

Arlington 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 Arlington Public Schools presents the 2017-2020 Triennial Assessment which includes the timeframe from 2017-2020. The Triennial Assessment indicates updates on the progress and implementation of Arlington Public Schools 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: All schools in the district are included in the wellness policy and are included in the assessment.

Wellness Policy

The Arlington Public Schools Wellness Policy can be found at www.apsva.us. Arlington Public School's updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the division website.

School Wellness Committee

Arlington Public Schools established a Wellness Policy leadership of one or more school officials 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, and the School Board and school administrators. The community is made aware about the wellness policy process through the APS website, the SHAB committee page and individual school announcements.

Wellness Policy Compliance

Arlington 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.

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.	Fully in place	
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.	Fully in Place	
We follow Arlington Public School’s policy on exempt fundraisers as outlined in our Division’s Wellness Policy.	Partially in Place	

Standards and Nutrition Guidelines for all Foods and Beverages Sold

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

Policy for Food and Beverage Marketing

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

Description of Public Involvement

Standard/Guideline	Met	Not Met
Arlington 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.	Fully in Place	

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.	Fully in Place	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2021.	Fully in Place	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Arlington 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.	Fully in Place	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
<p>Each school will form a wellness council, led by the school principal and assistant principal or designee, who will have the authority and responsibility to report on the school's compliance and inform the school community about wellness activities. Schools will complete a standardized assessment instrument during the 2017-2018 school year and every three years thereafter. A Wellness policy leadership team will review and aggregate these results to assess compliance with the wellness policy and progress toward improved wellness, and will report results to the school board.</p>	<p>Partially in place</p>	

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. Arlington Public Schools used the Alliance for a Healthier Generation’s model as a template for our wellness policy. Arlington Public Schools strongly supports the implementation of a comprehensive school health model that promotes the healthy development of students. Healthy eating and healthy activities are critical to the well-being of all students and promotes academic success.

Progress towards Goals

Progress towards Nutrition Promotion and Education Goals

Description	Met	Not Met
<p>Goal: The District will teach, model, encourage and support healthy eating by all students; Schools will provide nutrition education and engage in nutrition promotion that promotes fruits, vegetables, whole grains products, low fat and fat free dairy products and healthy food preparation. We have partnered with the Real Food For Kids Organization to bring The Fresh Food Explorers program to our preschoolers. The Fresh Food Explorers aims to increase at-risk preschoolers’ exposure to and consumption of fresh vegetables. This program provides children the chance to</p>	<p>Fully in Place</p>	

<p>hold, smell, and taste a variety of vegetables; participate in fun related activities; and combine the vegetables into a finished dish which they sample. Vegetable options mirror what those students will encounter in the school cafeteria.</p>		
<p>Goal: The district will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that; Links with school nutrition programs, cafeteria nutrition promotion activities, school gardens , Farm to school programs and other school foods and nutrition related community services.</p> <p>The Food Service Department implemented a new concept in cafeteria dining called Cafe Teria. We painted the cafeterias modern and inviting colors and decorated them with a design geared toward a modern restaurant focused on healthy eating. We created menus with the idea that students could build their own grain or salad bowl using local produce while meeting the requirements for the National School Lunch Program.</p>	<p>Fully in Place</p>	

Progress towards Physical Activity Goals

Description	Met	Not Met
<p>Arlington Public Schools aligns its curriculum with the Virginia standards of learning for physical and health education in grades preK - 10 with electives in grades 11 and 12. Elementary students have weekly physical education instruction (PreK-2: 30 minutes/2x/week; Gr. 3-5: 30 minutes/3x/week or 45 minutes/2x/week; Gr. 6-10: daily or alternating block days of 90 minutes)</p> <p>All APS HPE teachers receive annual professional learning opportunities in both health and physical education. These professional development sessions can focus on instructional strategies, technology, content or current trends in the field.</p> <p>APS elementary students in each grade receive physical education for at least 150 minutes per week throughout the</p>	<p>Fully in place</p>	

<p>school year unless the week is short and/or includes early release.</p> <p>APS conducts secondary athletic programs. The comprehensive high schools participate in alignment with the Virginia High School League and the middle schools have their own competition only within the APS schools.</p> <p>Many schools hold family fitness or health awareness events. These events focus on curriculum activities, current health trends and awareness promotions.</p>		
<p>All preK - 12 teachers will continue to incorporate active brain breaks and engaging lessons that allow students to move around the classroom in structured instructional activities.</p> <p>Arlington supports many modes of active transportation; walking and biking/wheeled equipment. Many schools offer specific incentives to participate in active modes of transportation - 'Walking Wednesdays' or 'Fitness Fridays'.</p>	<p>Fully in place</p>	