

# Local Wellness Policy: Triennial Assessment Summary

## General Information

LEA: Shelby County Schools

Month and year of current assessment: March 2024

Date of last Local Wellness Policy revision: June 2021

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

[https://core-docs.s3.amazonaws.com/documents/asset/uploaded\\_file/3646/SCS/2825057/21-22-Wellness-Policy.pdf](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/3646/SCS/2825057/21-22-Wellness-Policy.pdf)

## 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 annually.

### 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
Lauren Butler	Calera Elementary	Teacher	lbutler@shelbyed.org
Chris Myles	Calera High	Administrator	cmyles@shelbyed.org
Haley Franks	Calera Intermediate	Administrator	hfranks@shelbyed.org
Brittany Golden	Calera Middle	Teacher	bgolden@shelbyed.org
Ashley Fields	Chelsea High	Teacher	afields@shelbyed.org
Chris Self	Chelsea Middle	Teacher	cself@shelbyed.org

Amy Horton	Columbiana Middle	Nurse	a2horton@shelbyed.org
Giulia Mugnaini	Chelsea Park Elementary	Teacher	gmugnaini@shelbyed.org
Mary Taylor	Elvin Hill Elementary	Teacher	m2taylor@shelbyed.org
Jennifer Reaves	Forest Oaks Elementary	Teacher	jreaves@shelbyed.org
Amy Sullivan	Helena Elementary	Teacher	asullivan@shelbyed.org
Erin Parker	Helena High	Nurse	eparker@shelbyed.org
Natalie Landrum	Helena Intermediate	Administrator	nlandrum@shelbyed.org
Keith Richardson	Helena Middle	Teacher	rrichardson@shelbyed.org
Christina Renta	Inverness Elementary	Teacher	crenta@shelbyed.org
Kelsey Collum	Linda Nolen Learning Center	Teacher	kcollum@shelbyed.org
Laura Blackburn	Mt. Laurel Elementary	Teacher	lblackburn@shelbyed.org
Amber Pennington	Montevallo Elementary	Teacher	apennington@shelbyed.org
Wendy Davis	Montevallo High	CNP Manager	wdavis@shelbyed.org
Sheila L. Jett	Montevallo Middle	Administrator	sjett@shelbyed.org
Sallie Youngblood	Oak Mountain Elementary	Teacher	syoungblood@shelbyed.org
Kasey Hollington	Oak Mountain High	Teacher	khollington@shelbyed.org
Julia Limon	Oak Mountain Intermediate	Teacher	jlimon@shelbyed.org
Kelly Clayton	Oak Mountain Middle	Teacher	kclayton@shelbyed.org
Chrissy Shaler	Shelby Elementary	Teacher	cshaler@shelbyed.org
John Watkins	Shelby County High	Teacher	jwatkins@shelbyed.org
Kristi Childers	Vincent Middle High	Teacher	kchilders@shelbyed.org
Kelly Scales / Jared Smiley	Vincent Elementary	Teacher	jsmiley@shelbyed.org kscales@shelbyed.org
Angela Armstrong	Wilsonville Elementary	Nurse	aarmstrong@shelbyed.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)

The Shelby County School system's Wellness Policy meets the needs of a diverse school population. It allows students, parents, and faculty members 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 the 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>Describe progress and next steps:</b></p>
<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 <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>This goal has been identified in the Wellness Policy. We will continue to monitor and ensure compliance.</p> <p>“All foods and beverages sold at school during the school day will meet or exceed the nutrition standards identified by USDA and the State of Alabama Board of Education. Foods and beverages that are not part of the school meal program will not be sold within one hour of school meals.”</p>

<p><b>Access to free potable water on campus</b></p>	<p><b>Describe progress and next steps:</b></p>
<p><b><u>To be compliant with the USDA final rule:</u></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>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>

## 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>Describe progress and next steps:</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>This goal has been identified in the Wellness Policy. We will continue to monitor and ensure continued compliance.</p> <p>"All foods and beverages sold at school during the school day will meet or exceed the nutrition standards identified by USDA and the State of Alabama Board of Education. Foods and beverages that are not part of the school meal program will not be sold within one hour of school meals."</p>

<p><b>Marketing and advertising of only foods and beverages that meet Smart Snacks</b></p>	<p><b>Describe progress and next steps:</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>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 the 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><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> <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 healthy lifestyle."</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><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> <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>List other school-based activities that are offered by the district:</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, such as fresh fruit, vegetables, and water.”</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: 3/11/2024

Updated Wellness Policy received Board approval: (if applicable) Date: N/A


Wellness Policy was made public: Date: 6/25/2021

### SIGNATURES:

  
District Wellness Assessment Leader  
and Coordinator

PRINT NAME: Nathan Hayes

DATE: 3/11/2024

  
Superintendent

PRINT NAME: Dr. Lewis Brooks

DATE: 3/11/2024

## Section 3: School Level Progress Report

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

School Level Wellness Policy Assessment					
School	7.9.1 Nutrition Education:	7.9.2 Nutrition Standards:	7.9.3 Physical Education:	7.9.4 Other School-Based Activities Designed to Promote Student Wellness:	7.9.5 Administrative Implementation:
Calera Elementary	4	5	5	4	5
Calera High	4	5	5	4	5
Calera Intermediate	3	5	5	5	5
Calera Middle	5	5	5	5	5
Chelsea High	4	5	5	5	5
Chelsea Middle	5	5	5	4	5
Columbiana Middle	3	3	3	3	5
Chelsea Park Elementary	5	5	5	5	5
Elvin Hill Elementary	3	5	5	4	5
Forest Oaks Elementary	5	5	5	5	5
Helena Elementary	5	5	5	5	5
Helena High	5	5	5	4	5
Helena Intermediate	3	5	5	4	5
Helena Middle	4	5	5	4	5
Inverness Elementary	3	3	5	5	5
Linda Nolen Learning Center	3	5	5	3	5
Mt. Laurel Elementary	4	5	5	4	5
Montevallo Elementary	5	5	5	5	5
Montevallo High	3	5	4	4	5
Montevallo Middle	5	5	5	5	5
Oak Mountain Elementary	5	5	5	5	5
Oak Mountain High	5	5	5	4	5
Oak Mountain Intermediate	5	5	5	5	5
Oak Mountain Middle	4	4	5	4	5
Shelby Elementary	3	5	5	4	5
Shelby County High	5	5	5	4	5
Vincent Middle High	5	5	5	3	5
Vincent Elementary	4	5	5	3	5
Wilsonville Elementary	4	4	5	4	5
7.9.1 Nutrition Education:	Nutrition Lessons and topics are integrated into the curriculum and health education programs for every student.				
7.9.2 Nutrition Standards:	All students have adequate time to eat meals and have access to free drinking water.				
7.9.3 Physical Education:	All 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.				
7.9.4 Other School-Based Activities Designed to Promote Student Wellness:	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, and water.				
7.9.5 Administrative Implementation:	Applications for Free and Reduced priced meal benefits are available either on the district website or at the local school for all students.				