

Westmoreland County Public Schools

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, Westmoreland County Public 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 Westmoreland County Public School'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: Cople Elementary, Washington District Elementary, Montross Middle and Washington and Lee High School.

Wellness Policy

The Westmoreland County Public Schools' Wellness Policy can be found at WMLCPS.org. Westmoreland County Public Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through live-steamed Board meetings and online by going to the Division webpage, wmlcps.org, clicking on School Board, and finally accessing the Board Policy site.

School Wellness Committee

Westmoreland 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 in 2015-2016. The committee has since changed since its inception to include cafeteria managers, school nurse, and social worker, and deputy superintendent. The Wellness Policy committee meets regularly least twice a year and as needed 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.

Wellness Policy Compliance

Westmoreland 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

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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 Westmoreland County Public Schools’ 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 Westmoreland County Public Schools’ 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
Westmoreland 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
Westmoreland 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
<p>The Wellness Committee will conduct assessment of the Student Wellness Policy every three (3) years to determine compliance with the policy, and how the Student Wellness Policy compares to model wellness policies and the progress made in attaining the goals of the wellness policy. This assessment will be made available to the public via Division website.</p>		<p style="text-align: center;">•</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.

Westmoreland County School students has access to nutritious meals each day. Meals are low in fat and sodium. Students are encouraged to eat more fruits, vegetables and whole grain.

Progress towards Goals

Our schools have made progress in implementing the Nutrition Education goals. In the future we will include wellness tips in our school newsletters and communications to parents. Nutrition education can be incorporated in many different subjects and more resources will be provided through School Nutrition in the 2021-2022 school year.

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

Description	Met	Not Met
<p>Division health education curriculum standards and guidelines address both nutrition and physical activity</p>	<p style="text-align: center;">•</p>	

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

Description	Met	Not Met
Students are given opportunities for Physical activity during the School day through physical education (PE) classes, daily recess, periods for elementary students, and integration of physical activity into the academic curriculum where appropriate.	•	

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

Description	Met	Not Met
An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.	•	
The level of student participation in the school breakfast and lunch programs is adequate.	•	