

School District: St Joe Hissen (SS&E) School District Wellness Policy Triennial Assessment Report 2020 / 2021
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Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	wellness committee in place.	Reviewed annually
1a. Each school has a designated wellness leader. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	school nurse volunteer and principal	Name and info on flyer on school website. Mrs. Skordos keeps school board up to date as goals are met.
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Public Involvement					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	COVID has presented challenge. will meet in person again next year.	Review done by Elizabeth Loubier, EN and Elizabeth Loubier
3. To the extent possible, committee includes representatives of: (PO-3)					
<ul style="list-style-type: none"> • Parents/Legal Guardians • Students • District Nutrition Services • Physical Education Teachers • School Health Professionals • Local School Board • School Administrators • General Public/Community Members 	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All have been invited. We have a good variety of representatives on committee.	<ul style="list-style-type: none"> - Flyers distributed to staff, parents, and on school website - meeting minutes available in binder
Food and Beverage Availability					
School Meals					
4. Pre-K to fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food. (NS-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Has already been in place for years	School schedule
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
5. Foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. (SS-1, SS-2)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	continue to make available smart snack standards	written communication Follow school fundraisers.

THSA snack cart follows these guidelines
 Not as many due to COVID

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5a. The following venues currently comply with Smart Snacks requirements during the school day: <ul style="list-style-type: none"> School Stores Vending Machines Concessions 	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>HASA snack cart follows standards. Depending on availability, occasionally may deviate if needed.</p> <p>We do keep 2 exempt fundraisers challenges: not consistently followed by parents.</p>	<p>Purchasing invoices.</p> <p>but always goal to keep "Smart" pilgrims or 1-day grains and 5th grade bake sale</p>
5b. Although the State allows exempt fundraisers, the district does not allow exempt fundraisers.*	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
6. Standards established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses. (SS-4)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Food and Beverage Marketing					
7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards. (PO-3)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>Besides fundraisers, only marketing is from USDA - ex: flyers, handouts</p>	<p>Fundraiser flyers of compliant items - sell EATAA or other non-food items.</p>
District Goals for Health & Wellness					
Nutrition Education					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP. (NS-8, NS-12, HPE-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	McMillian Health Jan here in 2019 and 2022	Taught curriculum on body and importance of nutrition
8a. Nutrition education is integrated across the curriculum.*	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Challenges: PE teacher only at school 1 day/week	Classroom nutrition ed by teachers. Focuses on physical activity
8b. Nutrition education is linked with the school food environment/cafeteria.*	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Food service staff do their annual training	USDA Requirements per their requirements.
Nutrition Promotion					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. (NS-5, NS-8, NS-9)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>Give teachers access to USDA and Team Nutrition handouts and website.</p> <p>Handouts sent through family envelopes periodically</p>	<p>Teacher lesson plans</p> <p>Handouts</p>
9a. All schools in the district are Team Nutrition (TN) Schools.*	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Handouts sent through family envelopes periodically	<p>Handouts to parents/students</p> <p>Parkview Health my plate</p>
9b. TN resources are used to promote nutrition throughout the district.*	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Challenges - time for volunteers to distribute	<p>Have PDF of TN resources available</p> <p>circles</p>

and review resources

Kyle Bennett @ Parkview has helped w/ resources for these

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10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards. (NS-5, SS-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	marketing compliance w/ smart snack standards	Posted into and flyers in cafeteria and gym by concessions.
Physical Activity					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education. (PO-8, PA-4, PA-3, PA-2)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	After care now in gym so kids can run and play in past was in classroom.	Open facilities (Outdoor) to public. Aftercare schedule indoor can be rented
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. (PA-6, PA-7 ES)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	For the most part this is implemented. on rare occasion may need to withhold recess if other consequences exhausted.	Staff aware of this LWP goal.
Physical Education					
13. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE. (HPE-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Now have licensed PE teacher. Lots of great new equipment available to PE	PE curriculum
13a. Fitness testing of students occurs, at a minimum, in grades 2 (height & weight only), 5, 8, and in high school PE course required for graduation. Individual student fitness reports are shared with parents/caregivers. * Per SC Students Health and Fitness Act of 2005	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Not something we have done. Will look into benefits for future.	
13b. Student fitness data is used by the district and schools for instruction planning, fitness equipment, and professional development. *	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	See above. will discuss w/ PE teacher if necessary	
14. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PE teacher very good w/ students and assures all activities can be done by all levels	Lesson plans developed based on students ages/ability level and IEP status.
Update/Inform the Public					
15. Annually, the public is notified about the content and implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LWP available to public	School website.

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15a. The name and contact information of the designated officer is publicized.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Added cover sheet to LWP w/ this info.	School website has updated LWP
15b. Information is shared on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	on Flyer distributed annually to parents	Flyer in Family envelopes Principal email to families
16. Every three years, the district develops a report that meets the following requirements: ** (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
16a. All schools' compliance with the district wellness policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Report compliance Review Plan for Healthier Gen and Wellstar Assessment	checklist completed
16b. How the district policy compares with state and/or federal model wellness policies.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Review model policies	completed checklist
16c. A description of progress towards attaining wellness policy goals.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Annual progress reports spell out goals achieved and notes	Triennial assess. Report
16d. This report is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Will post to website	website posted
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16 above.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	System for filing and record keeping	wellness policy binder has all recorded info.
Other School Based Strategies for Wellness					
18. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Challenges: time and holding people accountable rely on volunteers. No school nurse on staff	LWP Goals
Optional Goals- School Meals					
19. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management. (NS-10)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Challenges- accountability and trying to help staff see importance of this.	LWP Goals and handout reminders to staff
19a. Schools will not withhold foods or beverages for punishment. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Not an issue for us.	Food/candy rewards are common for any child.
19b. Teachers are provided with a list of alternative ideas for behavior management. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Yearly reminder handouts of alternatives given	handouts / emails / flyers as available

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Optional Goals - Water					
20. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Refill stations purchased for gym school, Dining	Inventory of fountains
Optional Goals - Staff Wellness					
21. Schools will offer staff wellness programs such as weight management, health assessments. (EW-1, EW-2, EW-3)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Working towards finding staff member wanting to head up. Challenge - No much interested in group	could use gym if wanting to do.
Optional Goals - Community Involvement					
22. School will allow community members access to the district's outdoor physical activity facilities before and after school. (PA-8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	School facilities not locked or gated (playground/baseball/soer fields)	Campus assessment
22a. District has adopted the SC School Boards Association's model Open Community Use of School Recreational Areas (KFA) policy. *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A	
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. (PO-9)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Team w/ tncaps reading program. and local sports	flyers media posts, teams to promote sports and physical activity
Other Optional Goals					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Success/updates from the Past Three Years: -

Offering more fresh fruit options in cafeteria - lots of fresh fruit
 walking club - still in place. veggies offered all year
 moving PK-2nd grade to recess before lunch - Refill Stations purchased for school/gym
 Mr. Mackin is licensed PE teacher. Before we had volunteer parish member.
 continuing to have meal train out to teach health/wellness.

- provide more PE equipment and playground equipment to students through wellness fund. This is funded by yearly walk-a-thon. Year to date this has brought in about \$8,000 for wellness fund!

SCDE District Wellness Policy Triennial Assessment Report - Additional Information You Should Know

School districts are encouraged to use the following tools and resources to assist with completing the SCDE District Wellness Policy Triennial Assessment Report:

- LWP STAT Webinar Series Three – Getting Ready for the Triennial Assessment: <link coming soon – will be located at <https://ed.sc.gov/districts-schools/nutrition/wellness-and-food-safety/local-wellness-policies/>>
- Compilation of your district's completed SCDE District Wellness Policy Annual Progress Reports: <https://ed.sc.gov/districts-schools/nutrition/wellness-and-food-safety/wellness-and-food-safety/local-wellness-policies/local-wellness-policy-assessment-tool/>
- Compilation of your district's Alliance for a Healthier Generation Healthy Schools Program District Reports: <https://www.healthiergeneration.org/>

***Best Practices for implementing policy components**

**** More information addressing item 16 of the SCDE District Wellness Policy Triennial Assessment Report**

Tools You Can Use to Meet USDA Triennial Assessment Reporting Requirements:

16 a. Schools' Compliance with the District Wellness Policy -
Full completion of the SCDE District Wellness Policy Triennial Assessment Report

16 b. How the District's Policy Compares with State and/or Federal Model Wellness Policies -
Completion of the SCDE LWP Checklist – <link coming soon – will be located at <https://ed.sc.gov/districts-schools/nutrition/wellness-and-food-safety/wellness-and-food-safety/local-wellness-policies/>>

16 c. Description of Progress towards Attaining Wellness Policy Goals -
Full completion of the SCDE District Wellness Policy Triennial Assessment Report

USDA's Local Wellness Policy Triennial Assessment Questions & Answers:

How often must LEAs conduct assessments of schools' compliance with the local school wellness policy?

At a minimum, assessments must be conducted once every three years as described in 7 CFR 210.31(e), this is referred to as the triennial assessment. This assessment is separate from the Administrative Review conducted by the State agency. The local school wellness policy must be updated and in compliance with the final rule by June 30, 2017. Therefore, the first triennial assessment must be completed by June 30, 2020.

Who is responsible for conducting the assessments?

LEAs must designate at least one LEA or school official(s) as responsible for determining the extent to which each school under their jurisdiction is in compliance with their wellness policies (7 CFR 210.31(e)(1)).

In addition to the official(s) identified, other stakeholders must be permitted to be involved in the review process as described in 7 CFR 210.31(d)(1). However, LEAs have discretion in how they implement this requirement since each LEA is best suited to determine the distinctive needs of the community it serves. LEAs are also encouraged to identify a wellness champion at each school that would assist with the implementation and monitoring of the policy at the school level.

What must be included in the triennial assessment?

The LEA must develop a triennial assessment report that describes the extent to which its schools comply with the local school wellness policy, the extent to which the local policy aligns with model policies, and a description of progress towards attaining policy goals as described in 7 CFR 210.31(e)(2). There is local discretion on the format of the report. This report must be made available to the public (7 CFR 210.31(d)(3)).

What tools should LEAs use to assess implementation and compliance with the local school wellness policy?

The LEA has the flexibility to develop tools that will assess compliance with the specific components of their local school wellness policy. Some State agencies and partner organizations have developed tools that LEAs can adapt to meet their needs. Example tools can be found at the "School Nutrition Environment and Wellness Resources" website at <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellness-policy-process/assessment-needs-assessment>. In addition, the LEA must document when and how they evaluated their policy. For example, an agenda or attendance sheet could be used as documentation that the local school wellness policy was evaluated at a stakeholder meeting.

How often does the LEA have to update the policy?

USDA does not specify the frequency of updates to the local school wellness policy, as the need to update will vary based on the content and structure of the policy. However, it is recommended that the policy is updated, at a minimum, after conducting the triennial assessments (7 CFR 210.31(e)(3)). LEAs are also required to annually notify the public about the content of the local school wellness policy and any updates to the policy as stated in 7 CFR 210.31(d)(2).

How should LEAs compare their policies to model policies?

The responsibility for developing a local school wellness policy was placed at the LEA level so that each LEA has the flexibility to customize their own policy based on their own unique circumstances. However, at a minimum, LEAs must compare their policy against model policies during the triennial assessment (7 CFR 210.31(e)(2)(ii)). The Alliance for a Healthier Generation, in conjunction with USDA, developed a model local school wellness policy template that may be used for this comparison: https://www.healthiergeneration.org/_asset/vwqdwu/14-6372_ModelWellnessPolicy.doc.

Does the LEA need to do a triennial assessment of all the schools under its jurisdiction, or does each school do its own triennial assessment and report back to the LEA?

The LEA is responsible for ensuring that a triennial assessment of all the schools under its jurisdiction has been conducted. The LEA may conduct the triennial assessment on behalf of each participating school under its jurisdiction or may allow each school to conduct its own assessment.