

# Local Wellness Policy: Triennial Assessment Summary

## General Information

LEA: Sacred Heart School

Month and year of current assessment: February 2024

Date of last Local Wellness Policy revision: July 2020

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

## Wellness Committee Information

How often does your district wellness committee meet? Every 3 years

### District Wellness Coordinator

Name	School	Job Title	Email Address
Kelli Haynes	Sacred Heart	CNP Director	khaynes@shscullman.org

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

Name	School	Job Title	Email Address
Holly Winfrey	Sacred Heart	Physical Ed Teacher	hwinfrey@shscullman.org

### District Wellness Committee Members

Name	School	Job Title	Email Address
Shawna Norman	Sacred Heart	Principal	snorman@shscullman.org
Malinda Yarbrough	Sacred Heart	CNP Secretary	myarbrough@shscullman.org
Teresa McDaniel	Sacred Heart	Nurse	termcdan1@gmail.com
Ross Harrison	Parent		greencraftmowers@bellsouth.net
Brandy Gibbs	Parent		brandygibbs@gmail.com
Russell Wilhite	Sacred Heart	Teacher/Asst. Principal	rwilhite@shscullman.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)

**Our Wellness Plan compares to the WellsAT assessment in the following ways.**

- **We meet the nutrition guidelines by promoting a healthy school environment**
- **We include nutrition education in the curriculum**
- **We have nutrition guidelines**
- **We offer nutritious meals to all students**
- **We offer physical activity and promote an active lifestyle**
- **We have resources to promote our wellness program**
- **Stakeholders are included in formation/revision of our policy**

## Section 2. Progress towards Goals

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

<p><b>Nutrition standards for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)</b></p>	<p><b>Describe progress and next steps:</b></p>
<p><b>To be compliant with the USDA final rule and ALSDE:</b></p> <ul style="list-style-type: none"> <li>● All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the <u>USDA regulations for the National School Lunch and School Breakfast programs</u></li> <li>● All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity <u>Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</u></li> <li>● Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.</li> </ul> <p><b>If applicable, list additional school goals below:</b></p>	<p>All food and beverages sold during school hours are compliant with the USDA regulations</p> <p>Healthy and appealing foods are available for breakfast, lunch and snack through the cafeteria meals. No foods or beverages are sold within the timeframe of 1 hour before or after school meals following the USDA Smart Snack and Fundraising guidance.</p> <p>All reimbursable meals will follow the USDA guidelines. No student will be denied a reimbursable meal.</p>

<p><b>Access to free potable water on campus</b></p>	<p><b>Describe progress and next steps:</b></p>
<p><b>To be compliant with the USDA final rule:</b></p> <p>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</p> <p><b>List how access to potable water is made available in schools.</b></p>	<p>Water is available to all students as a touchless fountain is placed right outside the cafeteria.</p> <p>Students are allowed to bring water bottles and carry them throughout the day.</p>

## Section 2. Progress towards Goals continued

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

<p><b>Guidelines for other foods and beverages available on the school campus, but not sold</b></p> <p><b>To be compliant with ALSDE:</b>                  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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</a></p> <p><b>If applicable, list additional school goals below:</b></p>	<p><b>Describe progress and next steps:</b></p> <p>If food is sold for a fundraiser, the school will ensure that this does not take place until 1 hour before or after school meals. The food will comply with the USDA Smart Snack guidelines.</p>
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<p><b>Marketing and advertising of only foods and beverages that meet Smart Snacks</b></p> <p><b>To be compliant with the USDA final rule:</b>                  Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus, during the school day.</p> <p><b>If applicable, list additional school goals below:</b></p>	<p><b>Describe progress and next steps:</b></p> <p>Foods or beverage advertisements in the areas accessible to students, will adhere to the nutrition policies of the USDA</p>
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## Section 2. Progress towards Goals continued

\*NOTE: Required components are listed in blue.

Physical Activity Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></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><b>List physical activity opportunities that are offered at schools:</b></p>	<p>A physical education program is offered to all students, 3-year-olds through 6th grade. The program follows the Alabama course of study. The program includes a variety of activities to promote a healthy lifestyle. Students improve flexibility, muscular strength, endurance, cardio, motor skills and agility skills. Students learn a variety of skills for various sports.</p> <p>We participate in Fun Runs, Jump rope for Heart, basketball Hoop Shoot...</p> <p>The school offers after school sports such as archery, basketball, cheerleading, volleyball, and cheerleading.</p> <p>All classes have a break time scheduled during the day for physical activity.</p>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</b></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><b>List how nutrition promotion and nutrition education are provided in schools:</b></p>	<p>Posters that promote healthy eating are posted in the cafeteria. Programs that promote healthy eating and physical activity are taught within the school curriculum.</p> <p>Students participate in a health program which includes programs such as My Plate, and Abeka health curriculum.</p> <p>Menus are sent home monthly to families and are posted in the cafeteria to promote the school lunch and breakfast program.</p>

**Section 2. Progress towards Goals continued**

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

<p><b>Other school-based activities to promote student wellness goal(s)</b></p>	<p><b>Describe progress and next steps:</b></p>
<p><b>To be compliant with the USDA final rule:</b>                      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><b>List other school-based activities that are offered by the district:</b></p>	<p>Signs are posted in the restrooms and classrooms that promote health and wellness. Signs include proper handwashing techniques.</p> <p>Nurses, doctors, and dentists are invited to the school to speak to students about keeping healthy and proper tooth brushing techniques. Other topics discussed relate to the proper foods to eat to keep our bodies healthy.</p> <p>Our first graders participate in the “Pretend Hospital” that is sponsored by a local health facility.</p> <p>Students participate in various drills such as fire, severe weather, and intruder drills to promote safety in emergencies.</p>

**CHECKLIST:**

Triennial Assessment was made public:

Date: 2/2/2024

Updated Wellness Policy received Board approval: (if applicable)

Date: NA

Wellness Policy was made public:

Date: 2/2/2024

**SIGNATURES:**

Holly Winfrey  
District Wellness Assessment Leader

PRINT NAME: Holly Winfrey  
DATE: 1-29-2024

Kelli Haynes  
District Wellness Coordinator

PRINT NAME: Kelli Haynes  
DATE: 1-29-2024

Margaret Dubose  
Superintendent

PRINT NAME: Margaret Dubose  
DATE: 1-29-2024

## 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: Sacred Heart School

Date: January 28, 2024

School Wellness Leader: Kelli Haynes

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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><b><u>To be compliant with the USDA final rule and ALSDE:</u></b></p> <ul style="list-style-type: none"> <li>● All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the <a href="#">USDA regulations for the National School Lunch and School Breakfast programs</a></li> <li>● 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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</a></li> <li>● Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.</li> </ul>	X			
<p><b>If applicable, list additional school goals below:</b></p>				

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



If applicable, list additional school goals below:

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### 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><b>To be compliant with ALSDE:</b></p> <ul style="list-style-type: none"> <li>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 <a href="#">Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</a></li> </ul>	X			
<p><b>If applicable, list additional school goals below:</b></p>				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><b>To be compliant with the USDA final rule:</b></p> <ul style="list-style-type: none"> <li>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School</a> nutrition standards on the school campus, during the school day.</li> </ul>	X			
<p><b>If applicable, list additional school goals below:</b></p>				

## Section 3: School Level Progress Report

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><b><u>To be compliant with the USDA final rule:</u></b>                      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"> <li>• <i>Physical education: (structured and un-structured play)</i></li> <li>• <i>Our school prohibits withholding activities/recess as a punishment.</i></li> </ul>	X	X		
<p><b>List school goals in this section:</b></p>				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><b><u>To be compliant with the USDA final rule:</u></b>                      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"> <li>• <i>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</i></li> <li>• <i>National School Lunch/School Breakfast Week promotion</i></li> </ul>	X  X			
<p><b>List school goals in addition to the required outreach included in this section:</b></p> <ul style="list-style-type: none"> <li>• School Breakfast Outreach</li> <li>• Summer Food Service Outreach</li> </ul>		X X		

## 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><b><u>To be compliant with the USDA final rule:</u></b>                      The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.</p>	X			
<p>Examples:</p> <ul style="list-style-type: none"> <li>● <i>Social Emotional Development</i></li> <li>● <i>Counseling</i></li> <li>● <i>Health Services</i></li> <li>● <i>Physical Environment</i></li> <li>● <i>Caregiver (Family) Engagement</i></li> <li>● <i>Community Involvement</i></li> </ul>	X X X X X X			
<p><b>List school wellness activity goals in this section:</b></p>				