

COVINGTON COUNTY SCHOOLS
2019-2020 WELLNESS POLICY TRIENNIAL ASSESSMENT

School System: Covington County Schools

Date: May 22, 2020

Reviewer: Carrie Patterson, CNP Coordinator

A. Child Nutrition Program

Compliant – Non-Compliant

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| X | National School Lunch Program (NSLP) is available to all students and adheres to guidelines established by the USDA and published in the School Meal Initiative (SMI) for Healthy Children. |
| X | School Breakfast is available to students and adheres to guidelines established by the USDA and published in the School Meal Initiative (SMI) for Healthy Children. |
| X | Meal serving sizes comply with the meal pattern requirement as described by the USDA. |
| X | All students are allowed ample time and space for eating meals and no food is used or withheld as a reward or punishment. |

B. School Based Activities

Compliant – Non-Compliant

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| X | School Fundraisers meet Covington County Schools Wellness Policy requirements.
List Non-Compliant Fundraiser activities _____ |
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C. Nutrition Education

Compliant – Non-Compliant

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| X | Nutrition Education is integrated into students' curriculum to educate students on the life-long benefits of healthy eating. |
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D. Physical Activities

Compliant – Non-Compliant

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| X | Students are provided the opportunity to develop the knowledge and skills for specific physical activities and taught the short and long term benefits of a physically active and healthful lifestyle. |
| X | Students regularly participate in daily physical activity and are not withheld from a physical education class for reward or punishment. |

E. Food and Beverages Provided to Students

Compliant – Non-Compliant

- X Food sold during school hours promote good health and do not include foods of minimal nutritional value and do not exceed the allowable portion size limit.
- Beverages sold meet the following grade appropriate guidelines:**
- X **Elementary/Junior High Schools (Pre-k-8):** No carbonated soft drinks shall be sold or provided free to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, milk, or water not to exceed 8 oz or 12 oz.
- X **High Schools (9-12):** No more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz or 10 calories or less per 20 fluid oz. No more than 12 oz portions of beverages with 40 calories or less per 8 fluid oz, or 60 calories or less per 12 fluid oz.
- X Food or beverage that have high fructose corn syrup or sugar listed as the first ingredient are not made available to students during the school day.
- X Celebrations for K-6 should be limited to no more than one party per class per month that involve food/beverage and grades 7-12 should limit celebrations that involve food/beverage to one party per month per grade level. All foods provided must meet the USDA Foods of Minimal Nutritional Value guidelines.
- X Vending machine fronts in all locations on campus meet policy requirements.
- X Local school compliance with no student having access to vending or snack items during meal service time
- X No fast food/competitive foods or carbonated drinks brought to the cafeteria with competitive wrapping

F. Observation

Based on the observation of the Wellness Policy Review, the following criterion was found to be unacceptable and must be corrected immediately:

All schools continue to be compliant with the CCS Wellness Policy and no citations were noted.



Reviewer



Date



Superintendent