

Southampton County Public 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, Southampton County Public Schools presents the 2017-2020 Triennial Assessment which includes the timeframe from **July 1, 2017- June 30, 2020**. The Triennial Assessment indicates updates on the progress and implementation of Southampton 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 are: Capron Elementary School, Meherrin Elementary School, Nottoway Elementary School, Riverdale Elementary School, Southampton High School, and Southampton Middle School.

Wellness Policy

The Southampton County Public School's Wellness Policy can be found at <https://www.southampton.k12.va.us/> or Southampton County Public School's Food and Nutrition Services Facebook Page. Southampton County Public School Division updates or modifies the Wellness Policy as appropriate.

Wellness Policy Compliance

Southampton 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.

Southampton County Public Schools Student Wellness Policy encompasses all the outlined regulations set forth by the Healthy, Hunger Free Kids Act of 2010. The policy also includes division level expectations for all schools. The Student Wellness Policy has been revised numerous times to remain in compliance:

Adopted: March 21, 2006

Revised: July 5, 2011

Revised: June 12, 2017

Revised: December 4, 2018

Revised: June 18, 2021

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

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.	Met	
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.	Met	
We follow Southampton County Public School’s policy on exempt fundraisers as outlined in our Division’s Wellness Policy pursuant to current regulations § 22.1-207.4.	Met	

Standards and Nutrition Guidelines for all Foods and Beverages Sold

Standard/Guideline	Met	Not Met
We follow Southampton County Public School’s policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy.	Met	

Policy for Food and Beverage Marketing

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	Met	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Southampton 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.		Not Met

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.		Not Met
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.	Met	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Southampton 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.		Not Met

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
Southampton County Public Schools will review the school wellness policy to assure all schools are in compliance with the policy, meet the principal at each school to review program offered at each site, use the Wellness Policy Assessment Tool to review the wellness policy goals and practices with the LEA, with the principal or designee from each school and consider the results of the Triennial Assessment when updating the policy .	Met	

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.

Southampton County Public Schools utilized the assessment tool provided by the Alliance for a Healthier Generation to help assess the Student Wellness Policy. The district will continue to promote a healthy lifestyle through fitness, emotional and mental support and, nutritious well balanced meals.

Progress towards Goals

Southampton County Public Schools will to continue to strive to remain in compliance with all State and Federal regulations. The District offers free breakfast and lunch to all students and also participates in the after school CACFP supper program. Southampton Public School Division also recognizes the need for a Wellness Committee to ensure we receive input from not only the division but also students, parents and the community.

Progress towards Nutrition Promotion and Education Goals

Description	Met	Not Met
The Division will introduce our students to nutrition education that provides our students with the skills they need to implement and uphold healthy eating habits.	Met	
The Division will ensure that the level of student participation is maintained and increased in the school breakfast and lunch programs.	Met	

Progress towards Physical Activity Goals

Description	Met	Not Met
The Division will ensure that the Students are given opportunities for physical activity during the school day through physical education classes and/or recess	Met	
The Division will guarantee that the students are given the opportunity for the physical activities through a range of before and/or after school programs including, but not limited to, interscholastic athletics, and physical activity clubs at the Middle and High School level.	Met	

Progress towards other School-Based Wellness Activity Goals

Description	Met	Not Met
The Division will ensure that a reasonable amount of time is allowed for students to eat meals in a positive meal environment	Met	
The Division will ensure that all children who participate in subsidized food programs are able to obtain food in a non-discriminatory manner	Met	