



# Local Wellness Policy: Triennial Assessment Summary

## General Information

LEA: Alabama School of Fine Arts (ASFA)

Month and year of current assessment: June 2021

Date of last Local Wellness Policy revision: November 2015

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

## Wellness Committee Information

How often does your district wellness committee meet?

### District Wellness Coordinator

Name	School	Job Title	Email Address
Cynthia Orcutt	ASFA	CNP Director	corcutt@asfa.k12.al.us

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

Name	School	Job Title	Email Address
Cynthia Orcutt	ASFA	CNP Director	corcutt@asfa.k12.al.us

### District Wellness Committee Members

Name	School	Job Title	Email Address
Jason Akins	ASFA	Nurse	jakins@asfa.k12.al.us
Isaac Hill	ASFA	Health & Wellness Instructor	ihill@asfa.k12.al.us

\*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 Alabama School of Fine Arts Health and Wellness Policy meets the minimum requirements for a school Health and Wellness Policy

## 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> </ul> <p>National School Breakfast and Lunch meals meet the minimum meal requirements. The ala carte items mostly meet the smart snack requirements and will continue to move in that direction.</p> <ul style="list-style-type: none"> <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> </ul> <p>The school vending machine is on a timer to meet the Smart Snack Requirements. There are no other food sales in the school.</p> <ul style="list-style-type: none"> <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>This is a stated item in the Wellness Policy.</p> <p><b>If applicable, list additional school goals below:</b></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></p> <p>Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</p> <p>At ASFA, there is free, safe, unflavored water available to all students during all mealtimes on the school serving line. There are also several water fountains with water bottle refillable stations throughout the school</p> <p><b>List how access to potable water is made available in schools.</b></p>	

## Section 2. Progress towards Goals continued

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

<b>Guidelines for other foods and beverages available on the school campus, but not sold</b>	<b>Describe progress and next steps:</b>
<p><b>To be compliant with ALSDE:</b></p> <p>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>The school vending machine is on a timer to meet the Smart Snack Requirements. There are no other food sales in the school.</p> <p><b>If applicable, list additional school goals below:</b></p>	
<b>Marketing and advertising of only foods and beverages that meet Smart Snacks</b>	<b>Describe progress and next steps:</b>
<p><b>To be compliant with the USDA final rule:</b></p> <p>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School nutrition standards</a> on the school campus, during the school day.</p> <p>As a policy ASFA does not do any sort of marketing food or otherwise during the school day. This will need to be added to the actual Wellness Policy.</p> <p><b>If applicable, list additional school goals below:</b></p>	



## Section 2. Progress towards Goals continued

\*NOTE: Required components are listed in blue.

Physical Activity Goal(s)	Describe progress and next steps:
<p><u>To be compliant with the USDA final rule:</u></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> <p>The Health and Wellness Center as well as the Courtyard are available to students before, during and after school hours for exercise and recreation.</p>	
Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p><u>To be compliant with the USDA final rule:</u></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><b>List how nutrition promotion and nutrition education are provided in schools:</b></p> <p>Nutrition education is provided to the 7<sup>th</sup> and 8<sup>th</sup> graders during their wellness classes. The cafeteria provides signage for healthy meals. CNP staff talks with the students about healthy portion sizes and healthy food choices.</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>ASFA has a school wide attitude of wellness and physical activity.</p> <p>List other school-based activities that are offered by the district:</p>	

**CHECKLIST:**

Triennial Assessment was made public: Date: 06/30/2021

Updated Wellness Policy received Board approval: (if applicable) Date: \_\_\_\_\_

Wellness Policy was made public: Date: \_\_\_\_\_

**SIGNATURES:**

District Wellness Assessment Leader

PRINT NAME: Cynthia J. Orcutt, SNS  
DATE: 06/30/2021

District Wellness Coordinator

PRINT NAME: Cynthia J. Orcutt, SNS  
DATE: 06/30/2021

Superintendent

PRINT NAME: Tim Mitchell Ph.D  
DATE: 06/30/2021