods and beverages available on the school campus, but not sold</p>	<p>Describe progress and next steps:</p>
<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>No additional food or beverage is provided outside of school meal schedule or program schedule</p>

<p>Marketing and advertising of only foods and beverages that meet Smart Snacks</p>	<p>Describe progress and next steps:</p>
<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>We do not market food or beverages</p>

Section 2. Progress towards Goals continued

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

Physical Activity Goal(s)	Describe progress and next steps:
<p>To be compliant with the USDA final rule:</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>Recreation Therapy is provided for two hours per day for all participating students</p>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p>To be compliant with the USDA final rule:</p> <p>The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.</p> <p>List how nutrition promotion and nutrition education are provided in schools:</p>	<p>Nutrition is promoted through healthy meals, ongoing discussions & signage as appropriate.</p>

Section 2. Progress towards Goals continued

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

Other school-based activities to promote student wellness goal(s)	Describe progress and next steps:
<p>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.</p> <p>List other school-based activities that are offered by the district:</p>	<p>Recreation therapy Focuses on daily healthy lifestyle groups for consumers</p>

CHECKLIST:

Triennial Assessment was made public:

Date: 02/21

Updated Wellness Policy received Board approval: (if applicable)

Date: N/A

Wellness Policy was made public:

Date: 02/21

SIGNATURES:


District Wellness Assessment Leader

PRINT NAME: Nicolette Hervey
DATE: 4-30-21

District Wellness Coordinator

PRINT NAME: _____
DATE: _____

Superintendent

PRINT NAME: _____
DATE: _____

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: _____

Date: _____

School Wellness Leader: _____

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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:
<p><u>To be compliant with the USDA final rule and ALSDE:</u></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. 				
If applicable, list additional school goals below:				

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

Section 3: School Level Progress Report continued

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:
<p><u>To be compliant with ALSDE:</u></p> <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) 	✓			
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:
<p><u>To be compliant with the USDA final rule:</u></p> <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. 	✓			
If applicable, list additional school goals below:				

Section 3: School Level Progress Report

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><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.</p>	✓			
<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. 	X	X		
<p>List school goals in this section:</p> <ul style="list-style-type: none"> Structured & unstructured play offered 				

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> The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.</p>	✓			
<p>Examples:</p> <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 				
<p>List school goals in addition to the required outreach included in this section:</p> <ul style="list-style-type: none"> School Breakfast Outreach Summer Food Service Outreach 				

Section 3: School Level Progress Report

Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u> 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>Examples:</p> <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> 				
<p>List school wellness activity goals in this section:</p>				

Your District's Scorecard

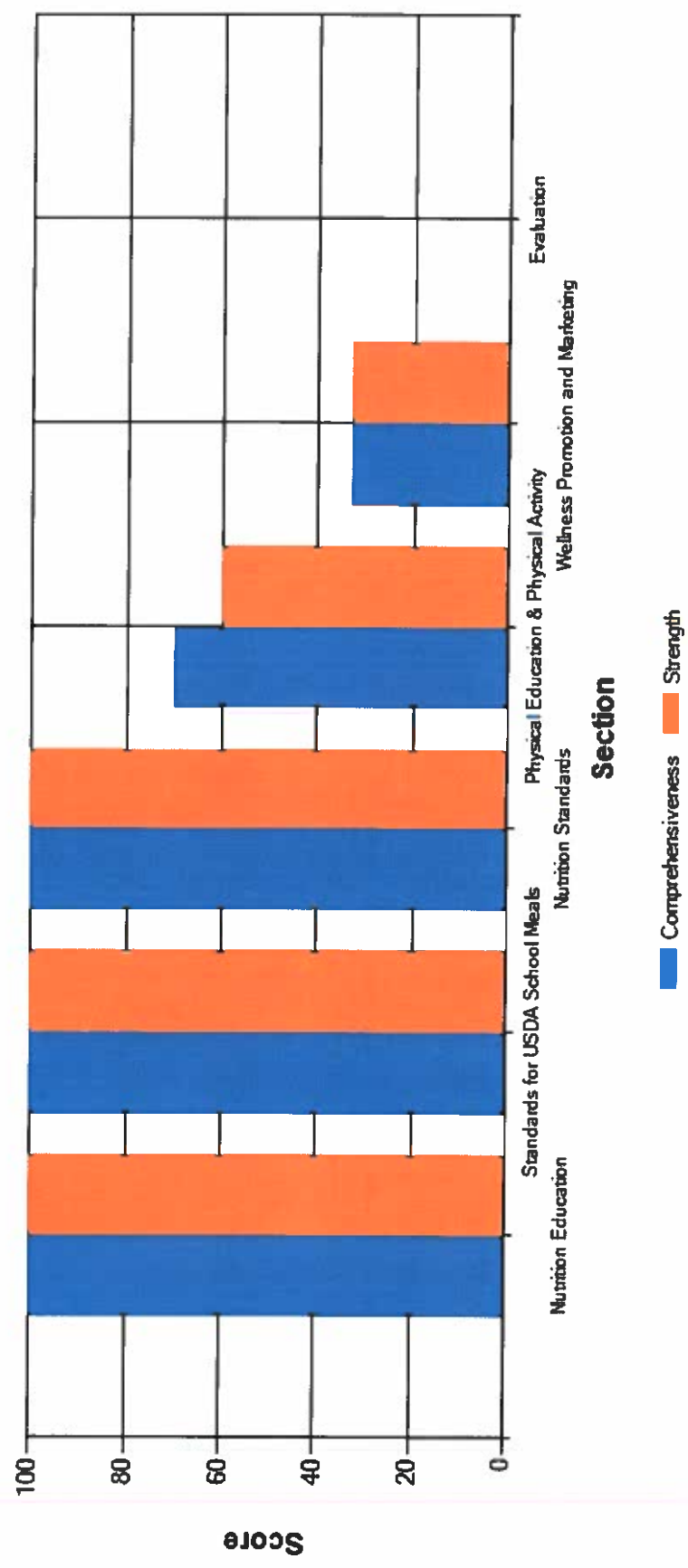
[Close window](#)

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: BayPointe Hospital and Residential Services Child Nutrition Program, Local Wellness-Policy



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
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7. 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 7. 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

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
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 5. 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 5. Multiply by 100.	100

[Click here for School Food Resources](#)

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

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 1. 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 1. 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.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	✗ Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA13	Addresses recess for all elementary school students.	0
PEPA14	✗ Addresses physical activity breaks during school.	1
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if the rating is "0."	70

	Strength Score: Count the number of items rated as "2" and divide this number by 10. Multiply by 100.
	60

[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	2 Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 6. Multiply by 100. Do not count an item if the rating is "0."	33
	Strength Score: Count the number of items rated as "2" and divide this number by 6. Multiply by 100.	33

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

Section 6. Implementation, Evaluation & Communication

Rating

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	0
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.	0
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	0
IEC4	 Addresses making the wellness policy available to the public.	0
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	0
IEC6	 Triennial assessment results will be made available to the public and will include:	0
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	0
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	0
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."	0
	Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.	0

[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 67
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 66

 **Federal Requirement**
 **Farm to School**
 **CSPAP**

