

Lynchburg City 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, Lynchburg City Schools presents the 2017-2020 Triennial Assessment, which includes the timeframe from July 1, 2017 through June 30, 2020. The Triennial Assessment indicates updates on the progress and implementation of Lynchburg City Schools' 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: WM Bass Elementary School, Bedford Hills Elementary School, Dearington Elementary School for Innovation, Heritage Elementary School, Linkhorne Elementary School, TC Miller Elementary School for Innovation, Paul Munro Elementary School, RS Payne Elementary School, Perrymont Elementary School, Sandusky Elementary School, Sheffield Elementary School, Dunbar Middle School, Linkhorne Middle School, Sandusky Middle School, EC Glass High School, Heritage High School, Laurel Regional School, Fort Hill Community School and Empowerment Academy.

Wellness Policy

The Lynchburg City Schools Wellness Policy can be found on the LCS website at <https://www.lcsedu.net/parents/student-wellness>. Lynchburg City Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the website listed above.

School Wellness Committee

Lynchburg City Schools established a Wellness Policy committee consisting of representatives from each school, The Student Services Supervisor and the Director of School Nutrition who has the authority and responsibility to ensure each school complies with the Wellness Policy. The Wellness Policy committee meets at least twice 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, the School Board and school administrators. The general public and school community will be notified of Wellness Policy committee meetings and policy updates through email and school websites.

Wellness Policy Compliance

Lynchburg City 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.

The Lynchburg City Schools Wellness Policy meets the expanded local school wellness policy requirements consistent with the new requirements set forth in section 204 of the Healthy, Hunger-Free Kids Act of 2010. Additionally, the LCS Wellness Policy addresses division level expectations related to student and staff wellness. The LCS Wellness Policy has been revised to remain in compliance with federal rule changes since its initial adoption in 2006.

Lynchburg City Schools Wellness Policy Report Card

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 Lynchburg City Schools' policy on fundraisers as outlined in our Division's Wellness Policy. <i>Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The Division will make available to parents and teachers a list of healthy fundraising ideas.</i>	✓	

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 Lynchburg City 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
Lynchburg City 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
Lynchburg City Schools established a Wellness Policy leadership of individual school representatives who have the authority and responsibility to ensure each school complies with the policy.	✓	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
The Superintendent or his/her designee is responsible for overseeing the implementation of this policy and developing procedures for evaluating the policy, including indicators that will be used to measure its success.	✓	

Quality of Wellness Policy

Thoroughly reviewed by USDA Food and Nutrition Service, the Alliance for a Healthier Generation’s model policy template complies with the requirements set forth in the final rule. In developing the Lynchburg City Schools Wellness Policy, the Wellness Policy committee referenced the model policy drafted by the Alliance for a Healthier Generation to ensure the division’s policy was comprehensive and compliant with federal rule.

Progress towards Goals

On June 4, 2018, the Lynchburg City School Board adopted policy [JHCF](#) STUDENT WELLNESS and [JHCF-RZ](#) STUDENT WELLNESS REGULATIONS AND GUIDELINES. The goal of the policy is to establish division-wide norms that contribute to the overall wellness of our students. While the majority of the policy strategies have been successful implemented, unanimous compliance with providing healthy snacks during the school day and promoting nutrition in all aspects of the school program have not yet been achieved.

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

Description	Met	Not Met
Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.	✓	
Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the school nutrition staff and other school personnel, including teachers.	✓	
Students receive consistent nutrition messages from all aspects of the school program.		✓
Division health education curriculum standards and guidelines address both nutrition and physical education.	✓	
Schools conduct nutrition education activities and promotions that involve parents, students and the community.	✓	

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

Description	Met	Not Met
A program of physical activity is available to 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 regular school year and available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the regular school year. Such program may include any combination of (i) physical education classes, (ii) extracurricular athletics, (iii) recess, or (iv) other programs and physical activities.	✓	
Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.	✓	
Schools work with the community to create ways for students to walk or bike safely to and from school.	✓	
Schools encourage parents and guardians to support their children's participation in physical activity.	✓	
Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.	✓	

**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 dining facilities.	✓	
All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.	✓	
The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.	✓	
Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens and nondisposable	✓	

Description	Met	Not Met
tableware have been considered and implemented where appropriate.		
Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.	✓	