

**A RESOLUTION OF THE SCHOOL BOARD FOR THE CITY OF SUFFOLK, VIRGINIA APPROVING THE 2020-2024 TRIENNIAL ASSESSMENT REGARDING SUFFOLK PUBLIC SCHOOLS IMPLEMENTATION OF THE WELLNESS POLICY**

**WHEREAS**, the Wellness Policy for Suffolk Public Schools (“Wellness Policy”) is found at School Board Policy Section 9-25.1 et. seq.; and

**WHEREAS**, a 2020-2024 Triennial Assessment of Suffolk Public Schools implementation of the Wellness Policy and wellness initiatives was conducted; and

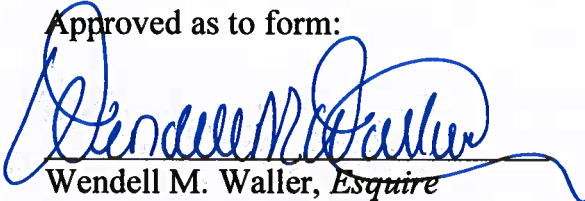
**WHEREAS**, the results of the 2020-2024 Triennial Assessment were made available for public review and comment.

**BE IT THEREFORE RESOLVED** that the School Board for the City of Suffolk hereby approves the 2020-2024 Triennial Assessment of Suffolk Public Schools implementation of the Wellness Policy.

Adopted this \_\_\_ day of \_\_\_\_\_ 2024.

ATTEST: \_\_\_\_\_  
Clerk

Approved as to form:

  
Wendell M. Waller, *Esquire*  
School Board Attorney

# Suffolk City Public Schools

## Wellness Policy

### 2020-2024 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, Suffolk City Public Schools (SPS) presents the second Triennial Assessment which includes the timeframe from July 1, 2020 – June 30, 2024. The Triennial Assessment indicates updates on the progress and implementation of SPS'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 include 20 schools (11 elementary, 5 middle and 3 high 1 Alternative School).

#### **Wellness Policy**

The SPS Wellness Policy can be found at:

[https://docs.google.com/document/d/1oyfmBtOsEZr3Td5ZtdPILvSkdIL\\_J-IhJtSTwSb9PVU/edit#](https://docs.google.com/document/d/1oyfmBtOsEZr3Td5ZtdPILvSkdIL_J-IhJtSTwSb9PVU/edit#)

SPS updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the SPS website.

#### **School Health Advisory Board**

Under the broad oversight of the School Health Advisory Board (SHAB) and local wellness policy team, the Specialist for Student Wellness, Employee Wellness Coordinator, Health and Physical Education Curriculum Specialist and a representative from Food and Nutrition Services for the school division shall be responsible for the direct coordination of this policy and for working with schools to promote compliance therewith. The school officials' responsibilities will include communication with students, staff, families, the community, SHAB, and the School Board around the contents, implementation, School Wellness Action Plans, triennial assessments, and periodic review of this policy. The general public and the school community are allowed and encouraged to participate in the Wellness Policy process. The school community is made aware of their ability to participate by the SPS website and email.

#### **Wellness Policy Compliance**

SPS must assess 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.

SPS schools follow USDA and Virginia required Wellness Policy regulations. SPS schools have complied with all regulations outlined in the Healthy, Hunger Free Kids Act of 2010.

**Description of Policy Leadership**

<b>Standard/Guideline</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>
SPS 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.	X		

**Description of Public Involvement**

<b>Standard/Guideline</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>
SPS 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.	X		

**Description of Public Updates**

<b>Standard/Guideline</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>
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.	X		
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2024.			X

**Standards and Nutrition Guidelines for all Foods and Beverages Sold**

<b>Standard/Guideline</b>	<b>Fully in</b>	<b>Partially</b>	<b>Not in</b>
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	<b>Place</b>	<b>in Place</b>	<b>Place</b>
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. (7CFR210.10 and 7CFR220.8)	X		
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.	X		
School fundraising activities should promote healthy themes and avoidance of non-nutritional food items.		X	
Disallow food or beverage fundraisers during meal times.	X		
Designate an individual to monitor all food and beverage fundraisers.	X		

**Standards and Nutrition Guidelines for all Foods and Beverages Provided but not Sold**

<b>Standard/Guideline</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>
Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives): Rewards offered during school hours are encouraged to be non-food items.		X	

**Policy for Food and Beverage Marketing**

<b>Standard/Guideline</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>
Market only products that adhere to the USDA-FNS	X		

Smart Snacks rule.			
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**Nutrition Education**

<b>Standard/Guideline</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>
Nutrition education will be taught by licensed and qualified health and physical education teachers who are required to complete annual professional development training.		X	

**Nutrition Promotion**

<b>Standard/Guideline</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>
SPS FSA will host periodic food-tasting opportunities for the purpose of gaining feedback on new food choices that could be offered as part of the school breakfast and lunch programs.	X		

**Physical Education**

<b>Standard/Guideline</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>
All elementary students should receive physical education for at least 45 minutes per week throughout the school year. Both middle and high school physical education instruction should consist of an average of 110 minutes per week.	X		
The school division offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods and activities. Such methods and activities include, but are not limited to, intramurals, middle school sports, and	X		



varsity sports.			
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**Progress towards other School-Based Wellness Activity Goals**

Description	Fully in Place	Partially in Place	Not in Place
Water consumption is encouraged throughout the day to encourage hydration. Free, safe, unflavored drinking water is available to all students before, throughout, and after the school day. Teachers are also encouraged to role model healthy drinking behaviors.		X	

**Progress towards Goals**

The triennial assessment was not completed by June 30, 2024, to ensure our community had time to review and comment on the policy. We have seen a shift towards new administrators within the buildings who may not be fully aware of the wellness policy/goals. We are working towards administrator education in this area. Likewise, with new teachers comes new opportunities to educate on health and wellness promotion including, but not limited to, snacks allowed for classroom celebrations and activities and nutritional education. Through community education from the Rev Your Bev campaign through the Virginia Foundation for Healthy Youth, the SHAB committee recommended wellness policy enhancement to the School Board to increase promotion of water consumption by students and staff throughout the school day.