

## District Wellness Policy Triennial Assessment Report 2020

School District: Paducah ISD

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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
<b>District Wellness Committee/Coordinated District Health Advisory Council</b>					
<b>Policy Leadership</b>					
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"/>	Check LWP and FFA(LOCAL)	LWP and FFA(LOCAL)
1a. Each school has a designated wellness leader. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Check LWP and FFA(LOCAL)	LWP and FFA(LOCAL)
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"/>	Implementation of plan	Review reports to Wellness Leader
<b>Public Involvement</b>					
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Set annual meeting for this action	review meeting minutes/documents
3. To the extent possible, committee includes representatives of: (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Review Committee Roster	Review sign-in sheets
<ul style="list-style-type: none"> <li>• Parents/Legal Guardians</li> <li>• Students</li> <li>• District Nutrition Services</li> <li>• Physical Education Teachers</li> <li>• School Health Professionals</li> <li>• Local School Board</li> <li>• School Administrators</li> <li>• General Public/Community Members</li> </ul>					
<b>Food and Beverage Availability</b>					
<b>School Meals</b>					
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"/>	Create Master schedule	Master schedule
<b>Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)</b>					
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Comply w/Federal Requirements	smart snacks calculator

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5a. The following venues currently comply with Smart Snacks requirements during the school day: <ul style="list-style-type: none"> <li>• School Stores</li> <li>• Vending Machines</li> <li>• Concessions</li> </ul>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Educate staff and volunteers	Training Materials utilized
5b. Although the State allows exempt fundraisers, the district does not allow exempt fundraisers. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Review District Fundraisers	Fundraising requests
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Provide list of approved snacks	Review approved list
<b>Food and Beverage Marketing</b>					
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 type="checkbox"/>	<input type="checkbox"/>	Provide smart Snacks requirements	list of food/bev mtg. requirements
<b>District Goals for Health &amp; Wellness</b>					
<b>Nutrition Education</b>					
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"/>	Education on Nutrition topics	Lesson Plans/LWP
8a. Nutrition education is integrated across the curriculum. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Professional Development	Training materials/Sign in sheets
8b. Nutrition education is linked with the school food environment/catereria. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Professional Development	Training materials/sign in sheets
<b>Nutrition Promotion</b>					
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Training for Teachers/staff	Training materials/sign in sheets
9a. All schools in the district are Team Nutrition (TN) Schools. *	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	N/A	
9b. TN resources are used to promote nutrition throughout the district. *	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	N/A	

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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"/>	Utilize promotional Ed. Programs	Review programs utilized
<b>Physical Activity</b>					
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"/>	Educate about facilities usage	literature regarding facilities usage
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 type="checkbox"/>	<input type="checkbox"/>	Include in handbook and LWP	Review Handbook/LWP
<b>Physical Education</b>					
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"/>	Teach PE TEKS	Review Lesson Plans
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep utilizing Fitness Gram	Fitness Gram results
13b. Student fitness data is used by the district and schools for instruction planning, fitness equipment, and professional development. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Develop a needs assessment	Review needs assessment results
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"/>	Teach PE TEKS/IEP's	Review TEKS/IEP's
<b>Update/Inform the Public</b>					
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"/>	Public Notice in Paper/Website	Review Paper/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"/>	Place in Student Handbook	Review Student handbook
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"/>	Place in LWP/FFA(LOCAL)	Review LWP/FFA(LOCAL)
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"/>	Complete Triennial Assessment	Review all related TA documents
16a. All schools' compliance with the district wellness policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Complete Triennial Assessment	Review all related TA documents
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 TASB Templates	TASB Regulation Resources/Template
16c. A description of progress towards attaining wellness policy goals.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Perform TA/checklist/report	review documentation from these
16d. This report is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Place on District Website	Review District Website
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"/>	LWP/FFA(LOCAL)/Website	Review Documentation
<b>Other School Based Strategies for Wellness</b>					
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Promote Wellness activities	student surveys
<b>Optional Goals- School Meals</b>					
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Place notice in LWP	Review LWP
19a. Schools will not withhold foods or beverages for punishment. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Staff Training	Review in-service meeting doc.
19b. Teachers are provided with a list of alternative ideas for behavior management. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Staff Training	Review In-Service Meeting topics

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<b>Optional Goals- Water</b>					
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"/>	Water fountains/water in cafeteria	Visual inspection of w.f. and cafe
<b>Optional Goals- Staff Wellness</b>					
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"/>	Research and implement program	
<b>Optional Goals- Community Involvement</b>					
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"/>	Facility usage policies	review policy/operation procedures
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 checked="" 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"/>	Shot/vaccination clinics	documentation from clinics
<b>Other Optional Goals</b>					
	<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"/>		
<b>Success/Updates from the Past Three Years: -</b>					
Paducah ISD offers and provides the required nutritional and physical activity components set forth by USDA.					



## 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/wtqdwu/14-6372\\_ModelWellnessPolicy.doc](https://www.healthiergeneration.org/_asset/wtqdwu/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.