

## **Galax City Public Schools**

### **Local School Wellness Policy: Triennial Assessment 2024**

Wellness Policy Contact Name and Email:

Charles Byrd, Assistant Superintendent of Instruction / Title IX  
charlesbyrd@galaxschools.us

Wellness Policy can be found at:

<https://galaxschools.us/wp-content/uploads/2023/10/SWP-REGULATION.pdf>

Triennial Assessment can be found at:

Will be added to the Division's website by the IT Department the week of July 1<sup>st</sup>, 2024

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.

## 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"/>	A committee is responsible for Wellness Policy oversight. It is comprised of: school nurses, cafeteria managers, school principals, the Director of Support Services and interested community members / students.
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Wellness Policy is available on the division's website.
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"/>	Breakfast, lunch and after school meals follow requirements set forth by the Virginia Department of Education and USDA.
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No items are sold unless they are compliant with Smart Snack requirements.
Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Food and beverages provided, but not sold, during the school day follow the division's policies for non-competitive foods.
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No items are provided or promoted unless they are Smart Snack compliant.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Nutrition Education	Include at least one evidence-based goal for nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Elementary cafeteria manager introduces new foods to students, explaining health benefits and offers samples for students to taste.
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cafeterias promote National School Lunch Week (October) and School Breakfast Week (March) each year, along with Farm to School Week each fall.
Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Physical Education classes have required activity tests throughout the school year. Schools promote field day and other activities encouraging students to be more active.
Other Activities that Promote Student Wellness	Include at least one evidence-based goal for other activities that promote student wellness.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Guidance Counselors talk to students on a weekly basis offering coping techniques and positive reinforcement of healthy habits.
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	This report will satisfy this component.
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"/>	Policies and reports are available for the public to view on the division's website.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	School principals monitor the frequency and type of fundraisers allowed. They are aware of, and follow, division policies regarding fundraisers exempt from Smart Snack compliance.
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No food or beverage fundraisers are permitted until one hour after the lunch meal service ends.
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	School principals are responsible for tracking and monitoring school fundraisers.

How does your policy compare to the model policy?

The current policy reflects the requirements listed in the model policy. Revisions were made during the division's FPAR in October 2023 to bring the policy into compliance.

Note progress made towards wellness goals:

The division set student wellness goals and is happy to report the goals were achieved.

Galax City Public Schools  
Tool for the Triennial Assessment  
Galax Elementary School  
June 26, 2024

Grade levels:

- |  |                                       |                                       |
|--|---------------------------------------|---------------------------------------|
| <input checked="" type="checkbox"/> 3 yr old program | <input checked="" type="checkbox"/> 1 | <input checked="" type="checkbox"/> 4 |
| <input checked="" type="checkbox"/> Pre-K            | <input checked="" type="checkbox"/> 2 | <input checked="" type="checkbox"/> 5 |
| <input checked="" type="checkbox"/> K                | <input checked="" type="checkbox"/> 3 |                                       |

**I. Nutrition Promotion and Education**

Our school meets the specific goals for nutrition promotion and education as outlined in our Wellness Policy:

- **Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.**

Yes       No

**II. Physical Activity**

Our school meets the specific goals for physical activity as outlined in our Wellness Policy:

- **Physical activity will be integrated across curricula and throughout the school day.**

Yes       No

**III. Other School-Based Wellness Activities**

Our school meets specific goals for other school-based activities that promote student wellness as outlined in our Wellness Policy:

- **After school programs will encourage physical activity and healthy habit formation.**

Yes       No

**IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold**

Our school meets the standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal and state regulations:

- **We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.**

Yes       No

- **We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.**

Yes       No

- **We follow Galax City School Division's policy on exempt fundraisers as outlined in our Division's Wellness Policy pursuant to current regulations § 22.1-207.4 of the Code of Virginia.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

Yes       No

**V. Standards for All Foods and Beverages Provided, But Not Sold**

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):

- **We follow Galax City School Division's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.**

*This language may be replaced with the requirements stated in your Wellness Policy.*

Yes       No

**VI. Policy for Food and Beverage Marketing**

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

- **All food and beverage marketing meets Smart Snacks nutrition standards.**

Yes       No

**VII. Progress**

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

## VIII. Contact

The Wellness Policy leadership includes one or more school officials who have the authority to ensure each school complies with the policy. This individual may be contacted for more information about the Wellness Policy practices at **Galax Elementary School**.

Name: Michelle Garvey, Principal

Email: michellegarvey@galaxschools.us

Phone: 276-236-6159

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***

Galax City Public Schools  
Tool for the Triennial Assessment  
Galax Middle School  
June 26, 2024

Grade levels:

6

7

8

**I. Nutrition Promotion and Education**

Our school meets the specific goals for nutrition promotion and education as outlined in our Wellness Policy:

- **Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.**

Yes       No

**II. Physical Activity**

Our school meets the specific goals for physical activity as outlined in our Wellness Policy:

- **Physical activity will be integrated across curricula and throughout the the school day.**

Yes       No

**III. Other School-Based Wellness Activities**

Our school meets specific goals for other school-based activities that promote student wellness as outlined in our Wellness Policy:

- **After school programs will encourage physical activity and healthy habit formation.**

Yes       No

**IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold**

Our school meets the standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal and state regulations:

- **We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.**

Yes       No



- **We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.**

Yes       No

- **We follow Galax City School Division's policy on exempt fundraisers as outlined in our Division's Wellness Policy pursuant to current regulations § 22.1-207.4 of the Code of Virginia.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

Yes       No

**V. Standards for All Foods and Beverages Provided, But Not Sold**

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):

- **We follow Galax City School Division's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.**

*This language may be replaced with the requirements stated in your Wellness Policy.*

Yes       No

**VI. Policy for Food and Beverage Marketing**

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

- **All food and beverage marketing meets Smart Snacks nutrition standards.**

Yes       No

**VII. Progress**

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

## VIII. Contact

The Wellness Policy leadership includes one or more school officials who have the authority to ensure each school complies with the policy. This individual may be contacted for more information about the Wellness Policy practices at **Galax Middle School**.

Name: Justin Iroler, Principal

Email: justiniroler@galaxschools.us

Phone: 276-236-6124

*Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.*

# Galax City Public Schools Tool for the Triennial Assessment

Galax High School  
June 26, 2024

Select all grade levels in your school or select N/A if ungraded:

9

11

10

12

## I. Nutrition Promotion and Education

Our school meets the specific goals for nutrition promotion and education as outlined in our Wellness Policy:

- **Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.**

Yes

No

## II. Physical Activity

Our school meets the specific goals for physical activity as outlined in our Wellness Policy:

- **Physical activity will be integrated across curricula and throughout the the school day.**

Yes

No

## III. Other School-Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in our Wellness Policy:

- **After school programs will encourage physical activity and healthy habit formation.**

Yes

No

## IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold

Our school meets the standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal and state regulations:

- **We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.**

Yes

No

- **We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.**

Yes       No

- **We follow Galax City School Division's policy on exempt fundraisers as outlined in our Division's Wellness Policy pursuant to current regulations § 22.1-207.4 of the Code of Virginia.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

Yes       No

**V. Standards for All Foods and Beverages Provided, But Not Sold**

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):

- **We follow Galax City School Division's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.**

*This language may be replaced with the requirements stated in your Wellness Policy.*

Yes       No

**VI. Policy for Food and Beverage Marketing**

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

- **All food and beverage marketing meets Smart Snacks nutrition standards.**

Yes       No

**VII. Progress**

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

## VIII. Contact

The Wellness Policy leadership includes one or more school officials who have the authority to ensure each school complies with the policy. This individual may be contacted for more information about the Wellness Policy practices at **Galax High School**.

Name: Charles Byrd, Principal

Email: charlesbyrd@galaxschools.us

Phone: 276-236-2991

*Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.*