

# **Albemarle County Public Schools**

## **Wellness Policy**

### **2021 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, Albemarle County Public School (ACPS) presents the 2021 Triennial Assessment. The Triennial Assessment indicates updates on the progress and implementation of ACPS 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 24 ACPS.

#### **Wellness Policy**

The ACPS Wellness Policy can be found on the ACPS website under School Board Policies (<https://www.k12albemarle.org/school-board/school-board-policy.>) ACPS updates or modifies the Wellness Policy as appropriate.

#### **School Wellness Committee**

ACPS 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 Student Wellness policy is reviewed by ACPS representatives within the department of Child Nutrition, School Nurse, Health and Physical Education, School Administration, Safety and Program Management, and Health Advisory Committee for periodic review and update of the Wellness Policy. The review process is led by ACPS Chief Operating Officer. 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. Stakeholders are able to participate in student wellness policy process at School Board public comments.

#### **Wellness Policy Compliance**

ACPS must assess 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.

In June of 2020 the ACPS Wellness Policy was reviewed for compliance during Food Service federal review. ACPS Wellness Policy met compliance with the addition of 2 statements required. One statement was added which addresses the frequency of wellness policy review and a second a statement clarifying that food and beverages standards meet smart snack rules.

**Standards and Nutrition Guidelines for all Foods and Beverages Sold**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. No food or beverage is to be sold anywhere on the school campus in competition with the CNP during lunch and breakfast periods at schools operating on National school lunch or breakfast program. Note: Breakfast hours are defined as 6 a.m. until the close of the last breakfast service period.	24	0
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. Any food or beverage sold during the course of the school day on school campus shall abide by the nutritional standards of the CNP, Smart Snack guidelines and Student Wellness Policy.	22	2

**Standards and Nutrition Guidelines for all Foods and Beverages Sold**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Parents will be strongly encouraged to provide healthy food items when packing snacks and lunches.	21	3
Each school shall ensure that dining is a pleasant experience. Noise should be kept to a minimum. The facility should be clean and pleasant, and adequate time should be provided to eat.	24	0

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Food items with minimal nutritional value, such as candy and soda, will not be used as rewards by school staff in the classroom.	21	3
Water fountains are available throughout all schools, to include the dining areas.	24	0
Information about school meals and nutrition will be posted and encouraged on the District website.	24	0

**Policy for Food and Beverage Marketing**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Any vending machines on school campus that sell food or beverages that do not follow the nutritional standards with the Student Wellness Policy will be turned off during hours of the school days, as defined by USDA.	24	0

**Description of Public Involvement**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Each school will involve the Parent Teacher Organization or other parent group in identifying strengths and weaknesses and ideas for achieving wellness goals as applied to nutrition and physical activity.	18	6
Stakeholder are able to participate in student wellness policy process at School Board public comments	Met	0

**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.	Met	0
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2021.	Met	0

**Description of Policy Leadership**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
ACPS 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.	Met	0

**Description of Evaluation Plan**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Conducting a triennial assessment and report (every three years)	Met 2021	0

**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.

In June of 2021 the ACPS Wellness Policy was reviewed for compliance during Food Service federal review. ACPS Wellness Policy met compliance with the requirement of two additional statements. One statement was added which addresses the frequency of wellness policy review and a second a statement clarifying that food and beverages standards meet smart snack rules. These statements are presently in draft for policy revision.

**Progress towards Goals**

The wellness assessment tool provided the division and individual schools a method to identify areas in which to strive for improvement, build protocol and practices which support health and wellness within the school environment. In addition, the assessment tool was a way to recognize the ways in which school champion health and wellness and continue programs such as school gardens, field trips to farms, agricultural guest speakers, Jump Rope for Heart, Harvest Day celebration, Fun Runs, School Health fairs, Bee Class- a pollinator garden, PTO funded healthy snack for students, Apple for Aces-Tennis Day and exercise and cooking activities.

**Progress towards Nutrition Promotion and Education Goals**

<b>Description</b>	<b>Met</b>	<b>Not Met</b>
Schools will provide nutrition education that is interactive and teaches the skills necessary to adopt healthy eating behaviors that will be integrated in the comprehensive health education curriculum in grades K through 10.	24	0
Nutrition education will be incorporated into the core curriculum.	24	0

Description	Met	Not Met
The Superintendent or Designee will work with principals to ensure that nutrition education is delivered by personnel who have appropriate training.	24	0
Parents will receive nutrition information in various ways: district newsletters, school newsletters, and letters sent home addressing specific nutrition issues such as sending healthy snacks and packing healthy lunches.	15	9

**Progress towards Physical Activity Goals**

Description	Met	Not Met
Schools will provide planned and sequential physical education curricula from grade K through 10 that promote enjoyable, lifelong physical activity. These curricula will be consistent with the national standards for physical education.	24	0
The PE staff will provide proper instructions and plan the PE time period to keep students physically active and engaged, limiting waiting time. Students will need a note from a parent and doctor to be excluded from more than one (1) class of PE unless there is a clear orthopedic injury. Effort will be made to provide injured students with an adapted or modified form of physical activity. The note should specify dates and time range for excuse.	24	0
Lifetime physical activity choices may be offered for upper grade PE classes.	24	0

Description	Met	Not Met
Physical education will emphasize lifetime activities that promote physical fitness.	24	0
Adaptive and modified PE will be ensured for all disabled students	24	0

**Progress towards other School-Based Wellness Activity Goals**

Description	Met	Not Met
Instruction that helps students develop the knowledge, attitudes, behavioral skills, and confidence needed to adopt and maintain physically active lifestyles will be incorporated into the comprehensive health education curricula.	24	0
Schools and/or the ACPS will provide information to parents on the benefits of physical activity and suggestions on ways to incorporate physical activity into the family's daily routine.	24	0
Schools will participate in community-based programs.	24	0
Other physical activity clubs may be offered at each school administration discretion.	24	0
High schools will offer PE electives other than the required PE courses.	24	0

Description	Met	Not Met
Field trip planning should include a plan for students to be physically active during the trip (modify <i>Request for Educational Field Trip</i> to reflect this).	24	0
Schools will provide personnel training for PE teachers, classroom, teachers and administrators on how to increase physical activity.	24	0
<p>ACPS will work with the County and community-based groups to provide and promote access to safe spaces and facilities for physical activity in the schools and community:</p> <p>Schools will encourage and promote a diverse range of developmentally appropriate community sports and recreation programs that are attractive to all young people by means approved by School Board policy.</p>	24	0
The use of school grounds as public playgrounds on off hours will be permitted.	24	0
Schools work with community to create ways for students to walk/bike (or other active methods) to and from school, to the extent it can be accomplished safely.	24	0