

District Wellness Policy Triennial Assessment Report 2020

School District: Lexington County School District One
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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"/>	The director of FSN is listed as the designated officer in the policy. The field supervisor is acting Wellness Coordinator. Challenges include getting administrators to reply to requests.	Lexington One wellness policy. Email requests to administrators.
1a. Each school has a designated wellness leader. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Policy requires schools to have a designated leader, but several of the schools do not.	Alliance for a Healthier Generation District Report
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader. *	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All schools do not have a designated wellness leader. There is little to no communication between the school leaders and the district wellness coordinator.	Emails through wellness coordinator and principals.
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wellness Committee meets at least one time annually.	WC agenda, minutes and attendance records.

<p>3. To the extent possible, committee includes representatives of: (PO-3)</p> <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 type="checkbox"/>	X	<input type="checkbox"/>	<p>The wellness committee is comprised of parents, representatives of FSN, district health professionals, physical education teacher and a school board member. Challenges include scheduling meeting times where the majority of the committee is available. During the 20-21 SY, scheduling was even more difficult due to the limitations imposed due to COVID 19.</p>	<p>Committee members list.</p>
Food and Beverage Availability					
School Meals					
<p>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)</p>	<input type="checkbox"/>	X	<input type="checkbox"/>	<p>Policy states that there is to be a minimum of 20 minutes allowed for lunch to be consumed, however all schools are not in compliance.</p>	<p>Alliance for a Healthier Generation District Report. School schedules for lunch periods.</p>
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
<p>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)</p>	<input type="checkbox"/>	X	<input type="checkbox"/>	<p>Policy states that all foods and beverages sold outside of the school meal program meet USDA guidelines, however some schools have reported snacks in vending machines that have not been smart snack compliant.</p>	<p>Pictures taken and emailed to FSN office of vending machines that have items that are not smart snack compliant.</p>

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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"/>	X	<input type="checkbox"/>	When possible, FSN staff monitors vending machines and school stores. Pictures taken show that vending machines have items that are not smart snack compliant. Challenges include the fact that principals do not have to report what the vendors are putting in the machines.	When discovered that vending machine items are not compliant, FSN reaches out to vendors reminding them that all snacks are to be in compliance. Data source is emails and pictures taken or sent to FSN.
5b. Although the State allows exempt fundraisers, the district does not allow exempt fundraisers. *	<input type="checkbox"/>	<input type="checkbox"/>	X	Tracking is done through school principals. Schools do not communicate with FSN about fundraisers.	Occasionally, a school will reach out via phone or email to FSN with questions concerning fundraisers.
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 type="checkbox"/>	X	WC has made recommendation to school board to adopt new standard of not allowing foods to be brought onto campuses for parties, special occasions or by outside vendors such as door dash and uber eats.	WC minutes, emails and board readings.
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 type="checkbox"/>	X	<input type="checkbox"/>	Some schools promote smart snack compliant foods and beverages, however, some do not and allow non compliant foods and beverages to be	Pictures and emails sent to FSN showing non compliant foods and beverages in school vending machines.

				stocked in vending machines on their campuses.	
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 type="checkbox"/>	X	<input type="checkbox"/>	Some schools offer a variety of services to teaching staff , including field trips to the kitchen and food taste testings.	Alliance for a Healthier Generation District Report
8a. Nutrition education is integrated across the curriculum. *	<input type="checkbox"/>	X	<input type="checkbox"/>	Health curriculum standards require a weekly nutrition component for K-5. In addition on the food service website the following is posted each month - Nutrition Nuggets for k-5th graders and Teen and Nutrition newsletters for 6th - 8th graders.	SC Code of Laws section 59-10-360
8b. Nutrition education in linked with the school food environment/cafeteria. *	X	<input type="checkbox"/>	<input type="checkbox"/>	The school cafeterias are provided with healthy food and nutrition posters to place in cafeteria. Meal Viewer menus provide nutritional information to parents and students. All elementary school managers are required to complete the 4th and 5th grade education requirements annually.	FSN supervisors monitor cafeterias for signage promoting nutrition education. Also, elementary schools are required to complete education requirements for 4th and 5th graders.

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"/>	School cafeterias use the Smarter Lunchroom Techniques. Menus and nutritional information appears on Meal Viewer, via the app, district web page or via televisions in cafeterias.	Alliance for a Healthier Generation District Report
9a. All schools in the district are Team Nutrition (TN) Schools. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FSN Field Supervisor enrolled all schools in Team Nutrition	USDA/Team Nutrition Website
9b. TN resources are used to promote nutrition throughout the district. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Food Service managers are encouraged to order Team Nutrition resources annually to use in the cafeterias and serving lines.	FSN supervisors monitor cafeterias for signage and promotional materials

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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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Although FSN promotes healthy foods and beverages, some schools still allow the sale of non smart snack compliant foods and beverages. Meal Viewer is used in school cafeterias and is available to parents and the community promoting school meals .Meal Viewer provides the	Meal Viewer data for promotion. Emails and pictures for showing non compliant foods and beverages.

				nutritional information for each item offered. In addition, students may rate the items offered letting the FSN staff know which items they enjoy.	
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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Not all schools encourage family and community engagement. Some schools encourage before and after school activity.	Alliance for a Healthier Generation District Report
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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Some schools still withhold recess as a punishment or allow teachers to dictate how the recess time is spent, such as walking laps.	Alliance for a Healthier Generation District Report
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"/>	Our district has age appropriate, sequential PE curriculum consistent with state and national standards for PE.	Student Health and Fitness Act of 2005
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"/>	Fitness testing in grades 2,5,8 and high school PE documents showing results of testing.	Student Health and Fitness Act of 2005
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"/>	The district does not currently use fitness data to inform practice.	

<p>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.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p>Elementary schools do not offer adaptive PE instruction. At some of our middle and high schools, students with special need can participate in Unified PE or Project Unify. These adaptive classes include regular education students.</p>	<p>Student health and Fitness Act of 2005</p>
<p>Update/Inform the Public</p>					
<p>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)</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>The district is in compliance with this rule, but all of the schools are not. The name and contact information is shared on the district web page under FSN.</p>	<p>District One web page under Food Service and Nutrition</p>

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<p>15a. The name and contact information of the designated officer is publicized.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Information shared in the Wellness Policy brochure designed and distributed by the district wellness committee.</p>	<p>District One website under Wellness Policy.</p>
<p>15b. Information is shared on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Information concerning the wellness committee is shared on the district website.</p>	<p>District One website under FSN</p>
<p>16. Every three years, the district develops a report that meets the following requirements: ** (PO-3)</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Wellness committee relies on information provided on the assessment in order to have a</p>	<p>SCDE Triennial Assessment</p>

				full, complete district report.	
16a. All schools' compliance with the district wellness policy.	<input type="checkbox"/>	X	<input type="checkbox"/>	Not all schools are in compliance with the wellness policy.	Alliance for a Healthier Generation District Report
16b. How the district policy compares with state and/or federal model wellness policies.	<input type="checkbox"/>	X	<input type="checkbox"/>	In compliance with 9 out of 10 required wellness components. Challenges include convincing the school board and parents that foods and beverages should not be allowed to be brought in from outside of the district	Lexington School District One Wellness Policy
16c. A description of progress towards attaining wellness policy goals.	<input type="checkbox"/>	X	<input type="checkbox"/>	Still need all schools to complete the Alliance for a Healthier Generation Assessment. Not all schools update the assessment as changes happen at their schools.	Alliance for a Healthier Generation District Report
16d. This report is made available to the public.	X	<input type="checkbox"/>	<input type="checkbox"/>	FSN shares on the district website information about the latest annual progress report	District One website under FSN
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16 above.	X	<input type="checkbox"/>	<input type="checkbox"/>	Challenges include getting district administrators to answer Alliance for a Healthier Generation Assessment questions and updating information as it changes.	Annual Review by SCDE every three years

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 type="checkbox"/>	X		
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"/>	X	<input type="checkbox"/>	Some schools still reward students with food and beverages that are not smart snack compliant.	Alliance for a Healthier Generation District Report
19a. Schools will not withhold foods or beverages for punishment. *	X	<input type="checkbox"/>	<input type="checkbox"/>	Foods and beverages are used as rewards rather than withheld as punishment	Alliance for a Healthier Generation District Report
19b. Teachers are provided with a list of alternative ideas for behavior management. *	<input type="checkbox"/>	<input type="checkbox"/>	X		

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Optional Goals- Water					
20. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	X	<input type="checkbox"/>	<input type="checkbox"/>	All schools have water available throughout the buildings	

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"/>	X	<input type="checkbox"/>	Most schools offer health assessments for staff, but not other wellness programs such as weight management and healthy eating	Alliance for a Healthier Generation District Report
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 type="checkbox"/>	X	<input type="checkbox"/>	Most schools have walking tracks open to the community.	Alliance for a Healthier Generation District Report
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"/>	X		
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. (PO-9)	<input type="checkbox"/>	X	<input type="checkbox"/>		
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: –

During the COVID 19 pandemic, the district put a hold on allowing foods to be brought in to the schools for parties, special occasions and also stopped the use of uber eats and door dash deliveries to students. The wellness committee is hoping that the school board will adopt this change and add it to the wellness policy as the standard for foods served. Goals for 2021-2022 - 1. Using only smart snack approved items as a food award 2. Not withholding recess as a punishment 3. Update the district wellness policy to include "no outside food allowed or food deliveries allowed".

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/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-wellnesspolicy-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.

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.