

# **Northumberland County Public 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, *Northumberland County* presents the 2017-2020 Triennial Assessment which includes the timeframe from 2017-2020. The Triennial Assessment indicates updates on the progress and implementation of **Northumberland County** Public School'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: Northumberland Elementary, Northumberland Middle and Northumberland High School.

#### **Wellness Policy**

The Northumberland County Public School's Wellness Policy can be found at <https://nucps.ss5.sharpschool.com/>. Northumberland County Public Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through county website.

#### **School Wellness Committee**

Northumberland County Public 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 annually or periodically to review any updates to committee members and updates 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. The School community is made aware of their ability to participate in the Wellness Policy process by means of the Northumberland County Public School Website.

#### **Wellness Policy Compliance**

Northumberland County Public School 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.

*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.	X	
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.	X	
We follow Northumberland County Public School's policy on exempt fundraisers as outlined in our Division's Wellness Policy. The schools are not to exceed 30 exempt school-sponsored fundraisers per school year. <i>not to exceed 30 exempt school-sponsored fundraisers per school year.</i>	X	

**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 Northumberland County Public School's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	X	
Northumberland County Public Schools will provide a list of snacks and beverages that are Smart snack approved, and suggest alternative ways to reward children. While we cannot stop parents from bringing in snacks that are not smart snack approved, we as the school nutrition department will not offer non approved smart snack food or beverages as rewards.	X	

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

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
All food and beverage marketing meets Smart Snacks standards.	X	
Any foods and beverages marketed or promoted to students on the school campus, during the day, will meet or exceed the USDA Smart Snacks in School Nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students	X	

**Description of Public Involvement**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Northumberland County Public School 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.	X	

**Description of Public Updates**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
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.	X	
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.	X	

**Description of Policy Leadership**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Northumberland County Public 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.	X	

**Description of Evaluation Plan**

Standard/Guideline	Met	Not Met
The District will evaluate or update the policy based on the results of the annual School Health index , the triennial assessments and/or as District priorities change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued.	X	

**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  
 (Question I on VDOE School Level Report Card)**

Description	Met	Not Met
Nutrition promotion and education positively influence lifelong eating behaviors by using evidence based techniques and nutrition messages posted throughout the school classrooms, gymnasiums and cafeterias.	X	

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

Description	Met	Not Met
The District will provide students with physical education, using an age appropriate sequential curriculum consistent <b>with</b> national and state standards for physical education. The district will offer at least 20 minutes of recess daily when weather is feasible for outdoor play equaling 60 to 89 minutes per week throughout the school year. Middle and High school students are required to take more than one academic year of physical education.	X	
Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course	X	

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

Description	Met	Not Met
The District will coordinate and integrate other initiatives related to physical activity, physical education nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.	X	