

St Bernadette Catholic School

Wellness Policy

2021-2024 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, **St Bernadette Catholic School** presents the 2021-2024 Triennial Assessment. The Triennial Assessment indicates updates on the progress and implementation of **St Bernadette Catholic School's** Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule.

Wellness Policy

The **St Bernadette Catholic School** Wellness Policy can be found at **the school's website under CLINIC**. **St Bernadette Catholic School** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through **the school website**.

School Wellness Committee

St Bernadette Catholic School established a Wellness Policy leadership of one or more school officials who has the authority and responsibility to ensure the school complies with the Wellness Policy. The Wellness Policy committee meets at least **once yearly** 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.

Wellness Policy Compliance

St Bernadette Catholic School must conduct a Triennial 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.

The St Bernadette Catholic School is in compliance with USDA and Virginia required wellness policy regulations.

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.	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	
We follow St Bernadette's policy on exempt fundraisers as outlined in our school's Wellness Policy.	X	

Standards and Nutrition Guidelines for all Foods and Beverages Sold

Standard/Guideline	MET	NOT MET
We follow St Bernadette Catholic School's policy on standards for all foods and beverages provided as outlined in our School's Wellness Policy	X	
We follow St Bernadette Catholic School's policy on standards for all foods and beverages sold as outlined in our School's Wellness Policy	X	

Policy for Food and Beverage Marketing

Standard/Guideline	MET	NOT MET
All food and beverage marketing meets Smart Snacks standards.	X	

Description of Public Involvement

Standard/Guideline	MET	NOT MET
St Bernadette Catholic School 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, and school administrators.	X	

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.	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	

Description of Policy Leadership

Standard/Guideline	MET	NOT MET
St Bernadette Catholic School established a Wellness Policy leadership of one or more LEA's and/or school official(s) who have the authority and responsibility to ensure the school complies with the policy.	X	

Description of Evaluation Plan

Standard/Guideline	MET	NOT MET
The Wellness Team will use the <i>WellSAT: 3.0 Wellness School Assessment Tool</i> provided by the UCONN RUDD Center for Food Policy and Health.	X	

Quality of Wellness Policy

The St Bernadette Catholic School Wellness Policy is in compliance with the standards when compared with the WellSAT: 3.0 Wellness School Assessment Tool.

Goals as stated in the School Wellness Policy have been met.

Progress towards Nutrition Promotion and Education Goals

Description	MET	NOT MET
Nutrition Education is presented for grades K-8 through the Diocese of Arlington Health and Science Curriculums.	X	
Healthy eating habits are encouraged through nutrition education, bulletin boards, and activities developed jointly by the nurse and food service supervisor.	X	

Progress towards Physical Activity Goals

Description	MET	NOT MET
Twenty minutes of daily recess	X	
Withholding recess is prohibited	X	

Progress towards other School-Based Wellness Activity Goals

Description	MET	NOT MET
After school sports are offered to all students.	X	
Teachers are encouraged to use daily movement activities as brain breaks in the classroom during the school day.	X	