

# Local Wellness Policy: Triennial Assessment Summary

## General Information

LEA: Monroe County Board of Education

Month and year of current assessment: June 2023

Date of last Local Wellness Policy revision: May 31, 2017

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: www.monroe.k12.al.us

## Wellness Committee Information

How often does your district wellness committee meet? Quarterly meetings halted Covid / Restart 2023

### District Wellness Coordinator

Name	School	Job Title	Email Address
Steve Lancaster	Central Office	CNP Director	slancaster@monroe.k12.al.us

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

Name	School	Job Title	Email Address
Steve Lancaster	Central Office	CNP Director	slancaster@monroe.k12.al.us

### District Wellness Committee Members

Name	School	Job Title	Email Address
Greg Shehan	Central Office	Superintendent	gshehan@monroe.k12.al.us
Steve Lancaster	Central Office	CNP Director	slancaster@monroe.k12.al.us
Angela Carter	MES	PE Teacher	acarter@monroe.k12.al.us
Angela Lang	MCHS	Wellness Cord.	alang@monroe.k12.al.us
Michael Ard	MCHS	Teacher	mard@monroe.k12.al.us
Cindy Greene	Excel	Wellness Cord.	cgreene@monroe.k12.al.us
Mindy Mixon	Excel	Nurse	mmixion@monroe.k12.al.us
Annette West	JUB	Wellness Cord	awest@monroe.k12.al.us
Nadine McPherson	JUB	CNP Manager	nmcpherson@monroe.k12.al.us
Freddie Howard	JFS	Garden Vol.	freddiechoward@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)

Wellness Policy:

- 1) Uses the WellSat 3 Outline to address each rule.
- 2) Spells out what limit is placed on food advertisement.
- 3) States what time frame must be observed for recess around school meals.
- 4) List programs and activities already being conducted by the system.
- 5) Addresses Federal and State Goals and Guidelines.



## 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 <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>	<p><b>Describe progress and next steps:</b></p> <p>All schools are reporting that they are meeting this goal.</p> <p>All schools participate in the NSLP Program and serve low fat milk and flavored milk only to grades above 3rd grade.</p> <p>Each school offers recess at least one hour before or after all food service times for school meals.</p> <p>All reimbursable meals meet the NSLP standards.</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>Each school has water freely available to students during all meal service times in the cafeteria. Water fountains, paper cups, ice machines, and water dispensers are available to students and staff.</p>
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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>Each school is reporting that they are meeting this goal. All recess times are 1 hour before or more the school meal program.</p> <p>Each school offers recess at least one hour before or after all food service times for school meals.</p> <p>All reimbursable meals meet the NSLP standards. CNCNP</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>All vending machine fronts reflect positive images of living a healthy lifestyle. None are advertising food.</p> <p>Cafeterias have posters reflecting proper meal components and serving sizes. Nutrition Educational materials are also in view.</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> 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>Type text here</p> <p>PE Classes are taught at all schools and offer Alabama Wellness Assessment.</p> <ul style="list-style-type: none"> <li>* GoNoodle Brain Breaks</li> <li>* Quality PE Classes</li> <li>* Student Gardens</li> <li>* Say No to Drugs</li> <li>* Stomp Out Bullying</li> <li>* YMCA Afterschool Academy</li> <li>* Before the Bell Gym Time</li> <li>* Wellness Walk</li> </ul> <p>Type text here</p>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p><b>To be compliant with the USDA final rule:</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>All schools are reporting that they are meeting this goal. All vending machines have non-marketing photos on the outside that promote healthy habits. Posters on campus promote healthy lifestyles and good food choices.</p> <p>School gardens are at all schools in some proportion. JFS has a large raised bed program and others have smaller raised beds and Back to Eden Gardens.</p> <p>All Snacks are Smart Snack Compliant.</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>Go-Noodle Brain Breaks American Heart Assn. Jump-a-thon Alabama Physical Fitness Assessment Quality Physical Education classes STOMP out Bullying Say No to Drugs Spring Field Day Scale Back Alabama</p>

### CHECKLIST:

Triennial Assessment was made public:

Date: 6/21/23

Updated Wellness Policy received Board approval: (if applicable)

Date: N/A

Wellness Policy was made public:

Date: 5/31/2017

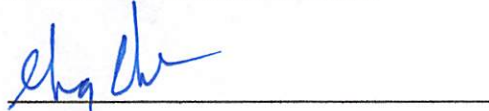
### SIGNATURES:

  
District Wellness Assessment Leader

PRINT NAME: Steve Lancaster  
DATE: 6/21/2023

  
District Wellness Coordinator

PRINT NAME: Steve Lancaster  
DATE: 6/21/2023

  
Superintendent

PRINT NAME: Greg Shehan  
DATE: 6/21/2023







★ Items in blue were added after Wellness Policy Approval

## ANNUAL ASSESSMENT/REVIEW OF WELLNESS POLICY

CONDUCTED MAY 31, 2017

BY:

AUDRA LLOYD

BY:

ASHLEY LANKFORD

BY:

ANGELA CARTER

BY:

JULIE AUTREY

Quarterly District Members/Meetings/Attendance: 28 members

- October 6, 2016 12
- November 9, 2016 10
- January 18, 2017 8
- March 15, 2017 8

District/Community Level Activities:

- FY17 – Wellness Walk for School Gardens, November 10, 2016
- April 7 Eighth Grade Transition at Coastal Community College Campus  
Basketball Shoot-Out Competition between students from all schools
- April District Spring Clean Up
- April 28 – District Fun Run hosted by City of Monroeville at the Square for winners of Alabama Physical Fitness Assessment
- May 5 – Health Fair hosted by Career Technology Department at Monroe County High School
- May 12 – District Extraordinary Olympics held at Monroe County High School

School Level Activities

- Excel:
  - Alabama Physical Fitness Assessment
  - GoNoodle Brain Breaks
  - Quality Physical Education offered to every student with teaching units involving rhythmic movement, dual and individual activities, static and dynamic movements along with target heart range.
  - [January 27 American Heart Association Jump-a-thon.](#)
- JFS:
  - Alabama Physical Fitness Assessment
  - Quality Physical Education offered to all students.
- JU Blacksher:
  - Alabama Physical Fitness Assessment
  - Quality Physical Education offered to all students
  - STOMP out Bullying and Say No to Drugs Walk around the football field.



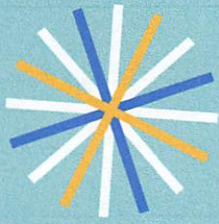
- GoNoodle Brain Breaks
- Monroeville Area YMCA After School Academy
- MCHS:
  - Alabama Physical Fitness Assessment
  - Quality Physical Education offered to all students
- MIS:
  - Alabama Physical Fitness Assessment
  - Quality Physical Education offered to all students
- MES:
  - Alabama Physical Fitness Assessment
  - Quality Physical Education offered to all students
  - GoNoodle Brain Breaks
  - Monroeville Area YMCA After School Academy
- MMS:
  - Alabama Physical Fitness Assessment
  - GoNoodle Brain Breaks
  - Before the Bell Gym Time
  - Quality Physical Education with lesson plans that follow NASPE guidelines for Physical Education
  - [Spring Fling Field Day March 23, 2017](#)

Staff Activities:

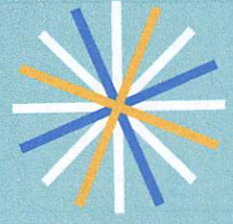
- January 17 – March 22 Scale Back Alabama with teams at:  
 Central Office opened to community members  
 JU Blacksher  
 Monroeville Middle School  
 Monroe Intermediate School



# Monroe County Schools



## WELLNESS



## FUN RUN

Join us as athletes from each grade compete in a one mile race to the square!

Students competing in the race will start from Monroeville Middle School and race head to head to downtown Monroeville.

Lunch will be provided, and the top boy and girl winners from the Elementary School, Middle School, and High School will be announced.



**JOIN US AT  
MONROEVILLE MIDDLE SCHOOL  
THE RACE STARTS AT  
10:00AM ON APRIL 28TH!**