



Local School Wellness Policy: Triennial Assessment 2024

School Division:

New Kent County Public Schools

Wellness Policy Contact Name and Email:

Haynie Morgheim, Chief Administrative Officer

hmorgheim@nkcps.k12.va.us

Wellness Policy can be found at:

[Student Wellness Policy](#)

Triennial Assessment can be found at:

[School Nutrition Website](#)

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.

[Virginia Department of Education, Office of School and Community Nutrition Programs \(VDOE-SCNP\) website](#) provides the division with tools and resources to help in completing this Triennial Assessment.

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"/>	Our SHAB reviewed the model policy and the NKCPS policy and provided feedback.
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"/>	Goal Met: NKCPS will Enhance public involvement through the Division's website, create a feedback link through the Nutrition/Wellness site.
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"/>	Goal Met
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 type="checkbox"/>	Goal met. SHAB suggests reviewing what is being provided in the vending machines at the High School and assure only Smart Snacks are being provided.
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"/>	Included in Policy. SHAB recommends Incorporating talking points on wellness policy during administrator meetings and potentially offering a list of non-food

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					items or school cafeteria food items to be used for celebrations.
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"/>	Goal Met.
Nutrition Education	The New Kent County School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that: is offered at most grade levels as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Goal Met.

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Nutrition Promotion	The New Kent County School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that: promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Goal Met.
Physical Education/Activity	For students to receive the nationally-recommended amount of daily physical activity (<i>i.e.</i> , at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end: classroom health education will	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Goal Met.

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	complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television; opportunities for physical activity will be incorporated into other subject lessons; and classroom teachers will provide opportunities for short physical activity breaks between classes or lessons as appropriate.				
Other Activities that Promote Student Wellness	School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations as permitted in accordance with the Facility Request form. These spaces and facilities	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Goal Met.

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	also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times. NKCPs has sponsored the regional Special Olympics basketball Tournament the past 2 years at the High School. Other School based and division sponsored events include Turkey Trot, Field Day, walk and run for Autism awareness etc.				
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The completed Triennial Assessment will be provided to the public through the Division 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"/>	Media blast, back to school night, one pager, Division Website.

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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"/>	Goal met
Fundraiser Times	Disallow food or beverage fundraisers during mealtimes.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Goal met
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"/>	Goal Met.

Additional Notes:

Compliance with the division Local School Wellness Policy

After review of NKCPs local Wellness Policy it is the belief of the district as well as the SHAB that we are meeting our Wellness goals as established. There was a general agreement that the item regarding Food Provided, Not Sold, specifically with regards to classroom celebrations, is an item to focus on for improvement.

How does your policy compare to the model policy?

NKCPs Wellness policy was initially established based on model policy.

Note progress made towards wellness goals

NKCPs as well as the SHAB will continue to review and monitor progress toward the goals as outlined. Our SHAB has not been active in several years and was only recently established and will be reviewing the Wellness Policy again this October 2024 to see if there are additional areas for consideration or clarification. Portions of the Wellness Policy will be incorporated in future Building Administrator meetings for reinforcement and review.

