



Alabama State Department of Education Child Nutrition Program



Local Wellness Policy: Triennial Assessment Report

This tool is intended to be a guide based on current regulations. It is the responsibility of the LEA to stay abreast of any updates and changes to the regulations and to implement any changes in local policies.

Background Information

To be compliant with the USDA final rule, at least once every three years, the district will assess the Local Wellness Policy. However, Local Education Agencies (LEAs) may assess their policy more frequently if they wish.

Purpose

The district should designate a representative to lead the wellness policy assessment. This representative must publicly invite members from the community, schools, and the district to participate. Members of the district wellness committee who are completing the assessment of the Local Wellness Policy may use this template. Section 3 of this template should be copied and completed for each school.

This template contains the three required components of the triennial assessment:

1. the extent to which the wellness policy compares to model wellness policies
2. progress made in attaining the goals of the wellness policy
3. the extent to which schools under the jurisdiction of the districts are complying with the district Wellness Policy

Results

A copy of the assessment must be made available to the public. How the assessment is made available is the decision of the LEA. (i.e., district website, local newspaper, etc.). The triennial assessment summary and the assessment details (e.g., WellSAT 3.0 report) must be shared.

Recordkeeping for the Child Nutrition Program Administrative Review:

- a copy of the most recent triennial assessment, along with supporting documentation
- a copy of the current and previous board approval of the policy
- documentation demonstrating the policy has been made available to the public
- documentation of efforts to review and update the policy, including who was involved and how the district made stakeholders aware of their ability to participate (i.e., meeting agendas and sign-in sheets)

Local Wellness Policy: Triennial Assessment Summary

General Information

LEA: Freedom Preparatory Academy

Month and year of current assessment: March 2026

Date of last Local Wellness Policy revision: March 2025

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: <https://freedomprep.org/safetycompliance/>

Wellness Committee Information

How often does your district wellness committee meet? Annually at minimum

District Wellness Coordinator

Name	School	Job Title	Email Address
Jacinta Whitted	FPA	CNP Director	jacinta.whitted@freedomprep.org

Designated Wellness Assessment Leader (can be the District Wellness Coordinator)

Name	School	Job Title	Email Address
Jacinta Whitted	FPA	CNP Director	jacinta.whitted@freedomprep.org

District Wellness Committee Members

Name	School	Job Title	Email Address
Jenna Foster	FPA	Consultant	
Tiffany Peoples	FPA	Teacher	
Shabranique Williams	FPA	Dean of Academics	
Tauna Kramer	FPA	Teacher	
Arisbell Marin	FPA	Finance & Operations Manager	

*See page 13 for space to add Wellness Committee members.

Section 1. Comparison to Model School Wellness Policies

Complete a Triennial Assessment Tool ([WellSAT3.0 assessment tool](#), or other customized assessment tool) and keep a copy of the results on file for at least three full school years plus the current year. It will be reviewed during the next administrative review of your Child Nutrition program.

Indicate which model wellness policy language was used for comparison:

- Alliance for a Healthier Generation Model Policy
- WellSAT 3.0 example policy language (Print the WellSat report and include with your assessment)
- Other (please specify): _____

Describe how your wellness policy compares to the model wellness policy. (May use a bullet format to list comparisons)

Our school received a score of 84 for Total Comprehensiveness and 61 for Total Strength. Our current Wellness Policy was rated either a "0" (item not addressed in policy), or "1" (weak statement addressing the item) for the following areas:

1. Goals/details for nutrition education
2. Access to free drinking water during meal times
3. Smart Snack Standards
4. Regulations for food/beverages served at class parties/school celebratory events
5. Ability of all stakeholders of the school to participate in assessment
6. How wellness policy and assessments are made available to the public
7. Exemptions for fundraising events

Our wellness committee will review the insufficient areas and discuss/approved proposed changes to the Wellness Policy in order to ensure compliance. During initial observation, we have noticed that the primary issues are lack of language written within our current policy; whereas on-site operations appeared to more closely follow USDA Wellness requirements.

Section 2. Progress towards Goals

***NOTE: Required components are listed in blue.**

<p>Nutrition standards for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)</p> <p><u>To be compliant with the USDA final rule and ALSDE:</u></p> <ul style="list-style-type: none"> • All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programs • All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) • Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. <p>If applicable, list additional school goals below:</p>	<p>Describe progress and next steps:</p> <p>Our program is fully meeting this requirement.</p>
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<p>Access to free potable water on campus</p> <p><u>To be compliant with the USDA final rule:</u> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.</p> <p>List how access to potable water is made available in schools.</p> <ol style="list-style-type: none"> 1. Water sources (such as water fountains) are well maintained 2. Students are allowed to bring and carry water bottles filled with only water 	<p>Describe progress and next steps:</p> <p>We are partially meeting this requirement -- free potable water is available during mealtimes but the language was not included within our written Wellness Policy. Next steps will be to add the required language that will match the compliance of on-site operations.</p>
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Section 2. Progress towards Goals continued

***NOTE: Required components are listed in blue.**

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps:
<p>To be compliant with ALSDE: All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu)</p> <p>If applicable, list additional school goals below:</p>	<p>We are partially meeting this requirement -- we do not offer items during the school day that do not meet the Smart Snack Standard requirements, but will plan to add more language within our actual policy detailing our rules/regulations.</p>

Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps:
<p>To be compliant with the USDA final rule: Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day.</p> <p>If applicable, list additional school goals below:</p>	<p>We are fully meeting this requirement.</p>

Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

Physical Activity Goal(s)	Describe progress and next steps:
<p>To be compliant with the USDA final rule: The district requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school.</p> <p>List physical activity opportunities that are offered at schools:</p>	<p>We are fully meeting this requirement.</p>

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
<p>To be compliant with the USDA final rule: The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.</p> <p>List how nutrition promotion and nutrition education are provided in schools:</p>	<p>Our program promotes healthy food and beverages through signage posted around the school, as well as circulating the monthly USDA menus and encouraging students to participate in our school meals. In the review of our current Wellness policy, we noticed we are missing required language regarding Nutrition Promotion and Education Goals, therefore, we will be working to add essential language to an updated 2026 draft.</p>

Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

Other school-based activities to promote student wellness goal(s)	Describe progress and next steps:
<p><u>To be compliant with the USDA final rule:</u> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.</p> <p>List other school-based activities that are offered by the district:</p>	<p>Our Wellness Policy has the required language on Other School-Based Activities, but there is minimal progress towards coordinating and integrating other initiatives related to physical activity, physical education, nutrition, and other wellness goals. Over the next year, our committee will work towards the following goals:</p> <ol style="list-style-type: none"> 1. Implemented curricular that promotes student health 2. Seek grant and funding opportunities that promote student health 3. Schedule and hold school sponsored events that promote school-wide wellness

CHECKLIST:

Triennial Assessment was made public:	Date: <u>4/2/2026</u>
Updated Wellness Policy received Board approval: (if applicable)	Date: <u>3/18/2026</u>
Wellness Policy was made public:	Date: <u>4/2/2026</u>

SIGNATURES:

Jacinta Whitted

 District Wellness Assessment Leader

PRINT NAME: Jacinta Whitted
 DATE: April 2, 2026

Jacinta Whitted

 District Wellness Coordinator

PRINT NAME: Jacinta Whitted
 DATE: April 2, 2026

Jessica Ramey, Head of School

 Superintendent

PRINT NAME: Jessica Ramey
 DATE: April 2, 2026

Section 3: School Level Progress Report

Print or copy this section to be completed by each school.

Blue area includes specific guidance. Gray area includes examples.

Place an "X" in the appropriate column by each bullet and add additional goals in the space provided.

School: Freedom Preparatory Academy

Date: 03/

School Wellness Leader: K † #Vh'')

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule and ALSDE:</u></p> <ul style="list-style-type: none"> All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programs All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. 	X			
<p>If applicable, list additional school goals below:</p>				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u></p> <ul style="list-style-type: none"> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria. 		X		
<p>If applicable, list additional school goals below:</p>				

Section 3: School Level Progress Report continued

Guidelines for other foods and beverages available on the school campus, but not sold (i.e., classroom parties and rewards)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with ALSDE:</u></p> <ul style="list-style-type: none"> All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.pdf (alsde.edu) 		X		
<p>If applicable, list additional school goals below:</p>				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u></p> <ul style="list-style-type: none"> Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day. 	X			
<p>If applicable, list additional school goals below:</p>				

Section 3: School Level Progress Report

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u> The district requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school.</p>	X			
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Physical education: (structured and un-structured play)</i> • <i>Our school prohibits withholding activities/recess as a punishment.</i> 	X	X		
<p>List school goals in this section:</p>				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u> The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.</p>	X			
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year</i> • <i>National School Lunch/School Breakfast Week promotion</i> 				
<p>List school goals in addition to the required outreach included in this section:</p> <ul style="list-style-type: none"> • School Breakfast Outreach • Summer Food Service Outreach 				

Section 3: School Level Progress Report

Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<p><u>To be compliant with the USDA final rule:</u> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.</p>			X	
<p>Examples:</p> <ul style="list-style-type: none"> • <i>Social Emotional Development</i> • <i>Counseling</i> • <i>Health Services</i> • <i>Physical Environment</i> • <i>Caregiver (Family) Engagement</i> • <i>Community Involvement</i> 				
<p>List school wellness activity goals in this section:</p> <ol style="list-style-type: none"> 1. Implemented curricular that promotes student health 2. Seek grant and funding opportunities that promote student health 3. Schedule and hold school sponsored events that promote school-wide wellness 				



Request for Resources and Support

Check the resources and support below if you would like to request assistance for your school in meeting the wellness goals?

- content specific training (*i.e., Nutrition Education, Physical Education/Activity*)
- assistance with a school-based health assessment
- strategies for implementing the local Wellness Policy
- healthy and profitable non-food fundraisers
- healthy school non-food celebrations
- increasing engagement
- grant writing support
- local and state resources
- other (please specify):

Local Wellness Policy Recommendations

This space is for your school to make recommendations for suggested wellness policy revisions for the district wellness committee to consider.

Our committee plans to implement or add to the following sections within our Wellness Policy.

1. Goals/details for nutrition education
2. Access to free drinking water during mealtimes
3. Smart Snack Standards
4. Regulations for food/beverages served at class parties and for school celebrations
5. Ability for all stakeholders to participate in the assessments
6. How wellness policy and assessments are made available to the public
7. Exemptions for fundraising events

Signatures:

District Wellness Assessment Leader: Jacinta Whitted

DATE: 4/2/2026

School Wellness Leader: Jacinta Whitted

DATE: 4/2/2026

Principal: Jessica Ramey

DATE: 4/2/2026

Policy Assessment: Freedom Preparatory Academy (3/2026)

District: Freedom Preparatory Academy

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.


Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	1
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	NA
FR4	Free drinking water is available during meals.	0
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	0
FR7	Regulates food and beverages sold in a la carte.	NA
FR8	Regulates food and beverages sold in vending machines.	NA
FR9	Regulates food and beverages sold in school stores.	NA
FR10	Addresses fundraising with food to be consumed during the school day.	2
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	1
FR13	Addresses how all relevant groups will participate.	0

Policy Assessment: Freedom Preparatory Academy (3/2026)
District: Freedom Preparatory Academy

FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	2
FR15	Addresses making the wellness policy available to the public.	0
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	0
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	0


Section 2. Nutrition Environment and Services

NES1	Addresses access to the USDA School Breakfast Program.	2
NES2	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	NA
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	NA
NES4	Specifies strategies to increase participation in school meal programs.	2
NES5	Specifies marketing to promote healthy food and beverage choices.	2
NES6	Addresses the amount of "seat time" students have to eat school meals.	2
NES7	 Addresses purchasing local foods for the school meals program.	NA
NES8	USDA Smart Snack standards are easily accessed in the policy.	0
NES9	Exemptions for infrequent school-sponsored fundraisers.	0
NES10	Addresses foods and beverages containing caffeine at the high school level.	NA


Policy Assessment: Freedom Preparatory Academy (3/2026)
District: Freedom Preparatory Academy

NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	2
NES14	Addresses availability of free drinking water throughout the school day.	0





Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE2	All elementary school students receive sequential and comprehensive nutrition education.	1
NE3	All middle school students receive sequential and comprehensive nutrition education.	NA
NE4	All high school students receive sequential and comprehensive nutrition education.	NA
NE5	Nutrition education is integrated into other subjects beyond health education.	1
NE6	Links nutrition education with the food environment.	1
NE7	 Nutrition education addresses agriculture and the food system.	1

Section 4. Physical Education and Physical Activity

PEPA1	 There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	1


Policy Assessment: Freedom Preparatory Academy (3/2026)
District: Freedom Preparatory Academy

PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	NA
PEPA6	Addresses time per week of physical education instruction for all high school students.	NA
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	NA
PEPA10	Addresses physical education substitution for all students.	NA
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	NA
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	NA
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
PEPA17	 Addresses using physical activity as a reward.	2
PEPA18	Addresses physical activity not being used as a punishment.	2

Policy Assessment: Freedom Preparatory Academy (3/2026)
District: Freedom Preparatory Academy

PEPA19	Addresses physical activity not being withheld as a punishment.	2
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Section 5. Employee Wellness

EW1	 Addresses strategies to support employee wellness.	2
EW2	Encourages staff to model healthy eating and physical activity behaviors.	2

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	2
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	2

Overall District Policy Score

Total Comprehensiveness	District Score 84
Total Strength	District Score 61