



About the Liberty County Local Wellness Policy and Triennial Assessment

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. This Triennial Assessment will document the development, implementation, and completion of the LWP goals taking place in Liberty County Schools. The Liberty County District Wellness Committee will use this as an action plan to guide the implementation and assessment of the Liberty County LWP.

Wellness Goals

The Liberty County LWP will provide procedures for goals in the areas of Nutrition Guidelines, Food Safety, Nutrition Education and Promotion, Promotion of Student and Staff Wellness, Physical Activity, and Other School Based Activities to promote student wellness. Liberty County is required to convene a representative district wellness committee that meets to establish goals and oversee the LWP. The District Wellness Committee will request for all Liberty County schools to complete and submit a Wellness Policy Evaluation Form in order to monitor the implementation of the LWP.

Date of Assessment: 5/24/2021

Triennial Period: SY2018 – SY2020

Number of Schools in District: 13

When monitoring each goal status, the following scale will be used:

- A – Completed
- B – Partially Completed
- C – In Progress (provide comments on progress)
- D – Not Completed (explain why non-compliant)

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GOAL 1: NUTRITION GUIDELINES <i>Nutrition Guidelines include procedures for operation of school food service at each school during the day with the objective of promoting overall school health and reducing obesity.</i>			
	Goal Status	Number of Compliant Schools:	Comments:
Student meals meet USDA Standards as well as provide sufficient choices, including new foods and food prepared in new ways, to meet taste preference of diverse student populations	A	13	
Is water made available to all students throughout the school day and throughout the school campus to include where school meals are served during mealtimes.	A	13	
Students have at least 10 minutes to eat breakfast and 15 minutes to eat lunch. This does not include time spent walking in/to/from class or waiting in line.	A	13	
Schools operating in a “closed” lunch period encourage students to eat nutritious lunch.	A	13	
Students with special dietary needs being accommodated as required by USDA regulations	A	13	
A la carte items comply with USDA regulations prohibiting the sale of “Foods of minimal nutritional value” where schools meals are served and eaten during the meal period.	A	13	
Sale of foods sold in the dining area shall benefit the School Nutrition Program’s nonprofit meal program.	A	13	
All food and beverages outside of the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition.	A	13	
Access to school stores and vending machines is prohibited to all students during instructional time.	A	13	
High School will be allowed to operate school stores. School stores and fundraising food and beverage sales are prohibited to compete with school breakfast or to be located near the cafeteria during lunch and shall meet the competitive food nutrient standards.	A	13	
All schools serving Pre-K thru 8 are prohibited to compete with the Federal School Lunch Program during the lunch period and many not sell food or beverages until 30 minutes after the end of the lunch period in all areas of the school.	A	13	
GOAL 2: OTHER SCHOOL BASED ACTIVITIES (EATING ENVIRONMENT)			

<i>Schools should value the health and well-being of the school community by planning and implementing activities and procedures that support personal efforts to maintain healthy lifestyles.</i>			
	Goal Status	Number of Compliant Schools:	Comments:
During school day events, classroom parties, celebrations, fundraiser and intramural events Smart Snacks should be promoted to promote healthy eating in school and the community.	A	13	
Food will not be used as rewards for academic performance or good behavior, and will not withhold food or beverages, including food served through school meals, as punishment.	A	13	
Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities.	A	13	
There is a special exemption for infrequent school-sponsored fundraisers in which sales of food or beverages will be allowed 30 minutes after the end of the last lunch period to prohibit competition with the school meal.	B	12	All foods sold will not compete with the NSLP or NSBP. Foods sold will be done 30 minutes after the end of the last serving period.
GOAL 3: Food Safety <i>Schools should adhere to food safety program policies based on Hazard Analysis Critical Control Point (HACCP) guidelines as found in the Liberty County Food Safety Plan and Nutritional Services HACCP Standard Operating Procedures Manual</i>			
	Goal Status	Number of Compliant Schools:	Comments:
School Nutrition Program managers will maintain current ServSafe certification through the National Restaurant Association.	A	13	
All schools comply with current Health Department Codes.	A	13	
Only food prepared by and purchased from licensed food service establishments may be served to students.	A	13	
Safety and security of food and facility access to the School Food and Nutrition Services operations are limited to School Nutrition personnel and other authorized personnel.	A	13	

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GOAL 4: Nutrition Education and Promotion <i>Nutrition Education includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.</i>			
	Goal Status	Number of Compliant Schools:	Comments:
The primary goal of nutrition education is to positively influence students eating behaviors. School Nutrition staff will be available as a resource to teachers and staff.	A	13	
Continuing professional learning will be provided for all School Nutrition staff members. The professional learning and training programs shall comply with all requirements imposed by federal and state law and State Board of Education rules.	A	13	
The school cafeteria will serve as a learning laboratory to support classroom instruction through menu offerings, point of sale information, signage, and bulletin board displays.	A	13	
Fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing practices will be promoted to students and staff.	A	13	
Each food service facility will have at least one school nutrition employee on site that is certified as a food safety manager (ServSafe) in compliance with federal and state law and rules promulgated by the State Board of Education.	A	13	
The system and schools shall promote best practices in nutrition in compliance with federal and state requirements.	A	13	
Nutrition education will be evident in the school dining room through posters and bulletin boards displays.	A	13	
Students will be encouraged to start each day with a healthy breakfast.	A	13	
Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.	A	13	
The school team responsible for planning nutrition education activities shall ensure interdisciplinary collaboration by including school nutrition program, school nurses, health and physical education teachers, family and consumer sciences teachers.	A	13	
Participation in programs that promote and reinforce student health is encouraged; examples would be Team Nutrition and the Healthier US School Challenge, and/or Alliance for a Healthier Generation and Fuel Up to Play60.	A	13	

GOAL 5: Promotion of Student and Staff Awareness			
	Goal Status	Number of Compliant Schools:	Comments:
The district and each work site shall provide information about wellness resources and services to assist in identifying and supporting the health, safety and wellness of site staff.	A	13	
Encourage student participation in school extracurricular activities through school announcements and handbooks.	A	13	
Provide opportunity for school nurses to conduct screenings of students for health-related issues such as hearing, vision, scoliosis, weight and height.	A	13	
School nurse facilitate annual training in first-aid, cardio-pulmonary resuscitation (CPR), and other health related instruction for faculty and staff.	A	13	
GOAL 6: Physical Activity <i>Incorporating regular physical activity is an important contributor to student wellness. Regular physical activity in childhood and adolescence improves strength and endurance, helps builds healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels.</i>			
	Goal Status	Number of Compliant Schools:	Comments:
Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on secondary activities, such as watching television and playing video games.	A	13	
Recommend that all grades k-12 incorporate 30 minutes of daily physical education instruction, by a certified teacher, into their master schedule according to National Standard for Physical Education (NASPE).	A	13	
Instructions should encourage individual improvement so as not to discourage less athletic students or those with lower fitness level.	A	13	
Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action, nor should physical activity be used as a disciplinary measure.	A	13	
Physical education will include activities that will enhance learning and development of lifelong wellness practices.	A	13	

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GOAL 7: Implementation, Evaluation and Measurement			
District-Wide Implementation and Periodic Evaluation	Goal Status	Number of Compliant Schools:	Comments:
The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and measures for evaluation.	A	13	
School Nutrition staff at District level will monitor compliance with nutrition guidelines within the school nutrition service areas and will report progress to the Superintendent or designee at the district level, or to the principal at the school level.	A	13	
Each school shall establish and maintain a Wellness Advisory Council. Principals may use the School Council or other existing committees to fulfill this responsibility. The Annual goals of the School Council should support the District Wellness Policy.	B	10	Schools will establish and maintain a Wellness Advisory Council. This council will work to support the Districts Wellness goals.
An evaluation plan will be developed by the Wellness Committee and other District personnel. The committee will identify priority items within the regulation section of the Wellness Policy to be included in the evaluation plan. The plan will identify objectives, information to collect, responsibilities for data collect and a method of analysis.	A	13	
The Wellness Committee will use the annual Evaluation Results to create action plans for program improvement and evaluation priorities.	A	13	
Annually, the District Wellness Committee will meet to update the Wellness Policy as needed. The Wellness Committee will conduct an assessment every three (3) years to monitor attainment goals.	A	13	
The Report of Evaluation Results will be presented to the Superintendent and the School Board each year and made available to the public on the District's website.	A	13	
The public will have an opportunity to provide input regarding development, implementation and periodic review of the policy to the committee by way of interaction during committee meetings and/or survey on the District's website.	A	13	
School Level Implementation and Periodic Evaluation	Goal Status	Number of Compliant Schools:	Comments:
The Principal, or designee is responsible for overseeing the implementation and compliance of the wellness program at the school level, including the oversight of the implementation of goals and conducting the evaluation.	B	11	Principals will ensure that they are implementing the Districts wellness goals and conducting evaluations.

The Principal, or designee, forms and supports a School Health Council. Such School Council members may include, but are not limited to: Principal, or designee, School Nutrition Program representative, teachers, school nurse, parents, community members, health care representatives or other stakeholders.	B	10	Principal will establish a School Health Council to help meet the Districts Wellness goals.
Council members are asked to make a commitment to serve on the Council for at least one (1) year. At the end of a member's service term, the School Health Council takes nominations for those wishing to serve on the committee.	B	10	Principal will establish a School Health Council to help meet the Districts Wellness goals.
The School Health Council meets no less than two times a year.	B	9	Principal will establish a School Health Council to help meet the Districts Wellness goals.
School Council utilizes the annual Evaluation Results to create action plans for program improvement and ongoing evaluation priorities on a school level.	B	10	Principals will ensure that they are implementing the Districts wellness goals and conducting evaluations.
The School Health Council reviews goals and objectives provided by the System Wellness Committee, as well as methods for measuring components of the Wellness Program.	B	9	Principal will establish a School Health Council to help meet the Districts Wellness goals.
Annually, the School Health Council reviews the Evaluation Plan for each Component of the Wellness Program.	B	10	Principals will ensure that they are implementing the Districts wellness goals and conducting evaluations.
School Council provides to the System Wellness Committee such other information relative to the Components or helpful to the implementation or evaluation of the Wellness Program. The School Council may also provide recommendations for implementation, evaluation or revision of the Wellness Program.	B	10	Principal will provide any relative or helpful information to the District that will assist in the District efforts of meeting wellness goals.
School Council data information are provided by the Wellness Committee to the general public.	B	9	Principals will inform their stakeholders on their wellness efforts.