

## **Poquoson City Public Schools**

### **Wellness Policy**

#### **2017-2021 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, **Poquoson City Public Schools** presents the 2017-2021 Triennial Assessment which includes the timeframe from **2017-2021**. The Triennial Assessment indicates updates on the progress and implementation of **Poquoson City 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: **Poquoson Primary School, Poquoson Elementary School, Poquoson Middle School and Poquoson High School.**

#### **Wellness Policy**

The **Poquoson City Public Schools** Wellness Policy can be found at <https://www.poquoson.k12.va.us/cms/lib/VA02205104/Centricity/Domain/19/Article%20V%20Student%20Health7.5.pdf> . **Poquoson City Public Schools** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through **our website**.

#### **School Wellness Committee**

**Poquoson City 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 meets at least **4 times per 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. **Community members are invited to participate online in the SHAB meeting minutes.**

#### **Wellness Policy Compliance**

**Poquoson City 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.

**Poquoson City Public Schools current Wellness Policy and goals are compliant with Wellness Policy regulations. Going forward division and individual school goals will continue to adapt to ensure the wellbeing of our students and staff.**

*Use the charts below to assess whether requirements are being met. Indicate that requirements are met by adding a checkmark to the "Met" column. If requirements are not met at all schools, indicate which schools are out of compliance in the "Not Met" column.*

**Standards and Nutrition Guidelines for all Foods and Beverages Sold  
(Question IV on VDOE School Level Report Card)**

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 <b>Poquoson City Public Schools's</b> policy on exempt fundraisers as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.</i>	X	
<b>Poquoson City Public Schools provides nutritional and calorie information for menu items on our website.</b>	X	

**Standards and Nutrition Guidelines for all Foods and Beverages Sold  
(Question V on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
We follow <b>Poquoson City Public Schools's</b> policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy.</i>	X	
<b>All K-5 teachers are allowed to order a free healthy alternative seasonal fruit/vegetable tray one time per year for their classroom parties.</b>	X	

## **Policy for Food and Beverage Marketing**

### **(Question VI on VDOE School Level Report Card)**

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

### **Description of Public Involvement**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
<b>Poquoson City Public Schools</b> 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**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
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**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
<b>Poquoson City Public Schools</b> 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**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
<b>The Wellness Policy Leadership Team reports quarterly to the School Health Advisory Board. This report will include progress updates on implementation of all aspects of the wellness program, as well as seeking input for any ongoing modifications.</b>	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.

**While Poquoson City Public Schools current Wellness Policy meet the USDA Guidelines future updates will include additional enhancements that have been identified within the Alliance for a Healthier Generation. Updating our Policy to include these will give community stakeholders a clearer idea of what we have accomplished and continue to strive toward as we enhance our wellness goals.**

### **Progress towards Goals**

**Poquoson City Public Schools has met our current Wellness Policy goals and our local school goals. SHAB continues to be updated quarterly by the Director of Student Services (DSS) and Executive Director of Operations (EDO). Monthly meetings are held with the EDO, Food Service Director (FSD), Finance Coordinator and the VDOE Liaison.**

### **Progress towards Nutrition Promotion and Education Goals (Question I on VDOE School Level Report Card)**

<b>Description</b>	<b>Met</b>	<b>Not Met</b>
<b>School Board policy instructs that Poquoson City Public Schools shall integrate enjoyable, developmentally appropriate, culturally relevant activities, such as promotions, taste testing. Management of the school Garden Tower project and visits to the school gardens or other community agricultural sites when possible</b>	X	

### **Progress towards Physical Activity Goals**

**(Question II on VDOE School Level Report Card)**

<b>Description</b>	<b>Met</b>	<b>Not Met</b>
<b>Poquoson City Public Schools shall encourage staff and students participation in community events that promote wellness, such as the annual 5K walk/run, Poquoson Elementary School Color Run and other school-sponsored activities.</b>	X	
<b>Schools are encouraged to integrate physical activity into instructional activities such as intentional movement related to curriculum topics, classroom energizers, movement breaks.</b>	X	

**Progress towards other School-Based Wellness Activity Goals  
(Question III on VDOE School Level Report Card)**

Description	Met	Not Met
<b>Identified schools staff shall have wellness-related professional development opportunities made available to them, such as Mental Health First Aid.</b>	X	
<b>All Poquoson City Public Schools staff seeking initial or relicensure shall participate in training in Emergency Aid, CPR and AED.</b>	X	