



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: Ephesus Academy

Month and year of current assessment: October 2023

Date of last Local Wellness Policy revision: December 2022

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

Wellness Committee Information

How often does your district wellness committee meet? Shantel Joseph

District Wellness Coordinator

Name	School	Job Title	Email Address
Shantel Joseph	Ephesus	Principal	sjoseph@scc-sda.org

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

Name	School	Job Title	Email Address
(same as above)			

District Wellness Committee Members

Name	School	Job Title	Email Address
Pam Swanson	Ephesus Academy	Board member	pnoliver74@gmail.com
Leroy Abrahams	Ephesus Academy	School Board Member	leroyabrahams@gmail.com

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

Section 1. Comparison to Model School Wellness Policies

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

Indicate which model wellness policy language was used for comparison:

- Alliance for a Healthier Generation Model Policy
- 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)

Overall, this baseline provide room for growth. We can definitely improve the wellness of our school as a whole with more regulatory practices and policies.

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><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 <u>USDA regulations for the National School Lunch and School Breakfast programs</u> • All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per <u>Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.</u> • Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. <p>If applicable, list additional school goals below:</p>	<p>Describe progress and next steps:</p> <p>School policy and practice aligns with ALSDE guidance. We are in compliance.</p>
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<p>Access to free potable water on campus</p> <p><u>To be compliant with the USDA final rule:</u> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</p> <p>List how access to potable water is made available in schools.</p>	<p>Describe progress and next steps:</p> <p>Potable water is available in the cafeteria during meal times to students and staff. We are in compliance.</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>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 Guide and Implementation.</p> <p>If applicable, list additional school goals below:</p>	<p>We have had to change birthday policies and outside food brought for those parties in order to comply with this guidance.</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>Smart snack calculator can be used more consistently to ensure nutrition standards compliance.</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>School schedule shifts will need to be made in order to bring us into compliance on incorporating multiple opportunities for physical activity throughout the school day.</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>The school will need to revisit the healthy food messaging posted in order to be in compliance with this guidance.</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>While the school promotes the SDA health message across the entire school setting, more intentionality can be given to promoting overall wellness.</p>

CHECKLIST:

Triennial Assessment was made public:

Date: 10-27-23

Updated Wellness Policy received Board approval: (if applicable)

Date: N/A

Wellness Policy was made public:

Date: 12-9-22

SIGNATURES:

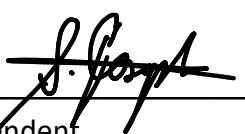
District Wellness Assessment Leader

PRINT NAME: Shantel Joseph
DATE: 10/30/2023



District Wellness Coordinator

PRINT NAME: Shantel Joseph
DATE: 10/30/2023



Superintendent

PRINT NAME: Shantel Joseph
DATE: 10/30/2023

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: Ephesus Academy

Date: 10-23-23

School Wellness Leader: Shantel Joseph

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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. Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. 	X			
<p>If applicable, list additional school goals below:</p>				

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. 	X			
<p>If applicable, list additional school goals below:</p>				

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. 		X		
<p>If applicable, list additional school goals below:</p>				

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. 		X		
<p>If applicable, list additional school goals below:</p>				

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>		X		
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Physical education: (structured and un-structured play)</i> • <i>Our school prohibits withholding activities/recess as a punishment.</i> 	X	X		
<p>List school goals in this section:</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> 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> 		X	X	
<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 	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><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>		X		
<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> 	X	X		
<p>List school wellness activity goals in this section:</p>				



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.

1. Smart snack calculator compliance
 2. Physical activity for all ages throughout the day
 3. Health & wellness messaging throughout the building
 4. Health & wellness activities throughout the school setting.

Signatures:

District Wellness Assessment Leader: _____

DATE: 10/30/2023

School Wellness Leader: _____

DATE: 10/30/23

Principal: _____

DATE: 10/30/23

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.

Policy Name: Ephesus Academy 2022

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
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	<p>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."</p> <p>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.</p>	100
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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
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.	1
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.	1
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 11 (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 11 (the number of items in this section). Multiply by 100.	82

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.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students.	1
PEPA6	Addresses time per week of physical education instruction for all high school students.	1
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
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	Addresses physical activity breaks during school.	1

	Comprehensiveness Score:	
Subtotal for Section 4	Count the number of items rated as "1" or "2" and divide this number by 11 (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 11 (the number of items in this section). Multiply by 100.	64

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.	2
WPM3	Addresses using physical activity as a reward.	1
WPM4	Addresses physical activity not being used as a punishment.	1
WPM5	Addresses physical activity not being withheld as a punishment.	0
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.	0
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	1

provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).

Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 11 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	82
	Strength Score: Count the number of items rated as "2" and divide this number by 11 (the number of items in this section). Multiply by 100.	55

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.	1
IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	1
IEC6	Triennial assessment results will be made available to the public and will include:	1
IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	1
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 38 of items in this section). Multiply by 100.

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
97

Total Strength

Add the strength scores for each of the six sections above and divide this number by 6.

District Score
73

___ [Federal Requirement](#) ___ [Farm to School](#) ___ [CSPAP](#)