



Office of School Nutrition Programs
Triennial Assessment of School Wellness Policy

General Information

Information	Division-Specific Language
Reporting Timeframe:	June 30, 2021
Schools included in the assessment:	Galax High School, Galax Middle School, Galax Elementary School
Website address for the Wellness Policy and/or information on how the public can access a copy:	https://go.boarddocs.com/va/galax/Board.nsf/Public#
Indicate how policy updates are made available to the public:	Updates & edits are approved by the GCPS School Board
Enter how often your Wellness Policy team meets, at least annually:	Our Policy Team meets monthly but all meetings are not necessarily about the Wellness Policy
Describe how the school community is made aware of their ability to participate in the Wellness Policy process.	Website (galaxschools.us)
Contact information for local school Wellness Policy leadership:	Adam Joyce (adamjoyce@galaxschools.us), Shelia Ramey (sheliaramey@galaxschools.us)

Required Assessment Information: Wellness Policy Goals

Goal	Division-Specific Language
<p>Nutrition Promotion and Education:</p>	<p>The Galax City Public School Division is committed to providing a school environment that enhances learning and development of lifelong wellness practices. In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors. To accomplish these goals:</p> <ul style="list-style-type: none"> • Child Nutrition Programs will comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children. • Sequential and interdisciplinary nutrition education is provided and promoted. • Patterns of meaningful physical activity connect to students’ lives outside of physical education. • All school-based activities are consistent with local wellness policy goals. • All foods and beverages made available on campus (including vending, concessions, a la carte, parties and fundraising) during the school day are consistent with current Dietary Guidelines for Americans. • All foods made available on campus adhere to food safety and security guidelines. • The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. • Food is not used as a reward and physical activity is not used as a punishment.
	<p>Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.</p> <p>Staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.</p> <p>The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.</p>

<p>Goal(s) for Nutrition Promotion and Education:</p>	<p>Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. The school district will provide information to families that encourage them to teach their children about health and nutrition; and to provide nutritious meals for their families. Students will be encouraged to start each day with a healthy breakfast.</p> <p>Based on review and consideration of evidence-based strategies and techniques, the Galax City School Board has established the following goals to promote student wellness.</p> <p>Nutrition Promotion and Education</p> <ul style="list-style-type: none"> • Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. • Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the food service staff and other school personnel, including teachers. • Students receive consistent nutrition messages from all aspects of the school program. • Division health education curriculum standards and guidelines address both nutrition and physical education. • Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts). • Schools link nutrition education activities with the coordinated school health program. • Staff who provide nutrition education have appropriate training. • The level of student participation in the school breakfast and school lunch programs is appropriate • Schools are enrolled as Team Nutrition Schools and they conduct nutrition education activities and promotions that involve parents, students, and the community.
	<p>Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.</p>

<p>Goal for Physical Activity:</p>	<ul style="list-style-type: none"> • Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge. • Policies ensure that state-certified physical education instructors teach all physical education classes. • Policies ensure that state physical education classes have a student/teacher ratio similar to other classes. • Time allotted for physical activity will be consistent with research, national and state standards. • Provide a daily recess period, which is not used as punishment or reward. • Physical education includes the instruction of individual activities as well as competitive and non-competitive sports to encourage life-long physical activity. • Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe. • The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. • Information will be provided to families to help them incorporate physical activity into their student's lives. • Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day. • Schools encourage families and community members to implement programs that support physical activity.
<p>Goal(s) for Physical Activity:</p>	<ul style="list-style-type: none"> • Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate. • Students are given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. • Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school. • Schools encourage parents and guardians to support their children's participation in physical activity, to be

	<p>physically active role models, and to include physical activity in family events.</p> <ul style="list-style-type: none"> • Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.
<p>Goal for Additional School-Based Wellness Activity</p>	<p>After-school programs will encourage physical activity and healthy habits</p> <ul style="list-style-type: none"> • Local wellness policy goals are considered in planning all school based activities (such as school events, field trips, dances, and assemblies). • Support for health for all students is demonstrated by hosting health clinics, health screenings, and helping enroll eligible students in Medicaid and other state children's health insurance programs. • Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.
<p>Goal(s) for Other School-Based Wellness Activity</p>	<p>Other School-Based Activities</p> <ul style="list-style-type: none"> • An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities. • All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner. • The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs. • Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and nondisposable tableware have been considered and implemented where appropriate. <p>Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.</p>

Required Assessment Information: Quality of Wellness Policy

Requirement	Explanation
Describe how your Wellness Policy compares to the <u>Alliance for a Healthier Generation’s Model Wellness Policy</u> .	With the exception of a Division Wellness Council, the divisions Wellness Policy is comparable to the Model found in the Alliance for a Healthier Generation’s Wellness Policy.

Required Assessment Information: Wellness Policy Compliance

Standard/Guideline	Division-Specific Language
<p>Standards and Nutrition Guidelines for All Foods and Beverages Sold (VDOE School Level Report Card Question IV): We follow Galax City Public School’s policy on exempt fundraisers as outlined in our division’s Wellness Policy:</p>	<p>VENDING – Machines and School Stores: All vended foods & beverages are sold in compliance with USDA regulations prohibiting the sale of “Foods of Minimal Nutritional Value” (see definition) where school meals are served or eaten during the meal period. The sale of FMNV is not allowed on school property in areas accessible to students until after the end of the school day.</p> <p>OBJECTIVES: VENDED FOODS: at least 50% of items offered meet all of the following criteria per serving.</p> <ul style="list-style-type: none"> • Fat – except nuts, seeds, and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories). • Sugar – except fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 grams per 100 calories). • Calories – not more than 200 calories per serving unit <p>VENDED BEVERAGES:</p> <ul style="list-style-type: none"> • Water, non-caloric • Milk <360 calories • 100% juice <p>Electrolyte replacement beverages that contain no more than 48 grams of sweetener per 20 ounce selling unit may be offered in drink machines located near high school athletic training centers.</p>
	<p>All fundraising activities conducted for the benefit of Galax City school division must provide an educational benefit to students and must not interfere with the instructional program. All fundraising activities conducted by school-sponsored organizations or clubs must be approved</p>

Standard/Guideline	Division-Specific Language
<p>Standards and Nutrition Guidelines for All Foods and Beverages Sold:</p>	<p>in advance by the principal. Fundraising refers to the raising of non-appropriated funds by students, parents or others for the educational benefit of students and their schools.</p> <p>Students may participate in fundraising activities provided such activities are approved in writing and carefully monitored and regulated by the school principal or principal's designee. Elementary school students may not participate in door-to-door solicitation. Students are not excused from class to participate in fundraising activities. No grade is affected by a student's participation, or lack of participation, in a fundraising activity.</p> <p>Each principal develops and maintains a list of all approved fundraising activities and reports all activities to the superintendent pursuant to procedures issued by the superintendent.</p> <p>The superintendent periodically furnishes the school board with an up-to-date listing of all fundraising activities being conducted in the school division.</p>
<p>Standards for All Foods & Beverages Provided, But Not Sold: We follow Galax City Public School's policy on Standards for All Foods and Beverages Provided, But Not Sold, as outlined in our Division's Wellness Policy.</p>	<p>SCHOOL DAY ACTIVITIES:</p> <ul style="list-style-type: none"> • Meals from home • Classroom Parties and Celebrations • Classroom Rewards • Fundraisers • Intramural Events
<p>Advertising:</p>	<p>ADVERTISING IN THE SCHOOLS</p> <ul style="list-style-type: none"> • Individual schools may not endorse or imply endorsement of any product. All requests for endorsement must be directed to the superintendent or superintendent's designee. • School organizations must secure approval from the principal before soliciting advertisements for school publications. If there is need for policy clarification, the principal consults with the superintendent. • Commercial establishments whose source of revenue is the sale of intoxicants may not advertise in school publications.

Standard/Guideline	Division-Specific Language
<p>Policy Review and Updates:</p>	<p>The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy.</p> <p>The Director of Student Services is responsible for enforcing this policy and overseeing the implementation of this policy and developing procedures for evaluating the policy, including indicators that will be used to measure its success.</p> <p>Implementation procedures include measuring and making available to the public, at least once every three years, an assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies, and a description of the progress made in attaining the goals of the policy. The results of the triennial assessment are considered in updating the policy.</p> <p>The School Board retains the following records to document compliance with 7 C.F.R. § 210.31:</p> <ul style="list-style-type: none"> ● the policy; ● documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and ● documentation of the triennial assessment of the policy.