

# **Sussex County Public Schools**

## **Wellness Policy**

### **2019-2021 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, **Sussex County Public Schools** presents the 2019-2021 Triennial Assessment which includes the timeframe from July 1, 2019 – June 30, 2021.

The Triennial Assessment indicates updates on the progress and implementation of **Sussex County Public 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: Sussex Central Elementary School, Sussex Central Middle School, Sussex Central High School.

#### **Wellness Policy**

The **Sussex County Public Schools** Wellness Policy can be found at:  
[www.sussex.k12.va.us/Page/104](http://www.sussex.k12.va.us/Page/104)

**Sussex County Public Schools** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through our website.

#### **School Wellness Committee**

**Sussex County 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 quarterly 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 staff, teachers, school health professionals, and the School Board and school administrators. The School Community is invited to participate via individual School Apps, our web site as well as at School Board Meetings.

#### **Wellness Policy Compliance**


**Sussex County 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.



**All Schools within Sussex County Public Schools are in compliance with all Virginia and USDA 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.*


**Description of Public Involvement**

Standard/Guideline	Met	Not Met
<p><b>Sussex County 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.</p>		


**Description of Public Updates**

Standard/Guideline	Met	Not Met
<p>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.</p>		
<p>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.</p>		

**Description of Policy Leadership**

Standard/Guideline	Met	Not Met
<p><b>Sussex County 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.</p>		

**Description of Evaluation Plan**

Standard/Guideline	Met	Not Met
<p><b>The evaluation of our Wellness Policy is ongoing. We are continuously reviewing our meal selections according to the School Breakfast Program and the National School Lunch Program. We are making sure that all students are getting 60 minutes of physical activity every day. We are constantly monitoring the snacks that our students purchase or receive making sure that they meet healthy guidelines.</b></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.


**Our policy directly aligns with the Alliance for Healthier Generation’s Local School Wellness Model Policy.**

**Progress towards Goals**


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

Description	Met	Not Met
<p><b>Monitor the latest national and state recommendations pertaining to school health and update the goals and language in the Wellness Policy.</b></p>		




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

Description	Met	Not Met
<p><b>60 minutes of daily activity per student</b></p>		


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

Description	Met	Not Met
<p><b>Our Schools continuously promote physical activity other than the required 60 minutes daily. Our students participate in a wide range of intramural sports and sports that are sanctioned by the Virginia High School League.</b></p>		

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

Standard/Guideline	Met	Not Met
<p><b>We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.</b></p>		
<p><b>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.</b></p>		
<p>We follow <b>Sussex County Public Schools</b> policy on exempt fundraisers as outlined in our Division's Wellness Policy.</p>		

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

Standard/Guideline	Met	Not Met
<p>We follow <b>Sussex County Public Schools</b> policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.</p>		

**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>
<b>All food and beverage marketing meets Smart Snacks standards.</b>		