King George County Public Schools

Wellness Policy

2024-2027 Triennial Assessment

Overview & Purpose

According to the Final Rule of the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: 8VAC20-740, King George County Public Schools presents the 2024-2027 Triennial Assessment which includes the timeframe from July 1, 2024-June 30, 2027. The Triennial Assessment indicates updates on the progress and implementation of King George 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: Potomac Elementary School, Sealston Elementary School, King George Elementary School, King George Middle School and King George High School.

Wellness Policy

King George County Public Schools Student Wellness Policy includes all of the outlined regulations in the Healthy, Hunger Free Kids Act of 2010 as well as division level expectations for our schools. The Student Wellness Policy has been through various revisions to remain in compliance with state regulation changes.

The King George County Public Schools' Wellness Policy can be found at the division website ***http://kgcs.k12.va.us.*** King George County Public Schools updates or modifies the Wellness Policy as appropriate. The policy was adopted on May 2021. revisions were made on

Revision: July 12, 2021; June, 25, 2024

Annual Communication of Wellness Policy

The policy is available on our KGCS Nutrition website, ***http://kgcs.k12.va.us*** and it is also on website under ***BoardDocs***.

Public Involvement: School Wellness Committee

King George 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 (School Health Advisory Board) meets quarterly during the school year 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.

This school division will use email, phone messenger, division website, social media accounts, newsletters, mailings, and presentations to parents to ensure all families are updated on the content, implementation and how to get involved with the wellness policy.

Public Involvement: School Nutrition Committee

King George County Schools Nutrition Department has established a School Nutrition Committee to give awareness on the School Nutrition Program. The Committee consists of teachers, parents, and students from the Elementary and Secondary levels. All members are educated by the SFA in school nutrition local and state policies, program updates, how to create a menu plans for elementary and secondary levels, how to read nutrition facts & food labels, what qualifies as a reimbursable meal, vendor/distribution insight, and the importance of buying from local farmers under the Farm to School Program. All graduating seniors are given a cord at the end of the year.

Wellness Policy Compliance

King George County Public Schools 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.

The Superintendent or designee is responsible for overseeing the implementation of this policy and will develop procedures for evaluating the policy, including indicators that will be used to measure its success. Implementation procedures include measuring and making available to the public, annually, an assessment on the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies, and a description of the progress made in attaining the goals of the policy. At least once every three years, the District will evaluate compliance with the

wellness policy to assess the implementation. The results of the triennial assessment are considered in updating the policy:

The School Board retains the following records to document compliance with 7 C.F.R.§ 210.31:

- The policy;
- Documents demonstrating compliance with community involvement requirements to make the policy and triennial assessments available to the public Documentation of the triennial assessment of the policy.

Standards and Nutrition Guidelines for all Foods and Beverages Sold

Standard/Guideline	**YES**	**NO**
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Will participate in available federal school meal programs including the School Breakfast Program (SBP), National School Lunch Program (NSLP).	**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**	
Promote the use of locally grown and seasonal food and school gardens	**X**	
KGCS follows the wellness policy on exempt fundraisers, not exceeding 30 exempt school-sponsored fundraisers per school year. Disallow food or beverage fundraisers during meal times. *Food and Beverage Monitor: Principal of each school* *KGHS: Marcus Watson* *KGMS: Casey Nice* *KGES: Ronald Monroe* *SES: Sandy Ellia* *PES: Melinda Brown*	**X**	

All Food Service Managers are Serv Safe Certificated	**X**	
Will provide students with access of a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will offer a variety of choices to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.	**X**	

Standards and Nutrition Guidelines for all Foods and Beverages Sold

Standard/Guideline	**X**	
The Superintendent is responsible for creating Regulations to develop and implement standards for all foods and beverages provided, but not sold, including at celebrations, given as rewards, or classroom snacks to students on the school campus during the school day: *Principals and teaching staff are providing more non-food rewards*	**X**	
Healthy food alternatives for classroom parties are encouraged. The use of physical activity is encouraged as a reward within the classroom in lieu of candy rewards. Healthy food alternatives for classroom parties are encouraged	**X**	

Policy for Food and Beverage Marketing

Standard/Guideline	**YES**	**NO**
All food and beverage marketing meets Smart Snacks standards. Permit only Smart Snack compliant food and beverage fundraisers. *LEAs may allow up to 30 fundraisers per site per school day to be exempt from the Smart Snacks rule.*	**X**	

Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R.§ 210.10 and 210.11, serve to promote student health, prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.	**X**	

Description of Public Involvement

Standard/Guideline	**YES**	**NO**
King George County Public Schools' 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	**YES**	**NO**
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, 2024.		**X** Posted by 8/31/2024

Description of Policy Leadership

Standard/Guideline	**YES**	**NO**

King George 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. FSA is to serve on the committee but is not to chair the committee.	**X**	

Description of Evaluation Plan

Standard/Guideline	YES	NO
An assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which the policy compares to model school wellness policies, and a description of the progress made in attaining goals of the policy. At least once every three years, the District will evaluate compliance with the wellness policy.	**X**	

Quality of Wellness Policy

King George County Public Schools is committed to the optimal physical, mental and academic development of every student. For students to achieve personal, academic, developmental and social success, we will create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. The district will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

Progress towards Goals

Nutrition:

School Nutrition education is ongoing and continuous. Our school cafeterias work diligently to promote healthy eating habits that will follow students through their lifetime**:**

In terms of staff development, KGCS has hired the necessary staff for the 2024-2025. We have confidence that this will help our cafeterias run efficiently. Smart Snacks will begin again in 2024-25SY with high hopes to attract more students to the Nutrition Program. Additionally, KGCS now has a School Nutrition Committee to give parents and students awareness on the

program and help Nutrition Staff gain insight on student opinions, wants, and needs. The Committee meets once a month.

Physical Activity:

Over the past three years, KGCS has made steady progress towards its goal related to physical activity. Goals for physical activity are related to highly qualified education, information sharing with families about physical health and wellness, participation in yearly physical fitness test, and student access and participation in after-school programs. In terms of qualifications of our health and physical education teachers, all of our health and physical education teachers are appropriately endorsed through the Virginia Department of Education. In terms of student access to physical education and physical activity during the regular school year, all elementary and secondary students received consistent access to physical education instruction per the allotted time indicated in the physical activity goals prior to the COVID-19 pandemic.

Progress towards Nutrition Promotion and Education Goals

Description	**YES**	**NO**
Nutrition is integrated into the health education	**X**	
Students receive consistent nutrition messages from all aspects of the school programs.	**X**	
Interactive nutrition education is offered in King George County Public School dining rooms and classrooms, with coordination between school nutrition staff, teachers, and community partners.	**X**	
Nutrition education is taught to grades students' Pre-K through 12 health/physical education classes.	**X**	
Division health education curriculum standards and guidelines address both nutrition and physical education.	**X**	

All students receive instruction on MyPlate.	**X**	

Progress towards Physical Activity Goals

Description	**YES**	**NO**
All physical education/health teachers are highly qualified in their field.	**X**	
All students' pre-K through tenth grade receive physical education (some high school students may elect to take their courses in 11th or 12th grade). Elementary school students receive daily recess (weather permitting) in addition to scheduled physical education classes, conducted by qualified instructors two to three days a week. Middle and high school students are on block schedules and receive instruction from qualified instructors twice weekly for 90 minutes. Administering or withholding physical activity as a form of punishment or behavior management is an inappropriate practice (position supported by the National Association for Sports and Physical Education).	**X**	
Physical education involves sharing information with families through handouts, and encourages student and family participation in school and community-based activities.	**X**	
All students in grades four through ten participate in yearly physical fitness test as approved by the Virginia Department of Education.	**X**	

Students are given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.	**X**	

Progress towards other School-Based Wellness Activity Goals

Description	**YES**	**NO**
Professional staff support and promote a continuum of school mental health services to address students' needs to positively affect attendance, emotional, social, and academic growth.	**X**	
School-wide initiatives are implemented to enhance student understanding, attitudes, and behaviors that promote health, well-being, and human dignity	**X**	
Teachers foster and maintain an inclusive learning culture and environment providing timely support while encouraging family engagement.	**X**	
Staff development may include strategies and tools to: • Support school based prevention and mental health interventions; • Identify targeted needs; • build positive relationships and encourage collaboration between families, school and community services; and • foster development of resiliency and problem-solving skills	**X**	

Goals for Next 3 Years (2024 - 2027)

KGCS will continue to stay committed to the goals outlined above that have not been fully executed. Additionally, division goals have been created based on the identified opportunities of

the progress assessment completed during the 2024-2025 school year and the requirements outlined in the federal regulations.

Division Wellness Goals

Description	Target Date	Date Complete
KGCS will ensure that healthy eating is promoted through classroom rewards, classroom and school events, and throughout health and physical education classes.	June 30, 2024	June 30, 2024

Description	Target Date	Date Complete
KGCS will form a subcommittee of the Wellness Committee for mental health awareness training, support, and implementation of school mental health services to address students' needs to positively affect attendance, emotional, social, and academic growth.	June 30, 2024	February 7, 2024
KGCS will develop a division health education curriculum standards and guidelines address both nutrition and physical education.	June 30, 2027	