



Local School Wellness Policy: Triennial Assessment Tool 2024

School Division:

Surry County Public Schools

Wellness Policy Contact Name and Email:

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Wellness Policy can be found at:

<https://www.surryschools.net>

Triennial Assessment can be found at:

<https://www.surryschools.net>

Every three years the divisions must conduct an assessment of the Local School Wellness Policy and make it available to the public. That assessment must address:

- compliance with the division Local School Wellness Policy,
- how the policy compares to the model Wellness Policy, and
- progress made in attaining the goals of the Wellness Policy.

Please visit the [Virginia Department of Education, Office of School and Community Nutrition Programs \(VDOE-SCNP\) website](#) for all tools and resources to help you complete your Triennial Assessment.

When finalized, please forward this Triennial Assessment or a link to its location to Katy Harbin, Nutrition and Wellness Specialist, at Katy.Harbin@doe.virginia.gov.

Wellness Policy Requirements

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Policy Leadership	Designate the position or committee responsible for Wellness Policy oversight.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Wellness Coordinator, with support from the School Health Advisory Board (SHAB), shall implement and ensure compliance with the Local School Wellness Policy (Wellness Policy) by leading the review, update, and evaluation of the policy
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The public will be notified through social media posts and the division website, for opportunities to participate.
School Meals	Serve school meals that follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All schools within Surry County Public Schools participate in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Child and Adult Care Food Program (CACFP) and Summer Food Service Program (SFSP). 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 7CFR210.10 and 7CFR220.8 .
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All foods and beverages sold outside of the school meal programs shall meet the standards established in the USDA-FNS Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. These standards will apply in all locations and to all

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Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.</p> <p>Surry County Schools suggests foods offered on the school campus meet or exceed the USDA-FNS Smart Snacks rule including those provided at celebrations or classroom snacks by staff or family members. Compliant products are available through Surry County Public School Food & Nutrition Department. Contact the school nutrition coordinator for more information.</p>
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA-FNS Smart Snacks rule. Marketing will promote healthy food and beverage choices.
Nutrition Education	Include at least one evidence-based goal for nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Surry County Public Schools will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education Health Standards of Learning (SOLs) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year. The cafeteria environment will reinforce nutrition education provided in the classroom.

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Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Surry County Public Schools will promote positive nutrition habits in the cafeteria, classrooms, and throughout the school environment. Schools may participate in nutrition promotion through farm to school activities, such as:</p> <ul style="list-style-type: none"> ➤ Special events revolve around agriculture or farming; ➤ Students take field trips to local agricultural farms.
Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the school year. A program of physical activity is available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year.</p> <p>All physical education classes in Surry County Public Schools are taught by licensed teachers endorsed to teach physical education. All physical education teachers will be required to participate in professional development at least once per year.</p>

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Other Activities that Promote Student Wellness	Include at least one evidence-based goal for other activities that promote student wellness.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Surry County Public Schools will seek to provide school climates that support social and emotional wellbeing and promote positive relationships among students, staff, parents, and community members. Students will be provided instruction on how to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. The School Social Worker will provide a list of available counseling resources. Schools will seek to identify students who may have mental health concerns, challenges, and/or traumatic experiences to provide parents and students with referrals to appropriate mental health providers in the school and community. Schools will provide the health screenings for students by the school nurses for vision, hearing, scoliosis, speech, voice, language, and gross and fine motor skills based on state guidelines and requirements.</p>
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Surry County Public Schools will evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which each school is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy.</p>

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Public Update and Information	Specify how the public will be informed about content and implementation.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Wellness Policy and any updates can be found on the Surry County Public Schools Food Services website: https://www.surryschools.net . Please contact the wellness policy designee at renita_bailey@surryschools.net or at 757-294-5235 for more information or ways to get involved.
Compliant Fundraisers	Permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored fundraisers per site per school day to be exempt from the Smart Snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Schools are permitted to allow and not exceed 30 school-sponsored fundraisers per site per school day to be exempt from the USDA-FNS Smart Snacks rule in accordance with Virginia Code 8VAC20-740 . Schools are encouraged to promote physical activity fundraisers such as walk-a-thons, jump rope for heart, and fun runs.
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Any fundraiser that sells food or beverages, whether the items meet the USDA-FNS Smart Snacks rule or are exempt, may not be conducted during meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the nonprofit nutrition program account.

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Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The principal or fundraiser designee (school bookkeeper) approves tracks, and monitors fundraisers to ensure compliance with the nutrition standards for school-sponsored fundraisers and to ensure compliance with the limit on exempt school-sponsored fundraisers. The school bookkeeper will ensure a fundraiser-tracking document is kept on file in the main office at each school.
Additional Wellness Goal	Offer extra-curricular activities	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Surry County Public Schools promotes participation in extra-curricular activities and team sports of all levels. Surry County Public Schools offers opportunities for students to participate in physical activity after the school day through a variety of methods including, but not limited to, intramurals, interscholastic athletics and physical activity clubs. Surry County Public Schools participates in Girls on the Run – a program that teaches how to recognize inner strength, increase physical activity, imagine endless possibilities and learn to confidently stand up for themselves.
Additional Wellness Goal	Participate in Girls on the Run	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Surry County Public Schools participates in Girls on the Run – a program that teaches how to recognize inner strength, increase physical activity, imagine endless possibilities and learn to confidently stand up for themselves.
Additional Wellness Goal	Collaborate with Surry County’s Department of Youth & Family Resources	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Surry County Public Schools collaborates with Surry County’s Department of Youth & Family Resources on programs that focus on positive youth development such as Guiding Good Choices – a program where the goal is to prevent substance abuse among teens by teaching parents effective family management and communication before their children enter adolescence.

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Additional Wellness Goal	Plant a community garden: Cougar Food Forest	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Plant trees and shrubs to contribute to the creation of a sustainable food source to help combat food insecurity in our community and present an opportunity for community involvement/unity and provide an invaluable learning opportunity for the students of Surry County Public Schools enabling them to understand the origins of their food and the importance of sustainable practices.

Additional Notes:

The School Health Advisory Board is looking for parents and community health professionals to join our board.

How does your policy compare to the model policy?

Surry County Public Schools student wellness policy currently contains language in line with the majority of the model wellness policy. Additional details regarding how we compare to the model policy along with opportunities for improvement, have been listed below for your reference.

School Meals:

Status: In-Line with Model Policy

Supporting Details: Surry County Public Schools wellness policy addresses all nutrition standards described in the model policy including: serving all meals that are compliant to the Healthy, Hunger Free Kids Act of 2010; strategies to increase meal participation, adequate meal times, special diet accommodations, adequate access to drinking water and professional standards.

Foods Sold Outside of Meal Programs (Smart Snacks):

Status: In-Line with Model Policy

Supporting Details: Surry County Public Schools wellness policy includes language addressing that all food and beverages sold outside of the meal program need to be smart snack compliant. Resources for parents, teachers and school staff on what snacks comply to the standards in addition to healthy snack and beverage ideas is referenced in the document.

Nutrition Education and Promotion:

Status: In-Line with Model Policy

Supporting Details: Surry County Public Schools wellness policy addresses compliance with Virginia Department of Education Health Standards of Learning (SOLs) by integrating nutrition concepts and skills into courses taken by our students and promoting positive nutrition habits throughout the school environment.

Physical Education/Activity:

Status: In-Line with Model Policy

Supporting Details: Surry County Public Schools wellness policy addresses physical education that complies with the VDOE [Physical Education SOLs](#) and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life. A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the school year. A program of physical activity is available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year.

School Sponsored Fundraisers:

Status: In-Line with Model Policy

Supporting Details: Surry County Public Schools wellness policy includes language in line with the model policy in regard to school sponsored fundraisers. Specific Virginia state guidelines for fundraisers is included as well as ensuring there is a designee at each school responsible for tracking fundraisers and maintaining proper records.