

# Local Wellness Policy: Triennial Assessment Summary

## General Information

LEA: Shelby County Schools

Month and year of current assessment: April 2021

Date of last Local Wellness Policy revision: February 15, 2018

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: <https://www.shelbyed.k12.al.us/cnp/nutrition.html>

## Wellness Committee Information

How often does your district wellness committee meet? As needed. An Area Manager will review the wellness policy with each school principal and/or wellness team coordinator at least three times per year.

### District Wellness Coordinator

Name	School	Job Title	Email Address
Nathan Hayes	CNP	CNP Coordinator	nhayes@shelbyed.org

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

Name	School	Job Title	Email Address
Nathan Hayes	CNP	CNP Coordinator	nhayes@shelbyed.org

### District Wellness Committee Members

Name	School	Job Title	Email Address
Shawn Nash	Calera Elementary	Teacher	snash@shelbyed.org
Christopher Myles	Calera High	Administrator	cmyles@shelbyed.org
James Smith	Calera Intermediate	Teacher	J2smith@shelbyed.org
Jasmine Barnett	Calera Middle	Teacher	jbarnett@shelbyed.org
Cindy Allen	Chelsea High	Nurse	callen@shelbyed.org

<b>Heath Butler</b>	<b>Chelsea Middle</b>	<b>Teacher</b>	<b>h2butler@shelbyed.org</b>
<b>Kelly Stewart</b>	<b>Chelsea Park Elementary</b>	<b>Teacher</b>	<b>k2stewart@shelbyed.org</b>
<b>Amy Horton</b>	<b>Columbiana Middle</b>	<b>Nurse</b>	<b>a2horton@shelbyed.org</b>
<b>Mary Taylor</b>	<b>Elvin Hill</b>	<b>Teacher</b>	<b>m2taylor@shelbyed.org</b>
<b>Amanda Hardenbergh</b>	<b>Forest Oaks Elementary</b>	<b>Teacher</b>	<b>ahardenbergh@shelbyed.org</b>
<b>Amy Sullivan</b>	<b>Helena Elementary</b>	<b>Teacher</b>	<b>asullivan@shelbyed.org</b>
<b>Kellie Kelley</b>	<b>Helena High</b>	<b>Nurse</b>	<b>kkelley@shelbyed.org</b>
<b>Sasha Baker</b>	<b>Helena Intermediate</b>	<b>Administrator</b>	<b>sbaker@shelbyed.org</b>
<b>Keith Richardson</b>	<b>Helena Middle</b>	<b>Teacher</b>	<b>rrichardson@shelbyed.org</b>
<b>Christine Hoffman</b>	<b>Inverness Elementary</b>	<b>Administrator</b>	<b>choffman@shelbyed.org</b>
<b>Laura Blackburn</b>	<b>Mt. Laurel Elementary</b>	<b>Teacher</b>	<b>lblackburn@shelbyed.org</b>
<b>Cristan Traylor</b>	<b>Montevallo Elementary</b>	<b>Teacher</b>	<b>ctraylor@shelbyed.org</b>
<b>Steve Bromley</b>	<b>Montevallo High</b>	<b>Administrator</b>	<b>sbromley@shelbyed.org</b>
<b>Sheila Jett</b>	<b>Montevallo Middle</b>	<b>Teacher</b>	<b>sjett@shelbyed.org</b>
<b>Sallie Youngblood</b>	<b>Oak Mountain Elementary</b>	<b>Teacher</b>	<b>syoungblood@shelbyed.org</b>
<b>Sandy Evers</b>	<b>Oak Mountain High</b>	<b>Teacher</b>	<b>severs@shelbyed.org</b>
<b>Julia Limon</b>	<b>Oak Mountain Intermediate</b>	<b>Teacher</b>	<b>jlimon@shelbyed.org</b>
<b>Janine Noel</b>	<b>Oak Mountain Middle</b>	<b>Teacher</b>	<b>jnoel@shelbyed.org</b>
<b>Brooklyn Phillips Walden</b>	<b>Shelby County High</b>	<b>Teacher</b>	<b>bwalden@shelbyed.org</b>
<b>Hannah Harris</b>	<b>Shelby Elementary</b>	<b>Nurse</b>	<b>hharris@shelbyed.org</b>
<b>Katie Boyd</b>	<b>Linda Nolen Learning Center</b>	<b>Teacher</b>	<b>k2boyd@shelbyed.org</b>
<b>Kristi Childers</b>	<b>Vincent Middle High</b>	<b>Teacher</b>	<b>kchilders@shelbyed.org</b>
<b>Jared Smiley</b>	<b>Vincent Elementary</b>	<b>Teacher</b>	<b>jsmiley@shelbyed.org</b>
<b>Angela Armstrong</b>	<b>Wilsonville Elementary</b>	<b>Nurse</b>	<b>aarmstrong@shelbyed.org</b>

\*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 <https://www.shelbyed.k12.al.us/cnp/doclibrary/20-21-Scorecard.pdf>
- Other (please specify): \_\_\_\_\_

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

The Shelby County School system's Wellness policy meets the needs of a diverse school population. It allows students, parents, and faculty the flexibility and freedom to make appropriate decisions without being overly burdensome. The policy is comprehensive in scope without being excessive in strength. It addresses the vast majority of areas identified in the WellSat 3.0 model Wellness Policy. It meets requirements identified by USDA and the State of Alabama.

## 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>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>Will strengthen language to specifically address the timeframe when nonprogram foods can be sold.</p>	<p><b>Describe progress and next steps:</b></p> <p>This goal has been identified in the Wellness Policy; however, the policy did not specifically identify the timeframe of nonprogram food sales; rather it simply identified that USDA and State of Alabama nutrition standards will be met. The statement contained in the Wellness Policy encompasses the sale of nonprogram foods along with other requirements. We will continue to monitor and ensure continued compliance.</p> <p>“All foods and beverages sold at school during school day will meet or exceed the nutrition standards identified by USDA and the State of Alabama Board of Education.”</p>
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<p><b>Access to free potable water on campus</b></p> <p><b>To be compliant with the USDA final rule:</b> 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><b>Describe progress and next steps:</b></p> <p>This goal has been identified in the Wellness Policy. We will continue to monitor and ensure continued compliance.</p> <p>“School staff will ensure students have adequate time to eat and access to free drinking water during meals and during the school day.”</p>
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## 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><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>Will strengthen language to specifically address the timeframe when nonprogram foods can be sold.</p>	<p>This goal has been identified in the Wellness Policy; however, the policy did not specifically identify the timeframe of nonprogram food sales; rather it simply identified that USDA and State of Alabama nutrition standards will be met. The guidelines referenced encompass the sale of nonprogram foods along with other requirements. We will continue to monitor and ensure continued compliance.</p> <p>“All foods and beverages sold at school during school day will meet or exceed the nutrition standards identified by USDA and the State of Alabama Board of Education.”</p>

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps:
<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>This goal has been identified in the Wellness Policy. We will continue to monitor and ensure continued compliance.</p> <p>“Schools should only market healthy foods and beverages during the school day that are Smart Snack compliant.”</p> <p>“All foods and beverages sold at school during school day will meet or exceed the nutrition standards identified by USDA and the State of Alabama Board of Education.”</p> <p>“All foods and beverages utilized as fundraisers during the school day must be Smart Snack Compliant or have an exemption form completed.”</p>

## 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>This goal has been identified in the Wellness Policy. We will continue to monitor and ensure continued compliance.</p> <p>“All students will be provided the opportunity to participate regularly in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthylifestyle.”</p> <p>“All students will have opportunities to be physically active on a regular basis during the school day and beyond.”</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>This goal has been identified in the Wellness Policy. We will continue to monitor and ensure continued compliance.</p> <p>“Nutrition lessons and topics are integrated into the curriculum and the health education program at every grade level. Students should have the appropriate skills necessary to make nutritious food choices.”</p> <p>“The school environment should be aligned with healthy school goals to positively influence a student’s understanding and habits as they relate to good nutrition and regular physical activity.”</p> <p>“School cafeterias will promote and encourage students to eat healthy food items including fruits, vegetables, whole grains, and/or low-fat milk.”</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><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><b>Will strengthen language to include examples of Smart Snack compliant items.</b></p>	<p>This goal has been identified in the Wellness Policy. We will continue to monitor and ensure continued compliance.</p> <p>“Class parties and celebrations which involve foods and/or beverages provided to students during the school day are encouraged to include Smart Snack compliant items.”</p> <p>“All students will have opportunities to be physically active on a regular basis during the school day and beyond.”</p>

### CHECKLIST:

Triennial Assessment was made public: Date: 6/30/21

Updated Wellness Policy received Board approval: (if applicable) Date: 6/24/21

Wellness Policy was made public: Date: 6/25/21

### SIGNATURES:



District Wellness Assessment Leader  
and Coordinator

PRINT NAME: Nathan Hayes

DATE: 6/30/21



Superintendent

PRINT NAME: Dr. Lewis Brooks

DATE: 6/30/21

## Section 3: School Level Progress Report

**Key: 1 = No Student/Classroom**

**5 = Every Student/Classroom**

<b>School Level Wellness Policy Assessment</b>						
School	Nutrition Education: [1]	Physical Education: [2]	School-Based Activities: [3]	School-Based Activities: [4]	Nutrition Standards: [5]	
Calera Elementary	3	5	3	4	5	
Calera High	4	5	5	5	4	
Calera Middle	5	5	5	5	5	
Chelsea Middle	4	5	5	4	5	
Columbiana Middle	4	5	5	5	5	
Elvin Hill Elementary	3	5	5	5	5	
Forest Oaks Elementary	5	5	5	5	5	
Helena Elementary	4	5	5	5	5	
Helena High School	5	5	5	3	5	
Helena Intermediate	5	5	5	5	5	
Inverness Elementary	5	4	5	5	4	
Linda Nolen Learning Center	5	5	4	4	4	
Montevallo Elementary	5	5	5	5	5	
Montevallo High	4	5	5	5	5	
Montevallo Middle	5	5	5	5	5	
Mt Laurel Elementary	4	5	5	5	5	
Oak Mountain Elementary	5	5	5	4	5	
Oak Mountain High	3	5	5	4	5	
Oak Mountain Intermediate	5	5	5	5	5	
Oak Mountain Middle	5	5	3	5	5	
Shelby County High	5	5	5	5	5	
Shelby Elementary	2	5	5	5	5	
Vincent Elementary	4	5	5	4	4	
Vincent Middle /High	5	5	5	5	5	
Wilsonville Elementary	5	5	4	4	5	
Nutrition Education:	Nutrition lessons and topics are integrated into the curriculum and health education programs.					
Physical Education:	Students are provided the opportunity to participate in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle.					
School Based Activities:	All foods and beverages utilized as fundraisers during the school day are Smart Snack Compliant or have an Exemption form completed. Schools are allowed thirty exemptions per school year. If foods that do not meet Smart Snack standards are sold to students, the "Alabama's Implementation of USDA Smart Snack in School and Exempt Fundraisers Form" must be completed.					
School Based Activities:	Class parties and celebrations which involve foods and/or beverages provided to students during the school day are encouraged to include Smart Snack compliant items such as fresh fruit, vegetables, or water.					
Nutrition Standards:	Do students have adequate time to eat meals and have access to free drinking water.					

