



Local School Wellness Policy: Triennial Assessment Tool 2024

School Division:

Fauquier County Public Schools

Wellness Policy Contact Name and Email:

Napolitano, Nicholas" <nnapolitano@fcps1.org>

Wellness Policy can be found at:

[7-5.7.pdf \(boarddocs.com\)](#)

Triennial Assessment can be found at:

[7-5.7.pdf \(boarddocs.com\)](#)

Every three years the divisions must conduct an assessment of the Local School Wellness Policy and make it available to the public. That assessment must address:

- compliance with the division Local School Wellness Policy,
- how the policy compares to the model Wellness Policy, and
- progress made in attaining the goals of the Wellness Policy.

Please visit the [Virginia Department of Education, Office of School and Community Nutrition Programs \(VDOE-SCNP\) website](#) for all tools and resources to help you complete your Triennial Assessment.

When finalized, please forward this Triennial Assessment or a link to its location to Katy Harbin, Nutrition and Wellness Specialist, at Katy.Harbin@doe.virginia.gov.

Wellness Policy Requirements

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Policy Leadership	Designate the position or committee responsible for Wellness Policy oversight.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy includes the members of the council under section 3.1.3
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy is posted publicly on the school website page and updates are posted on the school's newsletter.
School Meals	Serve school meals that follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	School Nutrition leadership ensures compliance with regulations and ensures that cycle menus are entered into the calculator at the beginning of the school year
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	All schools ensure compliance with the snack policy and adhere to the division's Superintendent Memo #XX, which lists approved snacks and outlines the regulations for smart snacks.

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Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Under program goals 2.1.9 it spells out the requirement of foods provided and not sold.
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy includes specific guidelines for marketing only USDA-FNS Smart Snacks compliant products.
Nutrition Education	Include at least one evidence-based goal for nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy includes goals for nutrition education, such as integrating nutrition topics into the school curriculum. Students are provided with educational posters and videos featuring the FRESH item of the month, which aligns closely with the harvest of the month. Additionally, students receive at-home recipes to try these healthy dishes with their families. Schools like Mary Walter also use their newsletters to promote healthy homemade lunch alternatives to parents, further supporting the wellness initiative.

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Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The policy outlines strategies for promoting healthy eating habits through school programs and activities. For example, during the school year, School Nutrition collaborated with Fauquier Reaches for Excellence in School Health (FRESH) during National School Breakfast Week to promote scratch-made smoothies. FRESH provided blender bikes at all the middle schools, allowing students to take turns making their smoothies from scratch. This activity not only educated students about the different ingredients and nutritional value of the smoothies but also made the learning process fun and engaging.
Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy includes goals to increase physical education and activity opportunities for students. Other activities that promote student wellness encompass at least one evidence-based goal. For instance, at Marshall Middle School, the PE department head includes parents in fitness activities, inviting them to participate in the program each year to promote fitness.

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Other Activities that Promote Student Wellness	Include at least one evidence-based goal for other activities that promote student wellness.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy promotes additional wellness activities, such as mental health programs and wellness fairs.
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy mandates a triennial assessment to evaluate compliance and progress towards wellness goals, with results shared publicly through our division wide website.
Public Update and Information	Specify how the public will be informed about content and implementation.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy outlines procedures for regularly updating and informing the public about wellness policy content and implementation.
Compliant Fundraisers	Permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored fundraisers per site per school day to be exempt from the Smart Snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy allows only USDA-FNS Smart Snacks compliant fundraisers, with up to 30 exempt fundraisers per site per school year

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Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy prohibits food and beverage fundraisers during meal times to ensure students have access to nutritious meals
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The wellness policy designates a specific individual, not school nutrition personnel, to oversee all food and beverage fundraisers. Nick Napolitano ensures everyone is in check.
Additional Wellness Goal	Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
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Additional Notes:

Click or tap here to enter text.

How does your policy compare to the model policy?

Our policy compares well with the model policy in that it has all the key categories and focus areas.

Note progress made towards wellness goals:

Throughout the 2023/2024 school year, significant strides have been made towards achieving our wellness goals at the schools. Initiatives such as introducing blender bikes at all our Middle School to promote physical activity and healthy eating have been well-received. We've streamlined our school website, making information more centralized and accessible to the public, which has improved transparency and engagement. Utilizing newsletters has proven effective in promoting nutrition and highlighting school events, leading to increased participation. Events like Grandfather Day at Mary Walter Elementary have fostered stronger parent engagement by showcasing school lunches, resulting in a notable increase in meal uptake. Furthermore, taste testing new recipes and promoting home versions of school meals have diversified our offerings and encouraged healthier eating habits among students and families. These efforts collectively reflect our commitment to promoting wellness and creating a supportive environment for our school community.