

## Floyd County School Division

### 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, Floyd County School division presents the 2017-2020 Triennial Assessment which includes the timeframe from 2017-2020. The Triennial Assessment indicates updates on the progress and implementation of Floyd County School division'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: Floyd County High School, Floyd Elementary School, Check Elementary School, Willis Elementary School and Indian Valley Elementary School.

#### **Wellness Policy**

The Floyd County School division Wellness Policy can be found at [this link](#). Floyd County School division updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through social media posts, email communications and the division website.

#### **School Wellness Committee**

Floyd County School division 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 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. The public will be notified through social media posts, email communications and the division website for opportunities to participate.

## Wellness Policy Compliance

Floyd County School division 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.

All schools and the division as a whole are in compliance with USDA and Virginia required Wellness Policy regulations.

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

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 Floyd County School division's policy on exempt fundraisers as outlined in our Division's Wellness Policy	X	

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

Standard/Guideline	Met	Not Met
We follow Floyd County School division's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	X	

### Policy for Food and Beverage Marketing

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	X	

### Description of Public Involvement

Standard/Guideline	Met	Not Met
Floyd County School division 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

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.	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, 2021.	X	

### Description of Policy Leadership

Standard/Guideline	Met	Not Met
Floyd County School Division 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 division will evaluate compliance with the Wellness Policy no less than once every three years and make the results available to the public on the school website. The assessment will include the extent to which each school is in compliance with the policy regulations, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy. The assessment results will be used to update the Wellness Policy.	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.

The Alliance for a Healthier Generation's model policy is an excellent resource afforded to the school division to help construct a model school wellness policy. Floyd County School division's wellness policy is in compliance and meets all the minimum standards set forth by the USDA and state of Virginia.

## Progress towards Goals

Floyd County School division is committed to attaining the goals indicated in the School Wellness Policy. The School Wellness Policy will be reviewed every three years for assessment and opportunities for improvement.

## Progress towards Nutrition Promotion and Education Goals

Description	Met	Not Met
Floyd County School division will provide at least 140 minutes of nutrition education to every student and exceed the expectations of the Virginia Department of Education (VDOE) <u>Health Standards of Learning (SOLs)</u> by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year.	X	

## Progress towards Physical Activity Goals

Description	Met	Not Met
Floyd County School division will provide every student with physical education that exceeds the expectations of the VDOE <u>Physical Education SOLs</u> and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life. A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the school year. A program of physical activity is available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year.	X	

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

<b>Description</b>	<b>Met</b>	<b>Not Met</b>
Floyd County School division will seek to provide school climates that support social and emotional wellbeing and promote positive relationships among students, staff, parents, and community members. Using the <u>Collaborative for Academic, Social, and Emotional Learning (CASEL)</u> , schools will provide students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.	X	