



Office of School Nutrition Programs Triennial Assessment Template

According to the Final Rule of the Local School Wellness Policy implemented under the Healthy, Hunger-Free Kids Act of 2010, an assessment of the Wellness Policy must be conducted at least once every three years. The first Triennial Assessment must be completed and made available to the public on or before June 30, 2020.

Divisions may use a variety of methods to assess compliance and determine progress of the goals and objectives defined in their Wellness Policy. Documents that contain timelines, goals, and key tasks may assist you in assessing changes and recognizing improvements over time. Here are recommended tools to use at the school level for assessing Wellness Policy implementation:

- VDOE School Level Report Card (available on SNPWeb, under *Download Forms*)
- Action for Healthy Kids' School Health Index
- WellSAT:3.0 – Wellness School Assessment Tool
- Alliance for a Healthier Generation – Assessment Guide

The VDOE Triennial Assessment Worksheet (available on SNPWeb, under *Download Forms*) is a useful tool to organize your notes before starting this template to ensure that your Triennial Assessment determines:

- Compliance with the Wellness Policy,
- How the Wellness Policy compares to model wellness policies, and
- Progress made in attaining the goals of the Wellness Policy.

Once you have your School Level Reports, you may use the template included in the following pages to create your Triennial Assessment. As mentioned above, the results of the Triennial Assessment must be made available to the public on or before June 30, 2020.

Once your Triennial Assessment is complete, you can revamp your Wellness Policy based on the results of the goals and guidelines defined in your Triennial Assessment. Additional areas you may consider adding to your Wellness Policy may include Alternate Breakfast Models, Farm to School Activities, healthy hydration behaviors and active transportation.

The content formatted in bold and italics throughout this document is instructional and should not be included in the SFA's Triennial Assessment. All content within [brackets] should be modified, as needed, according to each SFA's unique practices and needs.

Lancaster 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, Lancaster 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 **Lancaster 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: **Lancaster Primary, Lancaster Middle and Lancaster High school.**

Wellness Policy

The **Lancaster County Pubic Schools** Wellness Policy can be found at **lcps.org Wellness Policy**. **Lancaster County Public Schools** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through **the county website**.

School Wellness Committee

Lancaster County Public 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 **annually or periodic for review for updates on committee members 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. **[Describe how the school community is made aware of their ability to participate in the Wellness Policy process]**. School letter, phone call and emails.

Wellness Policy Compliance

Lancaster 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.

[Describe the degree to which the school(s) and division as a whole are in compliance with USDA and Virginia 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.

**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.	Intentionally	
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 Lancaster County School's policy on exempt fundraisers as outlined in our Division's Wellness Policy.	*	
[Optional: Insert additional standards and nutrition guidelines for all foods and beverages sold as described in your 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 Lancaster County School's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	*	
[Optional: Insert additional standards and nutrition guidelines for all foods and beverages provided, but not sold, as described in your Wellness Policy (i.e. classroom parties, classroom snacks brought by parents, or other foods given as incentives).] Lancaster County will provide a list of snacks and beverages that are Smart snack approved, and suggest alternative ways to reward children. While we cannot stop parents from bringing in snacks that are not smart snack approved, we as the food service will not offer non approved smart snack food or beverages as rewards.	*	

**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.	*	
[Optional: Insert additional policies for food and beverage marketing as described in your Wellness Policy.] Any foods and beverages marketed or promoted to students on the school campus* during the school day* wo;; meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.		

Description of Public Involvement

Standard/Guideline	Met	Not Met
Lancaster 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
Lancaster County Public Schools established a Wellness Policy leadership of one or more LEA's and/or school official(s) who	*	

Standard/Guideline	Met	Not Met
have the authority and responsibility to ensure each school complies with the policy.		

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
[Insert a description of the evaluation plan, as described in your Wellness Policy.] The District will evaluate or update the policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.	*	

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.

[Insert a description of how your Wellness Policy compares to the Alliance for a Healthier Generation's model policy.]

Progress towards Goals

[Insert an explanation of the progress made in attaining the goals indicated in the Wellness Policy. Include any additional progress noted in Question VIII of the VDOE School Level Report Card.]

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

Description	Met	Not Met
[Insert goal for nutrition promotion and education as described in your Wellness Policy.] Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages posted throughout the schools classrooms, gymnasiums and cafeterias.	*	
[Optional: Insert additional goal(s) for nutrition promotion and education as described in your Wellness Policy.]		

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

Description	Met	Not Met
[Insert goal for physical activity as described in your Wellness Policy.] The District will provide students with physical education, using an age-appropriate sequential curriculum consistent with national and state standards for physical education. The District will offer at least 20minutes of recess daily for Elementary students, outdoor recess will be offered when weather is feasible for outdoor play equaling to 60 to 89 minutes per week throughout the school year. Middle and High school students are required to take more than one academic year of physical education.	*	
[Optional: Insert additional goal(s) for physical activity as described in your Wellness Policy.]		

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

Description	Met	Not Met
[Insert goal for other school-based wellness activity as described in your Wellness Policy.] The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.	*	
[Optional: Insert additional goal(s) for other school-based wellness activities as described in your Wellness Policy.]		

[Optional: Attach the results of the VDOE School Level Report Card or other assessment tool used.]