Covington City 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, **Covington City Public Schools** presents the 2017-2020 Triennial Assessment which includes the timeframe from **July 1, 2017 to June 30, 2020.** The Triennial Assessment indicates updates on the progress and implementation of **Covington City Public School**'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 are: **Covington High School, Edgemont Primary School and Jeter-Watson Intermediate School.**

Wellness Policy

The **Covington City Public School** Wellness Policy can be found at **www.covington.k12.va.us. Covington City Public Schools** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through **www.covington.k12.va.us.**

School Wellness Committee

Covington City 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 **4 times per school year** 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. **Committee members are notified by mail the date, time and place of the meeting.**

Wellness Policy Compliance

Covington City 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.

We feel that the Covington City Public School Division and the three school making up the division (Covington High School, Edgemont Primary School, Jeter-Watson Intermediate School) are in compliance with USDA and Virginia required Wellness Policy regulations because we understand and ensure that students and staff in our division have equitable access to health and wellness efforts.

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.	✓	
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.	✓	
We follow **Covington City Public School**'s policy on exempt fundraisers as outlined in our Division's Wellness Policy.	✓	

Standards and Nutrition Guidelines for all Foods and Beverages Sold

Standard/Guideline	Met	Not Met
We follow **Covington City Public School**'s policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	✓	

Policy for Food and Beverage Marketing

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	✓	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Covington City 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.	✓	

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.	✓	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020.	✓	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Covington City 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.	✓	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
Our wellness policy plan is evaluated on the measureable goals for Nutrition Education, Physical Activity and Other School Based Activities for student wellness. Our evaluation will be based on the progress monitoring for objectives and strategies to accomplish objectives. Once evaluated adjustments will be made to ensure success.	✓	

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.

Covington City Public Schools wellness policy compares to the Alliance for a Healthier Generation in the sense that the policies focus on health equity for students to ensure health and wellness efforts.

Progress towards Goals

Covington City Public Schools has made progress towards the goals indicated in the Wellness Policy for Nutrition Promotion and Education, Physical Activity and School-Based Wellness Ativities by setting forth, achieving and communicating these goals to students, families and the community.

Progress towards Nutrition Promotion and Education Goals

Description	Met	Not Met
Our goal is to communicate that has a positive impact on families and community; to create partnerships to help families teach their children positive health and nutrition; ensuring that our nutrition staff members are provided with basic knowledge of nutrition; and the use of the school cafeteria as a learning resource for students to apply critical thinking skills taught in the classroom.	✓	

Progress towards Physical Activity Goals

Description	Met	Not Met
Our goal is all students will be provided equal opportunity to participate in physical education classes. Our division's physical education curriculum, using age appropriate curriculum consistent with national and state standards will promote student physical fitness through individualized fitness and activity assessments. Our division ensures that state-certified physical education instructors teach physical education classes.	✓	

Progress towards other School-Based Wellness Activity Goals

Description	Met	Not Met
Our goal is to promote healthy options when selecting fund raising. Making sure that exempt fundraisers are tracked and monitored by the school principal and records are kept on file in the school's main office. Encourage schools to evaluate their lunch schedules to allow an adequate amount of time for students to eat meals.	✓	