

## WJCC Wellness Policy Assessment Tool

### May 2021 Triennial Assessment

Regulation	Fully implemented (2 points)	In progress (1 point)	Not implemented (0 points)	Plan to achieve compliance
<b>Foods and beverages sold on school grounds during the school day are consistent with the current federal and state regulations for school meal program nutrition standards and <i>Smart Snacks in School</i> nutrition standards.</b>	14	1		1
<b>Child Nutrition Services uses evidence based strategies to prepare and present food and beverage choices, such as choice architecture, strategic pricing, and student taste tests.</b>		16		
<b>No organization (other than CNS) offers for sale any food or beverage item during the hours of the school meal program, per state regulation. This applies to but is not limited to school stores, snack bars, fundraisers, and vending not operated by Child Nutrition Services.</b>	14	2		
<b>Meal and a la carte item pricing are prominently posted for customers' information.</b>	16			
<b>The transportation department facilitates maximum participation in the school meal program, especially breakfast, through scheduling and routing.</b>		16		
<b>The charge procedures for school meals allow for ample notification of low fund balances to students and parents in writing, by phone or email, and through alerts from the online payment system. Food trays are not taken away from students. Students are allowed to charge two meals. After this, students are offered an alternative meal consisting of a sandwich, fruit and milk. No charges for a la carte food or beverage items will be permitted.</b>		16		
<b>With advance notice, lunches are available from Child Nutrition Services for field trips and off site events that occur during the hours of the school meal program.</b>	16			
<b>The cafeteria environment is relaxed-and enjoyable for students. Cafeteria monitors support this. Whistles, bullhorns, and yelling are not used as disciplinary tools during school meal times.</b>	13	3		
<b>School meal time will be leveraged for healthy eating messaging and social interaction. Conversation is permitted and "silent lunches" are not used as a disciplinary tool.</b>	13	3		
<b>Students will have adequate time for meals with a minimum of ten minutes for breakfast</b>	15	1		

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and twenty minutes for lunch from the time the students are seated.				
Student recess <b>is</b> scheduled in such a way as to not hasten school meal time. When possible, recess is scheduled before lunch so that students arrive at lunch ready to eat.	9	4	3	
Student access to meal lines and dismissal from the cafeteria are managed in such a way as to not impinge on adequate meal time.	14	2		
Students are given the opportunity to wash their hands either with soap and water or with the use of hand sanitizers before entering the cafeteria.	10	5	1	
The custodial department is responsible for proper sanitizing of cafeteria tables and surfaces, proper storage of cleaning supplies and equipment away from eating areas, and maintaining a sanitary, pleasant eating environment.		16		
Child Nutrition Services supplies nutrition information for breakfast and lunch entrees offered for sale on the division website.		16		
Nutrition information is provided for school nurses upon request.		16		
Healthy eating materials, such as posters and serving line signs, <b>are</b> on display in each cafeteria.	16			
Between-meal snacks in the classroom are offered at the discretion of the building principal or designee.	13	2	1	
Any snacks provided by community partners on school campus during the school day follows <i>Smart Snacks in School</i> nutrition standards	10	4	1	1
After school academic programs are given the opportunity to participate in the After School Snack Program administered by Child Nutrition Services.	16			
Students in high school after school activities have access to vending machines or kiosks that offer food and beverage items compliant with Smart Snacks in School standards.	6	4	5	1
<b>SHIP</b> provides a list of healthy party ideas to parents and teachers, including non-food celebration ideas.	16			
If foods or beverages are used as rewards for academic performance or good behavior, they meet the <i>Smart Snacks in School</i> nutrition standards.	10	5	1	
All school cafeterias make potable water available to children at no charge in the place where meals are served during the meal service, per federal regulation.	16			

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Students are allowed to carry water bottles or take water breaks throughout the school day.	16			
Nutrition education is imbedded throughout the students' school day in a collaborative process (including curriculum and informal instruction provided by the School Health Initiative Program, school health services, health and physical education and instructional staff).	10	5	1	
Nutrition education is provided by means of formal instruction, handouts, newsletters, postings on the school division website, presentations, cooking demonstrations and classes, taste testing and food sampling, displays at school events, and social media.	11	5		
Instructional staff use curriculum integration services offered by SHIP to integrate healthy eating information into daily lessons.	7	7	2	
Instructional staff are supported and provided with information and supplies needed to teach nutrition topics using a variety of instructional strategies.	8	6	2	
Staff development opportunities related to nutrition are provided for instructional staff as requested.	5	6	4	1
Child Nutrition Services staff receive nutrition education, in accordance with their professional standards.	16			
Nutrition promotion occurs through opportunities such as role modeling by adult staff; mentoring by older students; SHIP's Challenge Clubs, Wellness Integration Program and Child Nutrition Services Partnership; cafeteria messaging and promotion programs; healthy fundraisers; farm to school and school garden initiatives, staff wellness programs, and other initiatives.		16		
In school marketing and advertising is permitted only for those foods and beverages that meet the <i>Smart Snacks in School</i> nutrition standards	12	4		
The School and Child Nutrition Services supports farm to school initiatives that help students eat more nutritious food; promote healthier lifelong eating patterns; and support local farmers and growers.		16		
The school supports school gardens as laboratories to teach students about the plant and animal life cycle and food systems; empower students and families to grow their own food; practice a strong work ethic; develop an appreciation for sustainable				16

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agricultural practices; and create health opportunities.				
School garden curriculum is linked to SOLs and based on evidence based strategies to teach life skills, health and agricultural literacy, and STEM subjects.	4	8	4	
School nurses are the primary point of contact for food allergy concerns, particularly life-threatening allergies. School nurses work in partnership with students, parents, appropriate staff, administration, and Child Nutrition Services. Management of life threatening food allergies is guided by the Life Threatening Allergy Management Plan provided to the school from the student's health care provider and parent(s).	16			
School sponsored activities where food is sold on the school campus during regular school hours meet <i>Smart Snack in School</i> nutrition standards.	12	2	1	1
Fundraisers that sells food or beverages are not conducted during the school meal times (from 6:00 AM until after the close of the last lunch period).	15	1		
Nonfood fundraisers and fundraisers that sell food or beverage items that meet the nutrition standards are encouraged. Student fundraisers are in compliance with JL-R Guidelines for Student Fund-Raising Activities.	13	2	1	
At the elementary level, students participate in-a minimum of 90 minutes of physical education weekly. The division will start the process of change to meet, as soon as possible, the national standard of 150 minutes weekly for elementary students.	5	1	4	
At the middle school level, students participate in a minimum of 150 minutes of physical education weekly. The division will start the process of change to meet, as soon as possible, the national standard of 240 minutes weekly for middle school students.	4			
At the high school level, the students participate in a minimum of 225 minutes of physical education weekly for two semesters over four years. The division will begin the process of change to meet, as soon as possible, the national standard of 240 minutes weekly for all semesters for all four years of high school.	4		1	
During physical education, students engage in moderate to vigorous physical activity at least 75% of the class time.	12	4		

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Physical education has a student/teacher ratio that is the same as average classes in the school.	12	4		
Physical education is taught by a certified physical education teacher.	16			
The physical education curriculum offers a variety of physical activities that will appeal to the varied interests of students.	16			
The curriculum emphasizes lifetime physical activities (walking, biking, tennis, yoga) and functional fitness.	15	1		
Middle and high school students design and implement individualized physical activity/fitness plans. Physical education teachers provide feedback and monitor students' progress in implementing their plans.	4	3		
Physical education classes include students with disabilities and special health-care needs and will accommodate their needs with the assistance of a certified adapted physical education teacher.	11	4	1	
The health and physical education teacher serves as a resource for other teachers to help them introduce more physical activity throughout the school day.	8	5	3	
At the elementary level the health and physical education teachers help the classroom teachers plan recess activities that support and complement physical education curriculum goals.	2	5	2	
Elementary students have at least 20 minutes a day of supervised recess, preferably outdoors.	9			
During recess, all students are encouraged by staff to be moderately to vigorously active.	8	1		
Every effort is made to offer recess before lunch.	2	3	2	2
When weather is inclement, an indoor 20 minute recess is offered that will involve all students in moderate to vigorous activity.	5	4	1	
Elementary teachers are provided with training, equipment and materials so that they can promote physical activity during indoor and outdoor recess and throughout the day.	3	4	1	1
Students are given periodic breaks during which they will be encouraged to stand, stretch and be moderately active so that no student will be inactive for longer than two-hours.	12	1	3	
Opportunities for physical activity are regularly incorporated into other subject	6	7	3	

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areas such as math, language arts, social studies, etc.				
Whenever possible during core subjects, teachers integrate information that will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television.	7	6	2	1
Whenever possible, physical activity is used as a reward to reinforce academic achievement.	4	9	3	
Physical activity is not be used (e.g. running laps, pushups) or withheld (i.e., physical education class, recess or physical activity breaks) as punishment or to make up missed class/ work/ tests. This guideline does not apply to extracurricular sports teams	13	3		
Twice a week, either before or after school, all students are given opportunities to be moderately to physically active through participation in fitness clubs and intramural programs.	4	9	2	1
The before and after school programs to promote physical activity meet the needs and interests of students.	16			
Continued collaboration with the Virginia Department of transportation through the Safe Routes to School Grant is used to create a sustainable culture of physical activity as a mode of travel to and from school <b>when safe and appropriate.</b>		16		
School authorities minimize use of the gymnasium for non-physical activity programs (such as assemblies) during regularly scheduled physical education class times.	9	5	2	
Information is provided to help families incorporate physical activity into the lives of all household members. This information will be disseminated through workshops, websites, flyers, pamphlets, displays and demonstrations.	7	7	2	
Information about all the division's opportunities for physical activity and physical education is disseminated to families.	10	4	2	
In neighborhoods where it is possible to do so, the division works with the community to create ways for students to walk and bike safely to and from school.	9	4	3	
<b>Total score</b>	<b>1230</b>	<b>320</b>	<b>N/A</b>	<b>N/A</b>

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### WELLNESS POLICY MONITORING AND REVIEW

The Superintendent or designee has appointed one or more school officials who have the authority and responsibility to ensure and assess compliance in all areas that are outside the control of the school nutrition program. This designee shall not be school nutrition personnel.

The Superintendent's or designee's appointees in each individual school conducts an assessment of the policy at a minimum of every 3 years to determine each individual schools' compliance with the wellness policy and regulations. The assessment is submitted to the Wellness Policy Committee.

The Wellness Policy Committee makes available to the public any updates to the policy or regulations and progress toward meeting the goals of the policy and regulations on an annual basis, at a minimum. Stakeholders will have the opportunity to serve on the Wellness Policy Committee. The triennial assessment is made available to the public.

The Superintendent's or designee appointees in each individual school are responsible for maintaining records documenting compliance with the nutrition standards for food available for sale in areas that are outside of the control of the school nutrition program.

Records about Wellness Policy Committee meetings, assessments, and documentation of public notifications are maintained by the Supervisor, School Health Initiative Program.