

New Kent County Public 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, New Kent County Public School's 2017-2020 Triennial Assessment which includes the timeframe from **July 1, 2017-June 30, 2020**. The Triennial Assessment indicates updates on the progress and implementation of New Kent'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: New Kent High School, New Kent Middle School, New Kent Elementary School and George Watkins Elementary School.

Wellness Policy

The New Kent County Public Schools Wellness Policy can be found at <https://www.newkentschools.org> under **About NKCPs→Departments→School Nutrition**. New Kent updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the website above.

School Wellness Committee

New Kent County Public School 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 twice 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. This school division will use email, displaying notices on the division's website and individual school websites, newsletters, flyers, mailings, and presentations to parents to ensure all families are updated on the content, implementation and how to get involved with the wellness policy.

Wellness Policy Compliance

New Kent County Public School 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.

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

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.	✓	
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.	✓	
We follow New Kent’s policy on exempt fundraisers as outlined in our Division’s Wellness Policy.	✓	

**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 New Kent’s policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy.		✓

**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.	✓	

Description of Public Involvement

Standard/Guideline	Met	Not Met
New Kent 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.	✓	

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.	✓	
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.	✓	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
New Kent 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.	✓	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
The Superintendent and/or designee along with the School's Health Committee is responsible for enforcing and evaluating the policy's implementation. Procedures to evaluate the policy and to measure success will be developed.	✓	

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.

New Kent County Public Schools’ Wellness Policy used the Alliance for a Healthier Generation as a template. The district continues to promote healthy eating habits, enlists the continued implementation and support of a School Wellness Committee and encourages participation in the School Breakfast Program as recommended by the Alliance for a Healthier Generation.

Progress towards Goals

New Kent County Public Schools continue to meet compliance with state and federal wellness regulations. The current waiver of the congregate feeding requirement allows SFAs and non-school sponsors to provide meals in non-congregate settings due to COVID-19. New Kent County Public Schools currently offers free breakfast and lunch to all students. New Kent County Public Schools also realizes that an area of growth is to encourage more attention to foods and beverages provided, but not sold; specifically in the area of celebrations.

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

Description	Met	Not Met
The school Nutrition Services department will provide students with access to 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.	✓	
To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).	✓	

**Progress towards Physical Activity Goals
(Question II on VDOE School Level Report Card)**

Description	Met	Not Met
All physical education classes will be taught by a certified physical education teacher. Student involvement in other activities outside of physical education class, such as interscholastic sports will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.	✓	
Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.	✓	

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

Description	Met	Not Met
Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.	✓	