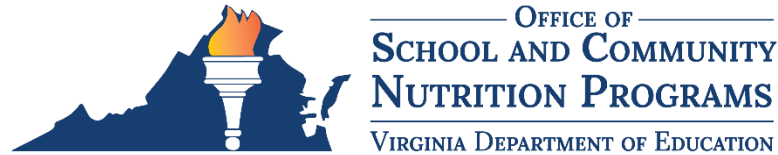


Updated: 6/24/2024



# Local School Wellness Policy: Triennial Assessment Tool 2024

School Division: 118  
Norfolk Public Schools

Wellness Policy Contacts Name and Email:

Dennis Moore  
Senior Director of Student Wellness  
[Dmoore2@nps.k12.va.us](mailto:Dmoore2@nps.k12.va.us)

Lisa Winter  
Senior Director of School Nutrition Services  
[Lwinter@nps.k12.va.us](mailto:Lwinter@nps.k12.va.us)

Darrick Person  
Senior Coordinator-Health and P.E  
[dperson@nps.k12.va.us](mailto:dperson@nps.k12.va.us)

Wellness Policy can be found at: [JHCFZ - School Wellness.pdf \(npsk12.com\)](#)

Triennial Assessment can be found at:  
[School Nutrition / School Wellness \(npsk12.com\)](#)

Every three years the divisions 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.

Please visit the [Virginia Department of Education, Office of School and Community Nutrition Programs \(VDOE-SCNP\) website](#) for all tools and resources to help you complete your Triennial Assessment.

When finalized, please forward this Triennial Assessment or a link to its location to Katy Harbin, Nutrition and Wellness Specialist, at [Katy.Harbin@doe.virginia.gov](mailto:Katy.Harbin@doe.virginia.gov).

## 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>NPS has a Policy Development Committee that is responsible for the development and communication of all School Board policies.</p> <p>The School Health Advisory Committee (SHAC) oversees school health and safety policies and programs, including development, implementation, periodic review, and revision.</p> <p>The Superintendent's designee(s) convenes the SHAC, facilitates the meetings, and ensures division wide compliance with this policy.</p> <p>The Senior Director of School Nutrition and the Chair of the SHAC are responsible for overseeing the Triennial Wellness Policy Assessments.</p>

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Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
					School-based Wellness Champion positions were established, but several are vacant.
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Proposed policies are posted on the School Board Website. Individuals can respond to school board members directly or they may present ideas and concerns at school board meetings during the public comment portion of meetings.
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"/>	<i>46/46 compliant.</i> School Nutrition provides the menus and tools for the cafeteria to meet USDA-FNS meal regulations.
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>33 compliant. 5 non-compliant. 8 blank.</i> School administrators are instructed to only sell USDA's Smart Snacks compliant foods and beverages outside of the school meal program. All vended items meet guidelines.

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Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>42 compliant. 4 non-compliant.</i> All school administrators are instructed to follow guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>45 compliant. 1 non-compliant.</i> School Nutrition only markets menu items. No a la carte snacks are sold. Middle and High School vending programs offer only SmartSnack approved items. School administrators are provided with information concerning USDA-FNS Smart Snacks regulations and are encouraged to follow them.
Nutrition Education	In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>34 compliant. 3 non-compliant. 9 blank.</i> School Nutrition supports nutrition education when requested. The physical education teachers provide students with nutrition education during PE classes. Approximately 1/3 of schools have indoor hydroponic gardens, utilized by students.

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Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Nutrition Promotion	Markets and advertises for nutritious foods and beverages and is most effective when implemented consistently through a comprehensive and multichannel approach by school staff, teachers, parents, students, and community.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p><i>44 compliant. 1 non-compliant. 1 blank.</i></p> <p>School Nutrition provides marketing materials to all schools in multiple formats including Harvest of the Month, Farm to School Week, National School Breakfast and Lunch Week, etc. Multiple schools reported posting food and exercise health posters throughout the school building.</p>
Nutrition Promotion	Health education teachers will provide opportunities for students to practice the skills learned through the health education curricula.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p><i>42 compliant. 1 non-compliant. 3 blank.</i></p> <p>During class, students are able to apply the knowledge and concepts that aligned to the health curriculum.</p>
Nutrition Promotion	Uses evidenced based techniques to create food environments that encourage healthy nutrition choices and encourage participation in school meal programs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p><i>44 compliant. 2 blank.</i></p> <p>To encourage healthy nutrition choices and participation, best practice techniques such as fruits and vegetables being attractively displayed and in the line of sight and reach of students are implemented. School Nutrition provides a Promotional Calendar to each school.</p>

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Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Nutrition Promotion	Teaches, models, encourages, and supports healthy eating by all students.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>45 compliant. 1 blank.</i> Schools reported multiple teacher wellness initiatives such as water intake, healthy snacks, and walking to model healthful lifestyles.
Physical Education/Activity	Elementary schools will offer at least 20 minutes of recess every day during the schoolyear.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>37 compliant. 9 blank.</i> All elementary schools provide at least 20 minutes of recess daily.
Physical Education/Activity	Active transport to and from school, such as walking or biking, is encouraged through the school's designated coordinator.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>33 compliant. 9 non-compliant. 4 blank.</i> The district's Safe Routes to School Coordinator provides educational materials and programs that promote walking and biking to school.
Physical Education/Activity	Opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods will be available.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>38 compliant. 4 non-compliant. 4 blank.</i> Students participate in various programs before or after school that promote physical activity.

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Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Physical Education/Activity	Incorporates movement and kinesthetic learning throughout the core curriculum, when possible, to limit sedentary behavior during the school day.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>43 compliant. 3 blank.</i> All content areas incorporate cooperative learning strategies that promote movement and kinesthetic learning.
Physical Education/Activity	Students are offered periodic opportunities to be active or stretch throughout the day on an or most days during a school week to complement physical education class or recess.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>44 compliant. 2 blank.</i> Students are provided with a stretch routine that is taught and practiced at the beginning of every physical education lesson.
Physical Education/Activity	Provides students with physical education, using age-appropriate, sequential physical education curriculum consistent with national and state standards.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>43 compliant. 1 non-compliant. 2 blank.</i> All students receive the required amount of time weekly from a certified instructor that provides lessons aligned to the curriculum.
Other Activities that Promote Student Wellness	All students have access to wash their hands with soap and running water.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>46/46 compliant.</i> All schools are provided with soap and equipped with running water.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Other Activities that Promote Student Wellness	Engages in business and community partnerships and sponsorships to support the implementation and progress of this policy's goals.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>38 compliant. 5 non-compliant. 3 blank.</i> SHAC will invite community partners to present on topics as the need arises or as partners request. Many community partners are included in the SHAC membership. The Communications Department is active in this area as well.
Other Activities that Promote Student Wellness	The School Wellness Champion will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>40 compliant. 2 non-compliant. 4 blank.</i> The schools that have wellness champions reported actively promote ride share programs, healthy snack programs, weight challenges, and water intake programs to support staff in modeling healthy behaviors.
Other Activities that Promote Student Wellness	Professional learning opportunities and resources for staff to increase knowledge and skills about promoting and participating in healthy behaviors in the classroom and school campus are available.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>42 compliant. 4 non-compliant.</i> Mental health and SEL professional development are available to staff and students. Some topics are required and take place on an annual basis. Other topics are presented as the need arises.

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Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The TA was completed by 6/30 and uploaded to the School Nutrition 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"/>	SHAC may review the TA and offer some suggestions for policy updates. The public is informed about content and implementation by visiting School Nutrition's 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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>42 compliant. 2 non-compliant. 2 blank.</i> School administrators are instructed to permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. School Nutrition does not monitor fund-raising. School Nutrition recommends this responsibility be assigned to each principal, or their designee.
Fundraiser Times	Disallow food or beverage fundraisers during mealtimes.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>38 compliant. 4 non-compliant. 4 blank.</i> School administrators are instructed to disallow food or beverage fundraisers during mealtimes. If School Nutrition is made aware of

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Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
					non-compliance issues, they are addressed with the principal.
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"/>	<i>38 compliant. 4 non-compliant. 4 blank.</i> School administrators are instructed to designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.

**Additional Notes:**

- 1- Wellness Report Cards were completed by each school's Wellness Champion and/or School Nurse. They were compiled by the School Nutrition Specialist.
- 2- 46 total schools submitted their report card. Booker T. Washington High School, Granby Elementary, and Lindenwood Elementary did not submit their information, and therefore are not included in this dataset. If their information can be obtained, the assessment will be updated.
- 3- \*In those instances where some answer(s) were blank, the overall rating for the category (Fully/Partially/Not) was determined by the Wellness Policy Contact most familiar with the content area.
- 4- NPS policy includes the three components required under Virginia Code 8VAC20-740-, but the policy does not include a specific reference to the codes.

**How does your policy compare to the model policy?**

NPS policy is generally aligned with the Alliance for a Healthier Generation's model policy but lacks clearly defined SMART goals for some areas. Improvements can be made to strengthen the policy by adding those and by more clearly defining roles and responsibilities. We recommend the following edits:

- Identify who at each school will ensure the school is compliant with regulations regarding fundraisers. The department of School Nutrition recommends that be the principal or principal's designee.
- Strengthen community engagement by clearly identifying who will be invited to provide input and how. Consider expanding opportunities within and outside of SHAC.
- Create a more active, collaborative team to monitor Wellness Policy compliance issues.

**Note progress made towards wellness goals:**

- Many schools are starting to implement physical activity clubs after school such as the Girl's on the Run Club.
- The division continues efforts to fill Wellness Champion positions at each school to promote student and employee wellness.
- School nurses continue to promote school wellness in their buildings.
- Schools are exploring additional ways to incorporate physical activity into classroom lessons and before/after school activities.
- Information about healthy, nutritious foods is prominently displayed in schools and promoted on social media.
- Hand hygiene information is prominently displayed in schools.
- Through partnerships with the James Newby Foundation, Youth Earn and Learn- Jobs for Kids, FEAST VA, No Kid Hungry VA, Old Dominion University, VA Tech and others, School Nutrition promotes health and wellness via Pop-Up produce Markets, weekend Farmers Markets, school gardens, salad in a jar parties, food drives, and student-led focus groups.
- NPS actively promotes SNAP and WIC.