

**Pittsylvania County 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, Pittsylvania County Schools presents the 2017-2020 Triennial Assessment which includes the timeframe from 2017-2020. The Triennial Assessment indicates updates on the progress and implementation of Pittsylvania County School's Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The schools included in this Triennial Assessment are: Brosville Elementary, Chatham Elementary, Gretna Elementary, John L. Hurt Elementary, Kentuck Elementary, Mt. Airy Elementary, Southside Elementary, Stony Mill Elementary, Twin Springs Elementary, Union Hall Elementary, Chatham Middle, Dan River Middle, Gretna Middle, Tunstall Middle, Chatham High, Dan River High, Gretna High, and Tunstall High.

**Wellness Policy**

Pittsylvania County Schools' Wellness Policy is made available to the public through the division's website - [www.pcs.k12.va.us](http://www.pcs.k12.va.us). The School Board tab contains a link to the division's policies within BoardDocs. Pittsylvania County Schools updates the Wellness Policy as appropriate. Updates to the policy are made available to the public through the division's website.

**School Wellness Committee**

Pittsylvania County 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 is required to meet 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. The general public and the school community are made aware of their ability to participate in the Wellness Policy review through the division's website.

**Wellness Policy Compliance**

Pittsylvania County 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.

Pittsylvania County Schools' current local wellness policy was assessed to determine the degree to which individual schools and the division as a whole are in compliance with USDA and state mandated Wellness Policy regulations. The review indicated some room for improvement at individual sites; however, the division as a whole is in compliance with Wellness Policy regulations. Additionally, the division's policy's wording has been revised to better align with the Alliance for a Healthier Generation's model policy and the published state model wellness policy.

### School Meals

Standard/Guideline	Meeting guideline	Making progress toward meeting	Not meeting guideline
All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at <a href="#">7CFR210.10</a> and <a href="#">7CFR220.8</a> .	√		

### Foods and Beverages Sold Outside of School Meals Programs

Standard/Guideline	Meeting guideline	Making progress toward meeting	Not meeting guideline
Pittsylvania County Schools has implemented the USDA <b>Smart Snacks in School</b> nutrition standards for all foods and beverages <b>sold</b> to students outside of the school meal programs during the school day. These nutrition standards will apply in all locations where foods and beverages are <b>sold</b> to students. The following venues currently comply with Smart Snacks requirements during the school day:	√		
a la carte options	√		
foods and beverages sold by teachers in classrooms,	√		
foods and beverages sold in school stores or from carts,	√		
foods and beverages available from school vending machines.	√		

### Foods and Beverages Provided, Not Sold

Standard/Guideline	Meeting guideline	Making progress toward meeting	Not meeting guideline
Parents and staff are encouraged to provide healthier foods (USDA's Smart Snacks in School compliant foods) or non-food rewards at celebrations at schools.	√		

### Fundraisers

Standard/Guideline	Meeting guideline	Making progress toward meeting	Not meeting guideline
All schools follow the division's policy on School-Sponsored Fundraisers.	√		

### Food and Beverage Marketing

Standard/Guideline	Meeting guideline	Making progress toward meeting	Not meeting guideline
Schools will restrict food and beverage marketing to only those foods and beverages that meet USDA's Smart Snacks in School nutrition standards.	√		

### Public Involvement

Standard/Guideline	Meeting guideline	Making progress toward meeting	Not meeting guideline
Pittsylvania County 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.	√		

### Public Updates and Information

Standard/Guideline	Meeting guideline	Making progress toward meeting	Not meeting guideline
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, 2021.	√		

### **Policy Leadership**

<b>Standard/Guideline</b>	<b>Meeting guideline</b>	<b>Making progress toward meeting</b>	<b>Not meeting guideline</b>
Pittsylvania County Schools established a Wellness Policy leadership of one or more school official(s) who have the authority and responsibility to ensure each school complies with the policy.	√		

### **Assessment/Evaluation**

<b>Standard/Guideline</b>	<b>Meeting</b>	<b>Making progress toward meeting</b>	<b>Not meeting</b>
The assessment of the division's Wellness Policy will be conducted annually by the Local Wellness Policy Review Team to ensure compliance, assess progress, and to determine areas in need of improvement. The Team will work with schools to promote compliance.	√		

### **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.

Pittsylvania County Schools used the Alliance for a Healthier Generation's model policy template and checklist and the Virginia Department of Education Local School Wellness Policy Toolkit and Resources to make revisions and updates. The division's local wellness policy's wording has been revised to better align with the Alliance for a Healthier Generation's model policy and the Virginia Department of Education's Wellness Policy template. The Local Wellness Review Team will continue to review the model policy and make changes as necessary.

### **Progress towards Goals**

Throughout our schools, health and wellness are promoted to our students through nutrition education materials, health and physical education classes and other wellness activities.

Schools have made adequate progress in attaining the goals indicated in the Wellness Policy.

#### **Nutrition Promotion and Education**

<b>Goal</b>	<b>Meeting</b>	<b>Making progress toward meeting</b>	<b>Not meeting</b>
Nutrition education materials will be shared with parents, students and community members.	√		

#### **Physical Activity**

<b>Goal</b>	<b>Meeting</b>	<b>Making progress toward meeting</b>	<b>Not meeting</b>
Physical fitness will be available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities, and other programs and physical activities.	√		

#### **Other School-Based Wellness Activity Goals**

<b>Goal</b>	<b>Meeting</b>	<b>Making progress toward meeting</b>	<b>Not meeting</b>
Students will be provided with adequate time to eat their meals, at least 10 minutes for breakfast and 20 minutes for lunch.	√		
A Grab-and-Go breakfast option in addition to the traditional breakfast service option will be available to all students to encourage breakfast consumption and to ensure easy access for every student.	√		