

District Wellness Policy Triennial Assessment Report 2021

School District: **Pulaski County Public School – 202 N. Washington Ave. Pulaski, VA 24084**

Wellness Contact Name & E-mail: **Ethelene W. Sadler -- esadler@pcva.us**

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified.	✓				
1a. Each school has a designated wellness leader. *	✓				Principals – all schools
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader.	✓				
Public Involvement					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.			✓	Policy is available to the public and gives information of who to contact with questions about school meal policies and procedures.	
3. To the extent possible, committee includes representatives of: <ul style="list-style-type: none"> • Parents/Legal Guardians • Students • District Nutrition Services • Physical Education Teachers • School Health Professionals • Local School Board • School Administrators • General Public/Community Members 				Ethelene W. Sadler – Director School Nutrition Managers – all schools Principal: Nancy Dillon – CES Principal – Michael Price - PES Supervisor of Nurses – Mary Hall	
Food and Beverage Availability					
School Meals					
4. Pre-K to fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food.	✓				
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
5. Foods and beverages sold outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards.	✓				

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5a. The following venues currently comply with Smart Snacks requirements during the school day: <ul style="list-style-type: none"> • School Stores • Vending Machines • Concessions 	✓			The only schools that have vending machines accessible to students is PCHS – proceeds go to the SN account. **during pandemic vending machines were not in service	
5b. Although the State allows exempt fundraisers, the district does not allow exempt fundraisers.					
6. Standards established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses.	✓				
Food and Beverage Marketing					
7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards.	✓			The exception is Culinary Arts – all foods prepared sold there are not in compliance. It is an educational program. Foods are not sold during the SN Programs protected meal times.	
District Goals for Health & Wellness					
Nutrition Education					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP	✓				
8a. Nutrition education is integrated across the curriculum.	✓				
8b. Nutrition education is linked with the school food environment/cafeteria.	✓				
Nutrition Promotion					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community.	✓				
9a. All schools in the district are Team Nutrition (TN) Schools.		✓		Elementary Schools	

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards	✓				
Physical Activity					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education.	✓				
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason.	✓				
Physical Education					
13. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE.	✓			Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	
13a. Fitness testing of students occurs, at a minimum, in grades 2 (height & weight only), 5, 8, and in high school PE course required for graduation. Individual student fitness reports are shared with parents/caregivers				At least twice per year	
13b. Student fitness data is used by the district and schools for instruction planning, fitness equipment, and professional development.				Yes, this data is used for instruction planning, fitness equipment and professional development.	
14. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.	✓				
Update/Inform the Public					
15. Annually, the public is notified about the content and implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.	✓				

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
15a. The name and contact information of the designated officer is publicized.	✓				
15b. Information is shared on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.	✓				
16. Every three years, the district develops a report that meets the following requirements: **	✓				
16a. All schools' compliance with the district Wellness policy.	✓				
16b. How the district policy compares with state and/or federal model wellness policies.	✓				
16c. A description of progress towards attaining wellness policy goals.	✓				
16d. This report is made available to the public.	✓				
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16 above.		✓			
Other School Based Strategies for Wellness					
18. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below)		✓		<ol style="list-style-type: none"> 1. School Health and Safety Policies & Environment 2. Health Education 3. Physical Education and other Physical Activity 4. Nutrition Services 5. Health Services 6. Counseling, Psychological & and other Social Services 7. Health Promotion for Staff 8. Family and Community Engagement 	
Optional Goals- School Meals					
19. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management.	✓			PCPS does not withhold food or beverage as punishment. SN Managers reports incidents like this immediately and corrective action is immediate.	

19a. Schools will not withhold foods or beverages for punishment.	✓			All faculty/administration are aware of this rule.
19b. Teachers are provided with a list of alternative ideas for behavior management.	✓			

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Optional Goals- Water					
20. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	✓				
Optional Goals- Staff Wellness					
21. Schools will offer staff wellness programs such as weight management, health assessments.	✓			These programs are available through our district health insurance provider in conjunction with the human resource department. Incentives are offered for staff to participate in health fairs and other community based projects to improve personal health is available during the school year.	
Optional Goals- Community Involvement					
22. School will allow community members access to the district's outdoor physical activity facilities before and after school	✓			Indoor access is limited – facility use forms may be required for specific use.	
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities.	✓				
Other Optional Goals					

Success/Updates from the Past Three Years: –

The increase dollar amount from USDA entitlement funds has helped to incorporate more fresh fruits and vegetables into school meals, which includes using only vitamin rich leafy greens for salads.

Fresh salads that meet reimbursable meal requirements is offered at all schools at least twice per week. (Pre-pandemic).

Our goal is to offer students menu items they prefer and will consume and to offer a variety of fresh fruits and vegetables daily.

During summer meals – more fresh fruits and vegetables are included in school meals.-

Since March 2020- PCPS has made meals accessible during periods when schools were closed and students were learning virtual.

Meal distribution sites have been available at all school sites during hybrid learning models.

Meals for Virtual students continue at 2 sites in the district on Wednesday's.

Community Eligibility Provision - all students regardless of economic status is eligible for meals at no cost

CACFP (Supper/Snack) programs have been implemented at 6 of 7 schools in 2021

USDA's Local Wellness Policy Triennial Assessment Questions & Answers:

How often must LEAs conduct assessments of schools' compliance with the local school wellness policy?

At a minimum, assessments must be conducted once every three years as described in 7 CFR 210.31(e); this is referred to as the triennial assessment. This assessment is separate from the Administrative Review conducted by the State agency. The local school wellness policy must be updated and in compliance with the final rule by June 30, 2017. Therefore, the first triennial assessment must be completed by June 30, 2020.

Who is responsible for conducting the assessments?

LEAs must designate at least one LEA or school official(s) as responsible for determining the extent to which each school under their jurisdiction is in compliance with their wellness policies (7 CFR 210.31(e)(1)).

In addition to the official(s) identified, other stakeholders must be permitted to be involved in the review process as described in 7 CFR 210.31(d)(1). However, LEAs have discretion in how they implement this requirement since each LEA is best suited to determine the distinctive needs of the community it serves. LEAs are also encouraged to identify a wellness champion at each school that would assist with the implementation and monitoring of the policy at the school level.

What must be included in the triennial assessment?

The LEA must develop a triennial assessment report that describes the extent to which its schools comply with the local school wellness policy, the extent to which the local policy aligns with model policies, and a description of progress towards attaining policy goals as described in 7 CFR 210.31(e)(2). There is local discretion on the format of the report. This report must be made available to the public (7 CFR 210.31(d)(3)).

What tools should LEAs use to assess implementation and compliance with the local school wellness policy?

The LEA has the flexibility to develop tools that will assess compliance with the specific components of their local school wellness policy. Some State agencies and partner organizations have developed tools that LEAs can adapt to meet their needs. Example tools can be found at the "School Nutrition Environment and Wellness Resources" website at <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellnesspolicy-process/assessment-needs-assessment>. In addition, the LEA must document when and how they evaluated their policy. For example, an agenda or attendance sheet could be used as documentation that the local school wellness policy was evaluated at a stakeholder meeting.

How often does the LEA have to update the policy?

USDA does not specify the frequency of updates to the local school wellness policy, as the need to update will vary based on the content and structure of the policy. However, it is recommended that the policy is updated, at a minimum, after conducting the triennial assessments (7 CFR 210.31(e)(3)). LEAs are also required to annually notify the public about the content of the local school wellness policy and any updates to the policy as stated in 7 CFR 210.31(d)(2).

How should LEAs compare their policies to model policies?

The responsibility for developing a local school wellness policy was placed at the LEA level so that each LEA has the flexibility to customize their own policy based on their own unique circumstances. However, at a minimum, LEAs must compare their policy against model policies during the triennial assessment (7 CFR 210.31(e)(2)(ii)). The Alliance for a Healthier Generation, in conjunction with USDA, developed a model local school wellness policy template that may be used for this comparison: https://www.healthiergeneration.org/_asset/wtqdwu/14-6372_ModelWellnessPolicy.doc.

Does the LEA need to do a triennial assessment of all the schools under its jurisdiction, or does each school do its own triennial assessment and report back to the LEA?

The LEA is responsible for ensuring that a triennial assessment of all the schools under its jurisdiction has been conducted. The LEA may conduct the triennial assessment on behalf of each participating school under its jurisdiction or may allow each school to conduct its own assessment.