



# Alabama State Department of Education Child Nutrition Program



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## 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 N/A
- 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: King's Home, Inc.

Month and year of current assessment: June 2022

Date of last Local Wellness Policy revision: April 2017

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? Annually

### District Wellness Coordinator

Name	School	Job Title	Email Address
Sherry McLaughlin		Administrative Assistant	sherry@kingshome.com

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

Name	School	Job Title	Email Address
Sherry McLaughlin		Administrative Assistant	sherry@kingshome.com

### District Wellness Committee Members

Name	School	Job Title	Email Address
Katheria Edwards		Executive Director of Youth Programs	
Larry Dancy		Executive Director of Youth Programs	
Adrian Riggins		Boys Site Director	adrian@kingshome.com
Angela Riggins		Girls Site Director	
Ladonna Ford		Girls Site Director	
Derek Randolph		FTP	
Scott Thomas		FTP	
Michelle McClintock		Community Member	

## 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 1: Nutrition Education

Scored well

### Section 2: Standards for USDA Child Nutrition Programs and School Meals

Wellness policy verbiage needs to be more specific with regards to NSLP, SBP and Reimbursable meals

### Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

No smart snacks standards in policy  
Policy does not address caffeine  
RCCI – does not address ALL foods at “school” we serve Dinner meals with no restrictions

### Section 4: Physical Education Physical Activity

RCCI – Group Home  
No specifics as to times per week to engage in physical activity  
No specifics to requirements and substitutions

### Section 5: Wellness Promotion and Marketing

No specifics on marketing

### Section 6: Implementation, Evaluation, and Communication

Scored well

## Section 2. Progress towards Goals

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

Nutrition standards for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)	Describe progress and next steps:
<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 <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> <p><b>If applicable, list additional school goals below:</b></p> <ul style="list-style-type: none"> <li>• Expose youth to a wider variety of fruits and vegetables</li> <li>• Implement new/healthier ways to cook traditional meals</li> </ul>	<ul style="list-style-type: none"> <li>• All foods during the meal time comply with USDA Regulations for NSLP and SBP.</li> <li>• No foods are sold 1 hour before or after school meals.</li> <li>• Need to specify this in the Wellness policy.</li> <li>• USDA guidelines for reimbursable meals are followed.</li> <li>• Wellness policy needs clarification regarding this.</li> </ul>

Access to free potable water on campus	Describe progress and next steps:
<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>Potable drinking water is available for all youth while in the home throughout the day, not just during meal time.</b></p>	<ul style="list-style-type: none"> <li>• Each home is equipped to provide free, safe, unflavored drinking water to all residents during meal times.</li> </ul>

## 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><b>Healthy Snack options need to be made available after school for residents.</b></p>	<ul style="list-style-type: none"> <li>• All foods and beverages outside of the school meal program are not provided within a time frame of 1 hour before or after school meals.</li> <li>• Need to specify this in the Wellness policy.</li> </ul>

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><b>Continue to encourage youth to make healthy choices with regards to nutrition and food that they eat.</b></p>	<ul style="list-style-type: none"> <li>• Limited exposure to advertising and marketing during the school day when on King's Home Campus.</li> <li>• King's Home strives to teach youth residents how to make informed choices about nutrition, health and physical activity regardless of any marketing, advertising or promotion youth may be exposed to.</li> </ul>

## 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></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> <ul style="list-style-type: none"> <li>• Garden Program</li> <li>• Stables/Equine Program</li> <li>• Basketball</li> <li>• Volleyball</li> <li>• Walking/Running</li> <li>• Swimming</li> <li>• Trampoline</li> </ul>	<ul style="list-style-type: none"> <li>• King’s Home provides a variety of opportunities for physical activity for all youth.</li> <li>• More outdoor leisure activities need to be made available.</li> </ul>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p><b><u>To be compliant with the USDA final rule:</u></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> <ul style="list-style-type: none"> <li>• <b>List how nutrition promotion and nutrition education are provided in schools:</b></li> <li>• <b>Nutrition promotion/education provided by FTP/Staff during meal time.</b></li> <li>• <b>King’s Home Garden Program.</b></li> <li>• <b>Health Education Course at local public school.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Promotion of healthy choices during meal time/while prepping meals.</li> <li>• Need to encourage healthy choice beyond reimbursable meals.</li> </ul>

## 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>Youth are encouraged to participate in Local Public school extracurricular activities.</b></p>	

### CHECKLIST:

Triennial Assessment was made public:

Date: \_\_\_\_\_

Updated Wellness Policy received Board approval: (if applicable)

Date: N/A

Wellness Policy was made public:

Date: \_\_\_\_\_

### SIGNATURES:

\_\_\_\_\_  
District Wellness Assessment Leader

PRINT NAME: Sherry McLaughlin

DATE: \_\_\_\_\_

\_\_\_\_\_  
District Wellness Coordinator

PRINT NAME: Sherry McLaughlin

DATE: \_\_\_\_\_

\_\_\_\_\_  
Superintendent

PRINT NAME: Kimberly Nicholson

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: King's Home, Inc. All Youth Homes

Date:

School Wellness Leader: Sherry McLaughlin

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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			
<p><b>If applicable, list additional school goals below:</b></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><b><u>To be compliant with ALSDE:</u></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</a> (<a href="http://alsde.edu">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><u>To be compliant with the USDA final rule:</u></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>				
<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>				
<p><b>List school wellness activity goals in this section:</b></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.*

### Signatures:

District Wellness Assessment Leader: \_\_\_\_\_

DATE: \_\_\_\_\_

School Wellness Leader: \_\_\_\_\_

DATE: \_\_\_\_\_

Principal: \_\_\_\_\_

DATE: \_\_\_\_\_





**District Wellness Committee Members continued**

Name	School	Job Title	Email Address

