

[Staunton City Schools]

Wellness Policy

2017-2020 Triennial Assessment

Overview & Purpose

In accordance with the Final Rule of the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: 8VAC20-740, **[Staunton City Schools]** presents the 2017-2020 Triennial Assessment. The Triennial Assessment indicates updates on the progress and implementation of **[Staunton City Schools]**'s Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The school(s) included in this Triennial Assessment are: **[Dixon Pre School, AR Ware, Bessie Weller, T McSwain, Shelburne Middle, Staunton High]**.

Wellness Policy

The **[Staunton City Schools]** Wellness Policy can be found at **[<https://www.staunton.k12.va.us/>. **[Staunton City Schools]** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through **[Upcoming events calendar announcements <https://www.staunton.k12.va.us/>]**.**

School Wellness Committee

[Staunton City Schools] established a Wellness Policy leadership of one or more school officials who has the authority and responsibility to ensure each school complies with the Wellness Policy. The Wellness Policy committee meets at least **[least once annually]** for periodic review and update of the Wellness Policy. The general public and the school community are allowed and encouraged to participate in the Wellness Policy process. This may include parents, students, and representatives of the School Food Authority, teachers, school health professionals, and the School Board and school administrators. **[Through public service announcements, social media announcements and webpage calendar updates the school community and public is made aware of their ability to participate in the Wellness Policy process]**.

Wellness Policy Compliance

[Staunton City Schools] must conduct an assessment of the Wellness Policy every three years, at a minimum. The final rule requires State Agencies to assess compliance with the Wellness

Policy requirements as a part of the general areas of the Administrative Review every three years.

[Staunton City Schools meets USDA and Virginia required Wellness Policy regulations.]

Use the charts below to assess whether requirements are being met. Indicate that requirements are met by adding a checkmark to the "Met" column. If requirements are not met at all schools, indicate which schools are out of compliance in the "Not Met" column.

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
 (Question IV on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	yes	
We have implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: a la carte offerings, items in school stores, and items in vending machines.	yes	
We follow VDOE 's policy on exempt fundraisers as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.</i>	yes	
[Optional: Insert additional standards and nutrition guidelines for all foods and beverages sold as described in your Wellness Policy.]	We avoid artificial sweeteners and colors	

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
 (Question V on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
We follow VDOE 's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy.</i>	yes	
[Optional: Insert additional standards and nutrition guidelines for all foods and beverages provided, but not sold, as described in your Wellness Policy (i.e. classroom parties, classroom snacks brought by parents, or other foods given as incentives).]	We avoid artificial sweeteners and colors	

**Policy for Food and Beverage Marketing
 (Question VI on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	yes	
We avoid artificial sweeteners and colors		

Description of Public Involvement

Standard/Guideline	Met	Not Met
[Staunton City Schools] permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators.	yes	

Description of Public Updates

Standard/Guideline	Met	Not Met
The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy. The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's (or schools') events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.	yes	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020. At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:	yes	

Standard/Guideline	Met	Not Met
<ul style="list-style-type: none"> ▪ The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; ▪ The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and ▪ A description of the progress made in attaining the goals of the District's wellness policy. JHCF-AR 		

Description of Policy Leadership

Standard/Guideline	Met	Not Met
<p>[Staunton City Schools] established a Wellness Policy leadership of one or more LEA's and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.</p>	yes	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
Implementation procedures will include measuring and making available to the public, at least once every three years, an assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies and a description of the progress made in attaining the goals of the policy. The results of the triennial assessment are considered in updating the policy.	yes	

Quality of Wellness Policy

Thoroughly reviewed by USDA Food and Nutrition Service, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the final rule.

Progress towards Goals/ Progress towards Nutrition Promotion and Education Goals

- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

(Question I on VDOE School Level Report Card)

Description	Met	Not Met
Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers. Students receive consistent nutrition messages from all aspects of the school program. Division health education curriculum standards and guidelines address both nutrition and physical education. Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).	yes	
	yes	

**Progress towards Physical Activity Goals
 (Question II on VDOE School Level Report Card)**

Description	Met	Not Met
<p>The division's goals for the implementation of its physical fitness program are: • Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate. © 5/18 VSBA STAUNTON CITY PUBLIC SCHOOLS File: JHCF, Page 2 • Students are given opportunities for physical activity through a range of beforeand/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs. • Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.</p>	yes	
	yes	

**Progress towards other School-Based Wellness Activity Goals
 (Question III on VDOE School Level Report Card)**

Description	Met	Not Met
<p>Other school-based activities Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented. An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities. All children who participate in subsidized food programs are able to obtain food in a nonstigmatizing manner. The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs. Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens and nondisposable tableware have been considered and implemented where appropriate.</p>		
Well Stat 1 and Well Stat 3.0		