

Prince William County Public Schools

Wellness Policy

2020-2023 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](#), Prince William County Public Schools presents the 2020-2023 Triennial Assessment which includes the timeframe from July 2020- July 2023. The Triennial Assessment indicates updates on the progress and implementation of Prince William 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 can be found at: <https://www.pwcs.edu/schools/index>

Wellness Policy

The Prince William County Public Schools Wellness Policy and Plan can be found at <https://go.boarddocs.com/vsba/pwcs/Board.nsf/goto?open&id=BKCS5E70FECC> Prince William County Public Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through posting to the Division website as well as publication in Division-wide communications to include "Admin Instant", "The Communicator", and "Regulation Roundup".

School Wellness Committee

Prince William 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 Authority, teachers, school health professionals, and the School Board and school administrators. Division-wide notifications precede every meeting to encourage community involvement.

Wellness Policy Compliance

Prince William 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.

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
Prince William County Public Schools follows federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	X	
Prince William County Public Schools follows 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.	X	
Prince William County Public Schools follows the policy on exempt fundraisers as outlined in our Division’s Wellness Policy.	X	
Prince William County Public Schools follows a set of guidelines for snacks served in after-school care programs and other school-sponsored programs.	X	

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

Standard/Guideline	Met	Not Met
Prince William County Public Schools follows the policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy.	X	
Prince William County Public Schools follows the policy regarding not using food as a reward for students’ good behavior and achievement in the classroom.	X	
Prince William County Public School follows the policy concerning celebratory food in the classroom, including the dissemination of information regarding celebrations that do not focus upon food.	X	

**Policy for Food and Beverage Marketing
(Question VI on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
All food and beverage marketing in Prince William County Public Schools meets Smart Snacks standards.	X	
Prince William County Public Schools engages students and parents, through taste-tests to select foods sold through the meal program.	X	
Prince William County Public Schools makes widely available print menus, website (including nutritional and allergen information), cafeteria menu boards, and point-of-purchase signage.	X	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Prince William 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.	X	
Prince William County Public Schools shall continue the development of a unified policy outlining the process for making spaces and facilities available to students, staff, and community members before, during, and after the school day.	X	
Prince William County Public Schools shall assess, and if necessary, make improvements to make it safer and easier for students to walk or bike to school.	X	

Description of Public Updates

Standard/Guideline	Met	Not Met
Prince William County Public Schools Wellness Policy is made available to the public on an ongoing basis. This includes any updates to and about the Wellness Policy.	X	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2024.	X	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Prince William 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.	X	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
Assessments shall be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement. This assessment shall then be utilized in the revision of the Wellness Policy as needed. The Division stakeholders and each school within the Division, shall, as necessary, provide information to develop action plans to facilitate the implementation of the Wellness Policy.	X	

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. In establishing our local wellness policy, administrators followed the Model Policy Template to ensure compliance. Prince William County Public Schools' Wellness Policy includes all of the identified regulations outlined in the Final Rule of the Healthy, Hunger Free Kids Act of 2010, Virginia Administrative Codes 8VAC20-740-30 and 22.1-207.4, as well as important Division level expectations for our schools.

Progress towards Goals

Prince William County Public Schools recognizes the importance of health and wellbeing on students' academic and future success. The School District is committed to providing school environments that are supportive of the whole child. Wellness goals are created to help ensure schools continue to strive to perform better in areas such as nutrition education, physical activity, and other school-based activities that promote wellness.

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

Description	Met	Not Met
Prince William County Public Schools shall continue to include nutrition education that is part of a sequential, comprehensive, standards-based program designed to provide students the skills necessary to develop healthful eating habits.	X	
Prince William County Public Schools shall continue to base nutrition education on the most recent Dietary Guidelines for Americans.	X	
Prince William County Public Schools shall continue to promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, adequate hydration habits, and other health-enhancing nutrition practices.	X	

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

Description	Met	Not Met
Prince William County Public Elementary Schools shall continue to provide no less than 30 minutes of unstructured recreational time daily. To the extent possible, this unstructured time should be outdoors and be scheduled prior to lunch.	X	
Prince William County Public Elementary Schools shall continue to discourage extended periods (two or more hours) of inactivity. Schools shall give students periodic breaks during which they are encouraged to stand and be moderately active.	X	

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

Description	Met	Not Met
Prince William County Public Schools shall, to the extent possible, arrange schedules and use methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom or “grab-and-go” breakfast.	X	
Prince William County Public Schools shall continue to encourage healthy eating, physical activity, elimination of the use of tobacco products, and other elements of a healthy lifestyle among department and school staff members.	X	
The School Division shall consider developing a Division-wide program offering incentives to staff members who make healthy lifestyle choices.	X	
The School Division shall continue providing strategies for teachers, administrators, students, and community members to serve as role models in practicing healthy eating, being physically active, eliminating tobacco use, and not using illegal drugs. Teachers are encouraged to consider their position as a wellness role model by modeling drinking water and consuming healthy meals and snacks.	X	