

Shanél Valley Academy

Local School Wellness Policy: Triennial Assessment Report June 2023

[Shanél Valley Academy Wellness Policy](#)

Wellness Policy Revision 03/16/23

Background Information

An assessment of Shanél Valley Academy's Wellness Policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

Section 2. Compliance with the Wellness Policy and Progress Towards Goals

At a minimum, school wellness policies are required to include:

- Specific goals for:
 - Nutrition promotion
 - Nutrition education
 - Physical activity
 - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages *sold* to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, *but not sold*, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of evaluation plan.

Shanél Valley Academy Wellness Policy Triennial Assessment Report 2023

Wellness Contact Name & E-mail: Kristi McCullough kmac@shanelvalleyacademy.com

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
LEA Wellness Committee/Coordinated LEA Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring LEA compliance with the wellness policy and oversight is identified.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		SWP Pg. 2
1a. The LEA has a designated wellness leader.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The designated leader has participated in Wellness Policy & Triennial Assessment trainings to ensure compliance	
1b. The school wellness leader monitors implementation of the wellness policy and reports compliance to the wellness coordinator.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		SWP Pg. 3
Public Involvement					
2. Meets at least once per year to establish LEA 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"/>		
3. To the extent possible, committee includes representatives of: (PO-3) <ul style="list-style-type: none"> • Parents/Legal Guardians • Students • LEA 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"/>		
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"/>		
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
5b. Although the State allows exempt fundraisers, the LEA does not allow exempt fundraisers.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	These standards do not apply during non-school hours, on weekends and at off-campus fundraising events.	
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"/>		

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
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Food and Beverage Marketing					
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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"/>	A list of foods and beverages that meet the USDA Smart Snack standards is provided to school staff	https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks
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LEA Goals for Health & Wellness					
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Nutrition Education					
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8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the LEA LWP. (NS-8, NS- 12, HPE-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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8a. Nutrition education is integrated across the curriculum.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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8b. Nutrition education is linked with the school food environment/cafeteria.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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Nutrition Promotion					
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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"/>		
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9a. The LEA is a Team Nutrition (TN) School.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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9b. TN resources are used to promote nutrition throughout the LEA.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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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"/>		
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Physical Activity					
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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"/>		
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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"/>		
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Physical Education					
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13. LEA 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"/>		
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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
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13a. Fitness testing of students occurs, at a minimum, in grades 2 (height & weight only), 5, 8, and in high school PE courses 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"/>		
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13b. Student fitness data is used by the LEA for instruction planning, fitness equipment, and professional development.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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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"/>		
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Update/Inform the Public					
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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"/>		
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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"/>		
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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"/>		
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16. Every three years, the LEA develops a report that meets the following requirements: (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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16a. Compliance with the LEA's wellness policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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16b. How the LEA policy compares with state and/or federal model wellness policies.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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16c. A description of progress towards attaining wellness policy goals.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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16d. This report is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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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"/>		
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Other School Based Strategies for Wellness					
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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"/>		
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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
Optional Goals- School Meals					
19. The LEA 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"/>		
19a. The LEA will not withhold foods or beverages for punishment.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
19b. Teachers are provided with a list of alternative ideas for behavior management.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Optional Goals- Water					
20. Free, safe, unflavored, drinking water available throughout the school day.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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"/>		
Optional Goals- Community Involvement					
22. School will allow community members access to the LEA's outdoor physical activity facilities before and after school. (PA-8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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"/>		
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"/>		
<p>Success/Updates from the Past Three Years: – SVA no longer serves pre-packaged meals. SVA proudly serves only freshly prepared meals for breakfast, lunch and snack. The Wellness Policy was updated and adopted by the SVA Board on 03/16/23.</p>					