**DALE COUNTY BOARD OF EDUCATION**

**SCHOOL WELLNESS COMMITTEE**

**TRIENNIAL ASSESSMENT 2017**

*Dale County Schools continue to be committed to promoting wellness in all of our schools by providing healthy meals and snacks, nutrition education and physical activity. We implemented our Wellness Policy in 2014 and continue to strive to meet our goals as outlined in our Policy:*

**Goal #1: NUTRITION PROMOTION:** We continue to use a variety of methods to promote good nutrition to students and staff. Printed messages and assignments, verbal messages through classroom, lunchroom and school TVs are all used to promote nutrition. Marketing healthy snacks, i.e. “smart snacks” also promotes good nutrition in our schools.

**Goal #2: NUTRITION EDUCATION:** Health, PE and other classes teach nutrition education on a regular basis. Alabama Cooperative Extension Service also comes into Dale County Schools for nutrition education.

**Goal #3: PHYSICAL ACTIVITY:** Schools meet physical activity goals through regular PE Classes for students, as well as through break/recess periods. Other classes, outside of PE also encourage physical activity and extra-curricular activities that keep students physically active.

**Goal #4: ALL FOODS AVAILABLE ON CAMPUSES TO BE HEALTHY FOODS:** School meals continue to meet healthy requirements. Dale County Schools have shown great improvement with meeting Smart Snack Standards. Wellness Committee Members have been tasked with reporting school snacks that may not meet requirements. Several schools have struggled to be 100% compliant, but vast improvements have been made with continued staff education of the smart snack requirements. We also have seen an increase in the snack items available that meet the standards, making the compliance easier.

**GOAL #5: OTHER SCHOOL-BASED ACTIVITIES:** Some schools have incorporated school gardens and Farm to School activities. CNP has more intentionally promoted farm to school by signs in our lunchrooms, acknowledging menu items grown locally. Some lunchrooms have been updated to promote participation. All schools have access to drinking water at no cost.

***The Dale County Board of Education School Wellness Committee encourages public input and participation in our committee. Please contact Denisa Clark at 334-774-2355 ext. 4 for information.***