



Office of School Nutrition Programs Triennial Assessment Template

According to the Final Rule of the Local School Wellness Policy implemented under the Healthy, Hunger-Free Kids Act of 2010, an assessment of the Wellness Policy must be conducted at least once every three years. The first Triennial Assessment must be completed and made available to the public on or before June 30, 2020.

Divisions may use a variety of methods to assess compliance and determine progress of the goals and objectives defined in their Wellness Policy. Documents that contain timelines, goals, and key tasks may assist you in assessing changes and recognizing improvements over time. Here are recommended tools to use at the school level for assessing Wellness Policy implementation:

- VDOE School Level Report Card (available on SNPWeb, under *Download Forms*)
- Action for Healthy Kids' School Health Index
- WellSAT:3.0 – Wellness School Assessment Tool
- Alliance for a Healthier Generation – Assessment Guide

The VDOE Triennial Assessment Worksheet (available on SNPWeb, under *Download Forms*) is a useful tool to organize your notes before starting this template to ensure that your Triennial Assessment determines:

- Compliance with the Wellness Policy,
- How the Wellness Policy compares to model wellness policies, and
- Progress made in attaining the goals of the Wellness Policy.

Once you have your School Level Reports, you may use the template included in the following pages to create your Triennial Assessment. As mentioned above, the results of the Triennial Assessment must be made available to the public on or before June 30, 2020.

Once your Triennial Assessment is complete, you can revamp your Wellness Policy based on the results of the goals and guidelines defined in your Triennial Assessment. Additional areas you

may consider adding to your Wellness Policy may include Alternate Breakfast Models, Farm to School Activities, healthy hydration behaviors and active transportation.

The content formatted in bold and italics throughout this document is instructional and should not be included in the SFA's Triennial Assessment. All content within [brackets] should be modified, as needed, according to each SFA's unique practices and needs.

Lexington City Schools

Wellness Policy

2017-2020 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, **Lexington City Schools** presents the 2017-2020 Triennial Assessment which includes the timeframe from July 2017-June 2021. The Triennial Assessment indicates updates on the progress and implementation of **Lexington City Schools** 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: Harrington Waddell Elementary School and Lylburn Downing Middle School.

Wellness Policy

The **Lexington City Schools** Wellness Policy can be found at <http://lexingtonva.gov/civicax/filebank/blobdload.aspx?BlobID=26999>. **Lexington City Schools** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through <http://lexingtonva.gov/civicax/filebank/blobdload.aspx?BlobID=26999>.

School Wellness Committee

Lexington City 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 one to four times annually 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. Parents are nominated by school administration and invited to participate on the team.

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Wellness Policy Compliance

Lexington City 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.

Lexington City Schools is in compliance with all USDA and Virginia required Wellness Policy Regulations.

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.	Yes	
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.	Yes	
We follow Lexington City Schools 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>	NA	

**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 Lexington City Schools 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>	Yes	

**Policy for Food and Beverage Marketing
(Question VI on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	Yes	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Lexington City 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.	Yes	

Description of Public Updates

Standard/Guideline	Met	Not Met
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.	Yes	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020.	Yes	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Lexington City 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.	Yes	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
<p>The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators and the general public to participate in the development, implementation and periodic review and update of this policy by representation on the School Health Advisory Committee. School principals are responsible for implementing and enforcing this policy. The implementation of the policy is measured by periodic review of the school nutrition program and physical education program in alignment with this policy. The public is informed about the content and implementation of the policy by publication of this policy on the division website. Implementation procedures include measuring and making available to the public, at least once every three years, an assessment of 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. The results of the triennial assessment are considered in updating the policy. The process for monitoring compliance with this policy are annual reports by school principals provided to the the Superintendent at the conclusion of the school year. 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, including requirements to make the policy and triennial assessments available to the public; and documentation of the triennial assessment of the policy.</p>	<p>Yes</p>	

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.

LCS's local school policy is compliant with the USDA final rule of 2016 and includes policy language for each required section of the local wellness policy that meets federal regulations. Comparison by recommended policy language section:

- Preamble: Local school policy does not address out-of-school time settings because no relevant programs exist.
- District Wellness Council: Due to the small size of the district, local school policy establishes a School Health Advisory Committee that aligns with the model policy's suggested "ongoing School Wellness Committee" to support implementation, monitoring, and reporting.
- Accountability (Triennial Assessment and Documentation): Aligning with the model policy, the local wellness policy establishes responsibility for: (1) execution of the plan, (2) alignment of the plan with the model policy, and (3) triennial assessments to monitor progress-made and impact.
- Nutrition Services:
 - School Meals and Water: Similar to the model policy, the local wellness policy provides for increased emphasis on nutrition and positive health promotion themes and for marketing of items that "serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity." Specific language is not included in the school board policy about length of drinking water, recess, mealtimes, farm-to-school activities, unpaid meal balances, sharing menus, using food as reward/punishment. However, standard practice meets provisions of model school policy.
 - Competitive Foods and Beverages: This section is not included in the school policy because no foods and beverages are served or offered on the school campus outside of the school meal programs.
 - Celebrations and Rewards: Local school wellness policy also serves to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity. Policy does not address school-based OST staff because no relevant programs exist.
 - Fundraising: Language is inapplicable and not included in local school wellness policy because schools do not hold fundraisers.
- Nutrition Education and Promotion: Local school policy aligns with model policy by providing for the teaching, modeling, encouraging and supporting of healthy eating and physical activity among students, as appropriate to a Virginia context, as well as the promotion of healthy food and beverage choices through "handouts, postings on the District website, newsletters, or presentations that focus on healthy lifestyle."
- Food and Beverage Marketing: Language prohibiting marketing of items that do not meet Smart Snacks is inapplicable and not included in local wellness policy because no foods and beverages are served or offered on the school campus outside of the school meal programs.
- Physical Activity: Local school wellness policy mirrors model policy language in requiring physical education, prohibiting the use or withholding of physical activity as a form of punishment, and supporting opportunities to engage in physical activity during classroom time, recess, and co-curricular activities. Policy does not address active transportation.
- Other activities that promote student wellness: Local school wellness policy mirrors recommended policy language for holistic integration of wellness activities by encouraging "school staff, administration, Board members, City Council and parents to pursue a healthy lifestyle in order to improve their health status, morale, and reduce stress level."

Progress towards Goals

Lexington City Schools met all established Goals for the School Wellness Policy.

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

Description	Met	Not Met
<p>The Lexington City Schools' School Lunch and School Breakfast Programs will follow the U.S. Nutritional Standards and Dietary Guidelines for Americans. The Lexington City School Board recognizes that childhood obesity has reached epidemic levels throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases. Accepting that families are the primary teachers and caregivers for their children, and that the primary mission of schools is education, Lexington City Schools believe they must share with families and the community the responsibility for the physical, mental, and social well-being of its students. The present and future health, safety, and wellbeing of students are the concern of Lexington City Schools. Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the Board to: A. Provide students access to nutritious food; B. Provide opportunities for physical activity and developmentally appropriate exercise; C. Provide accurate information related to these topics. All instructional staff are encouraged to integrate positive health promotion themes into daily lessons when appropriate. The benefits of good health and physical activity should be emphasized. Nutrition and health education should be provided to parents in the form of handouts, postings on the</p>	Yes	

District website, newsletters, or presentations that focus on healthy lifestyles. The district will develop and teach a health and physical education curriculum that meets Virginia SOL standards and is articulated K-8.		
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**Progress towards Physical Activity Goals
(Question II on VDOE School Level Report Card)**

Description	Met	Not Met
A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school’s education program from grades K through 8. Physical activity should include regular instructional physical education, co-curricular activities, and recess. It is recommended that schools provide brief exercise breaks throughout the school day to enhance student focus and attention. Physical activity should not be used or withheld as a form of discipline. Teachers are encouraged to use movement in the classroom and manipulatives as teaching tools.	Yes	

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

Description	Met	Not Met
<p>Other School-Based Activities “Schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity” (USDA). In light of that, the Lexington City School Board encourages school staff, administration, Board members, City Council and parents to pursue a healthy lifestyle in order to improve their health status, morale, and reduce stress level. This may improve productivity, decrease absenteeism, and reduce health insurance costs.</p>	<p>Yes</p>	