



## **Local School Wellness Policy: Triennial Assessment June 30, 2024**

Wellness Policy Contact Name and Email:

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Wellness Policy can be found at:

<https://www.lcsedu.net/parents/student-wellness>

Triennial Assessment can be found at:

<https://www.lcsedu.net/parents/student-wellness>

Every three years, school divisions participating in the National School Lunch Program 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.

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 2020-2023 Triennial Assessment, which includes the timeframe from July 1, 2020 through June 30, 2023. 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 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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	The School Health Advisory Board provides oversight and evaluation of the Wellness Policy. Since the pandemic, the division has lacked oversight at the school level.
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 policy specifies that the public may participate in development and implementation. The SHAB is comprised of division staff and community members.
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"/>	The LCS School Nutrition Program successfully completed the Federal Program Administrative Review in February 2024 which measures compliance with all federal rules governing program operation.
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 a la carte snacks have been evaluated using the Smart Snack Calculator.

<b>Category</b>	<b>Requirement</b>	<b>Fully in place</b>	<b>Partially in place</b>	<b>Not in place</b>	<b>Action Taken Toward Goals</b>
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"/>	The SHAB has developed and published a list of foods recommended for distribution to students as part of celebrations, rewards or classroom snacks.
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"/>	In compliance
Nutrition Education	Include at least one evidence-based goal for nutrition education.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Several schools have partnered with the Virginia Cooperative Extension to provide nutrition education to targeted grade groups.
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Division has entered into a contract with Brigaid to enlist a professional chef who is providing staff training to increase scratch prepared meals.
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"/>	The division complies with VDOE requirements for physical education.

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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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Cannot identify other activities.
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Published on the LCS website.
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"/>	Wellness policy updates and Triennial Assessment published on the LCS website.
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 log fundraisers.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	In compliance with protected meal times.
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

Lynchburg City School Board Policy *JHCF Student Wellness* and *JHCF-RZ Student Wellness Regulations and Guidelines* has been reviewed in comparison to the VDOE-SCNP (Virginia Department of Office of School and Community Nutrition Programs) model policy template and follows the requirements set forth in the final rule of the Healthy, Hunger Free Kids Act of 2010, as specified in the Code of Federal Regulations at 7CFR210.10 and 7CFR220.8.

Lynchburg City School Board Policy *JHCF Student Wellness* and *JHCF-RZ Student Wellness Regulations and Guidelines* were adopted on June 4, 2018, and June 5, 2018, respectively, to promote student wellness. Subsequent updates have been made to *Policy JHCF* on September 7, 2021. Subsequent updates have been made to *Policy Regulations and Guidelines JHCF-RZ* on March 19, 2024.

The goal of the policy is to establish division-wide norms that contribute to the overall wellness of our students. The Covid 19 Pandemic disrupted all educational norms, and the division continues its efforts to regain pre-pandemic conditions within the school communities.