Local School Wellness Policy: Triennial Assessment Tool 2024

School Division:
Winchester Public School

Wellness Policy Contact Name and Email:
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Wellness Policy can be found at:
Policy will be posted on WPS website in June after school board approval

Triennial Assessment can be found at:
Policy will be posted on WPS website in June after school board approval

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.	X	☐	☐	Click or tap here to enter text.
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	X	☐	☐	Click or tap here to enter text.
School Meals	Serve school meals that follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	X	☐	☐	Click or tap here to enter text.
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	X	☐	☐	Click or tap here to enter text.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	X	☐	☐	Click or tap here to enter text.
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	X	☐	☐	Click or tap here to enter text.
Nutrition Education	Include at least one evidence-based goal for nutrition education.	☐	X	☐	The nutrition department will host at minimum two taste testing events per school year, at all grade levels.
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	☐	X	☐	The nutrition department will reach out to local farmers to arrange farm field trips and/or education for students and families.
Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	X	☐	☐	Click or tap here to enter text.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Other Activities that Promote Student Wellness	Include at least one evidence-based goal for other activities that promote student wellness.	X	☐	☐	Click or tap here to enter text.
Triennial Assessment	Complete a Triennial Assessment and notify the public.	X	☐	☐	Click or tap here to enter text.
Public Update and Information	Specify how the public will be informed about content and implementation.	X	☐	☐	Click or tap here to enter text.
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.	X	☐	☐	Click or tap here to enter text.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	X	☐	☐	Click or tap here to enter text.
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.	X	☐	☐	Click or tap here to enter text.
Additional Wellness Goal	Click or tap here to enter text.	☐	☐	☐	Click or tap here to enter text.
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Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Additional Wellness Goal	Click or tap here to enter text.	☐	☐	☐	Click or tap here to enter text.

How does your policy compare to the model policy?

Thoroughly reviewed by using the VDOE-SCNP (Virginia Department of Office of School and Community Nutrition Programs) model policy template follows the requirements set forth in the final rule of the Healthy, Hunger Free Kids Act of 2010, as specified in the Code of Federal Regulations at 7CFR210.10 and 7CFR220.8.

Winchester City Public Schools' Health & Wellness policy JHCF was first adopted on June 5, 2006, to recognize the link between student health and learning and the desire to provide a comprehensive program promoting healthy eating and physical activity for all students. Subsequent amendments have been made to this policy on August 18, 2008; August 26, 2013; January 28, 2019; June 28, 2021.

Winchester City Public Schools' Health & Wellness policy includes all of the identified regulations outlined in the model policy in developing an action plan to communicate to our students, staff and families on the importance of healthy eating, increasing physical activity and promoting overall emotional wellbeing in order to thrive in their academic and future success.

Note progress made towards wellness goals:

- Students are provided an adequate amount of time to eat meals in adequate lunchroom facilities at each school.
- All students who participate in the NSLP & SBP are able to obtain food in a non-stigmatizing manner.
- All food programs are adequately publicized in ways designed to reach families eligible to participate in the programs.
- Healthier ideas for fundraisers, student incentives, instructional activities, class parties or other school events will be posted on the School Nutritional website.
- Elementary students are given physical activity during the school day through physical education classes and daily recess periods.
- Secondary students are given physical activity through a range of in-school, before-school and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.
- Schools encourage parents/guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- School staff will continue to promote healthy choices and lifelong physical activities to students and their families.