



Local School Wellness Policy: Triennial Assessment Tool 2024

School Division:
Prince William County Public Schools

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**The Wellness Policy and Wellness Plan can be found at:
www.pwcsnutrition.com**

**The Triennial Assessment can be found at:
www.pwcsnutrition.com**

Every three years, the divisions must assess 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.

Wellness Policy Requirements

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Policy Leadership	The Food and Nutrition Department's Coordinator for Nutrition and Procurement will oversee the Wellness Policy and Wellness Action Committee.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	The Coordinator for Nutrition and Procurement will reconvene a Wellness/Wellness Policy review committee of key stakeholders during the 24-25 school year.
Public Involvement, Update, and Implementation	The public is notified of their ability to participate in the development, implementation, and review of, and updates to, the wellness policy.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	The wellness policy and most recent triennial assessment is available for review on the Food and Nutrition department's website. Targeted outreach to allow for greater public involvement will be conducted during the 24-25 school year.
School Meals	School meals follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100% of schools follow all regulations as outlined by USDA-FNS (7CFR210.10 and 7CFR220.8)

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Foods Sold Outside of School Meals Program	All food and beverages sold meet Smart Snacks (< https://foodplanner.healthiergeneration.org/ >) nutrition standards.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	97% of schools sold food which met the USDA Smart Snacks guidelines.
Foods Provided, Not Sold	Celebrations that involve food shall make a positive contribution to children’s diets and health. At least one-half of the foods and beverages offered at a school celebration shall be fruits and vegetables, grains, meat/meat alternates, and dairy products. The Division shall disseminate a list of healthy ideas for celebrations to parents and teachers. This list will include suggestions for celebrations that do not focus upon food.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	85% of schools met the parameters for foods served, but not sold.
Food and Beverage Marketing	Schools prohibit the marketing/advertising on score boards, vending machines (in areas accessible to students), digital displays, printed materials or brochures.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	97% of schools met the parameters for food and beverage marketing as outlined in the school survey, however this language needs to be added to the wellness policy.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Nutrition Education and Promotion	<p>The School Division shall provide at least five hours of classroom nutrition education each year for all kindergarten students through grade 10.</p> <p>In kindergarten through grade 5, the classroom and physical education teachers shall work collaboratively to provide the required nutrition education. The classroom teacher will supplement classroom instruction of the nutrition education health objectives. The physical education teacher will utilize integration of nutrition principles and concepts into physical education class.</p> <p>In grades 6-10, the nutrition education requirements shall be met by the health and physical education teachers and supplemented by career and technical education teachers for students in those classes.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	81% of schools met the nutrition education parameters.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Physical Education/Activity	<p>Physical education instruction provided for kindergarten through grade 5 shall equal at least two 45-minute periods of instruction in every five- or six-day rotation for the entire school year.</p> <p>Physical education instruction provided for students in grades 6 and 7 shall equal at least 45 minutes every other day each week for the entire school year.</p> <p>Physical education instruction provided for students in grades 8-10 shall equal 225 minutes each week for the entire school year.</p> <p>Physical education instruction provided for students in grades 8-10 shall equal 225 minutes each week for the entire school year.</p> <p>Elective Personal Fitness and Weight Training classes shall be available for 11th and 12th grade students.</p>	☒	☐	☐	100% of schools met the physical education parameters.

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Other Activities that Promote Student Wellness	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.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100% of schools reported engaging and encouraging students to participate in alternative breakfast service models.
Triennial Assessment	The Triennial Assessment is conducted, and the public is notified of the results every three years.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The triennial assessment was conducted and shared publicly prior to June 30, 2024.
Compliant Fundraisers	Schools can conduct school-sponsored fundraisers using foods and beverages which do not meet the USDA Smart Snacks standards during regular school hours on five days during the school year.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	95% of schools are following the fundraising guidelines.
Fundraiser Times	These sales exceptions cannot take place from 6 a.m. until after the close of the last breakfast period, nor from the beginning of the first lunch period to the end of the last lunch period.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	95% of schools are following the fundraising guidelines.

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Fundraiser Designee	The exception days shall be approved in advance by the school principal and the appropriate Level Associate Superintendent.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	95% of schools are following the fundraising guidelines.
Additional Wellness Goal	Students are provided with at least 12 minutes after sitting down for lunch on an average day.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100% of schools provide a minimum seating time at lunch.
Additional Wellness Goal	Meal periods are scheduled at appropriate times, for example, lunch shall be scheduled between 10 a.m. and 1:30 p.m.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100% of schools schedule meals at appropriate times.
Additional Wellness Goal	Elementary schools are encouraged to schedule lunch periods following recess.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	51% of elementary schools schedule some recess periods prior to lunch.

Additional Notes:

Schools were asked to share examples of wellness initiatives held at their locations as a part of the school-based assessments. These include community wellness nights, walking/workout Wednesdays, the PWCS smoothie bike, the VCE nutrition program for parents, running clubs, social emotional learning opportunities, the Kids' Heart Challenge, intramural sports, and cooking classes/clubs.

The current policy and regulations have not been updated since 2019. The Wellness Action Committee (WAC) meets three times per year. The meetings review upcoming events and plans that support and align with the wellness policy. Moving forward, these meetings will include a policy review and recommendations for implementation and review of compliance at the school level. Additional stakeholders, including guardians and community members, will be invited to these meetings.

How does your policy compare to the model policy?

The current policy does not include language addressing the marketing of food or beverages. The policy currently states that it is reviewed once every five years, instead of at least every three years. Policy language addressing public involvement should be better defined.

The wellness plan (policy regulation) is comprehensive and addresses important components of wellness including mealtimes, alternative service models, healthy hydration, and staff wellness. The nutrition education and promotion and physical activity sections are comprehensive.

Note progress made towards wellness goals:

Despite a lapse in policy review, school-based assessments indicate that the division is making substantial progress in meeting wellness goals.

The Wellness Action Committee will be reconvened in the 2024 – 2025 school year and will conduct a careful review of the current well policy and plans, including comparison of policy to actual practices in the schools. The division will expand efforts to better involve the public in policy review and development.