



Physical Activity

**Loudoun County Public Schools**  
**2018-2021**  
**Triennial Assessment**  
First Edition

Nutrition Education



Social /  
Emotional  
Wellness

## Overview & Purpose

In accordance with the *Final Rule* of the federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: Title 8. Education, Agency 20. State Board of Education, Chapter 740 *Final Rule*, Loudoun County Public Schools (LCPS) presents the first triennial report. The triennial report outlines updates on the progress and implementation of our wellness policy and wellness initiatives in LCPS and provides the required documentation of actions, steps, and information as outlined in the *Final Rule*.

## Authority & Responsibility Designees(S)

Responsibility of creating a culture of well-being and supporting the *whole child* is shared among all students, parents, staff, departments, schools, and leaders within LCPS. However, the *Final Rule* requires specific designee(s) identified to help lead the oversight, implementation, and progress assessments of the wellness policy and its requirements. Broad oversight of the policy in LCPS is provided by the School Health Advisory Board (SHAB), with direct oversight by the Director of School Nutrition Services (SNS). Additionally, SNS Dietitians and supervisors are all critical persons in the guidance and the implementation of the wellness policy.

## Wellness Policy

The Loudoun County Public Schools Student Wellness Policy (6120) includes all the identified regulations outlined in the Healthy Hunger Free Kids Act of 2010 as well as important division level expectations for our schools. The policy can be found on the LCPS website under School Board Policies. The Student Wellness Policy has been through multiple revisions over the past few years. Revisions were triggered by the introduction of the Healthy Hunger Free Kids Act of 2010 *Proposed Rule*, *Final Rule*, and state regulations changes.

The Wellness Policy has gone through a few revisions as shown below:

Originally Adopted: April 4, 2006

Past Revisions: October 22, 2019

Current Policy – Approved October 22, 2019

## Public Involvement: Wellness Policy Updates Process

Our School Health Advisory Board (SHAB) has been a strong group of engaged appointed citizens, experts in various areas of health and wellbeing, and important internal leaders and stakeholders for many years. Because of the group's focus and authority as a guiding/advisory body for the School Board, the overall process of policy updating, and revisions is maintained by

this body. However, we felt that there were viewpoints and individuals that were underrepresented.

To ensure we had diverse representation and engaged the community in the process, we informed all parents and staff members about the updating of the policy. A district wide Wellness Committee made up of teachers, parents, principals, counselors, and nurses/doctors was born out of the feedbacks from the SHAB meetings. The committee was tasked to finalize the wellness policy. Revisions to the policy were made during the meetings on March 1, 2017, and May 3, 2017. The committee met on June 6, 2017 to complete all revisions and to have the policy ready for perusal at the 2019 SHAB meeting.

In a 2019 meeting, SHAB and other internal and external stakeholders reviewed the wellness policy. Participants looked at the current policy and overview of the new regulations (*Final Rule Summary*) to identify strengths, weaknesses, opportunities, and threats they saw as it related to the content of the policy. The accumulated information was reviewed and prioritized; updates were made according to group recommendations and consensus as well as mandatory changes prompted by the *Final Rule*. The updated policy was approved by the board in October 2019. As mentioned above, the most updated and current policy (approved in 2019) can be found on the LCPS website and is linked [here](#).

## Public Involvement: Annual Communication of Wellness Policy

In addition to the policy being available on the LCPS website under Board Docs, a link to the policy will be shared in our 2021-2022 Student's Rights and Responsibilities Handbook to all families at the beginning of the school year and can be found on the SNS website. Lastly, our SNS website has a new wellness page that has wealth of information and other resources that support the well-being of students, staff, and the community.

For the 2020-2021 school year, the wellness policy continues to be available on our LCPS website in the same locations (Board Doc, SNS website under Wellness).

## School Wellness Committees and School Wellness Action Plans

All schools were charged with creating school wellness committees (SWC) under the leadership of the individual school's administration and an identified school wellness champion. Additionally, there was an option for selecting a representative from each school and forming a committee within a cluster. The goal was for all 18 clusters (assigned to specialists) to have a SWC by the end 2019 - 2020 school year. The committee members acted as the school leadership representative around student and staff wellness. School/cluster committees vary in size and membership. However, for best practices, a committee must consist of an administrator, grade level teachers, physical education teachers, nurses, other staff (i.e. counselors, psychologists, nutrition staff, instructional assistants, coaches, etc.) and students and PTA/(O) representation. Committees are charged with helping to create goals for an annual School Wellness Action Plan (SWAP). Plans are approved by the principal and should be shared

with the school staff and community. Goals should be created by the school/cluster so that forward movement is made based on the individual school/cluster need. Furthermore, division goals may be incorporated into the plan to ensure all school/cluster align with our Strategic Planned goals and federal requirements. Goals should also be aligned with our wellness policy and best practices in school wellness.

## Wellness Policy Progress Assessment

As part of the requirements outlined in the *Final Rule*, Loudoun County conducted the first wellness policy progress assessment for 92 out of our 95 school sites (57 elementary Schools, 17 middle schools, 17 high schools, and 1 Instructional center (added to the high schools in this assessment)). One instructional school was in transition to a new location and was excluded from the assessment. In addition, the two Charter Schools were not included. This initial assessment will act as our baseline and will be used to look at future goals and opportunities for our schools individually and collectively as a school division.

Loudoun County used the *Healthy Schools Assessment* provided by the Alliance for a Healthier Generation and given as template by Virginia Department of Education (VDOE). This 4-module assessment has been developed utilizing the Centers for Disease Control and Prevention's School Health Index (SHI) and best practices for healthy schools. The Alliance for a Healthier Generation was founded by the American Heart Association and the William J. Clinton Foundation and works to reduce childhood obesity and to empower kids to develop lifelong, healthy habits.

While the assessment does not include all aspects of a student's well-being, it does align well with the focus of the USDA's *Final Rule* and regulations related to the wellness policy.

The 4 modules included in the assessment are:

1. Standards and Nutrition Guidelines for all Foods and Beverages Sold
2. Nutrition Promotion and Education
3. Physical Activity
4. Other School-Based Wellness Activities

The above are the required modules of the Healthy School Assessment

School principals, and SNS staff led the completion of the *Healthy School Assessment* for their respective school. All 92 schools completed the assessment during the 2020-2021 school year.

## Progress Assessment for Implementation

The assessment data in addition to other division data was used to assess baseline progress of our Student Wellness Policy implementation. The main areas of our policy and the baseline data from the division level (based on 92 schools when applicable) are provided below. Please note

that the policy encourages additional healthy practices that are not indicated below. Additionally, our policy may not align exactly to the questions within the *Healthy School Assessment*. As such, we utilized our policy language to assess our progress. Please see the policy (6120) for more details. This data is being utilized to identify strengths and weakness in the division of the wellness policy as well as focal point for developing strategic goals. Below is a result table for questions asked of school’s principals and wellness committee members with their related responses:

2021 LCPS SNS Wellness Assessment Survey Result by individual School

Wellness Policy Language	School Level	Yes	No
<b>Standards and Nutrition Guidelines for all Foods and Beverages Sold</b>			
Schools follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	ES	100%	
	MS	100%	
	HS	100%	
Schools have adopted and 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.	ES	100%	
	MS	100%	
	HS	56%	44%
School conduct no more than 30 school sponsored fundraisers per school year during which food or beverages sold do not meet the nutrition standards as per Smart Snack Rule- Virginia code § 22.1-207.4	ES	100%	
	MS	100%	
	HS	100%	
<b>Nutrition Promotion and Education</b>			
School menus are planned and prepared to comply with the nutrition requirement established under the USDA nutrition guidelines	ES	100%	
	MS	100%	
	HS	100%	
Schools prevent the overt identification of students on the Free and Reduced Priced meals service	ES	100%	
	MS	100%	
	HS	100%	
Schools provide nonfood celebration alternatives for celebrations, parties, and meetings	ES	100%	
	MS	100%	
	HS	100%	
Schools restrict all foods and marketing to only those foods and beverages that meet nutrition standards set forth by USDA Nutrition Standards for All Foods in Schools (Smart Snacks) rule	ES	100%	
	MS	100%	
	HS	33%	67%

Physical Activity			
Schools have no less than 40 minutes unstructured physical activity for kindergarteners: no less than 30 minutes unstructured physical activity for grades 1-5; and no less than 10 minutes of unstructured physical activity time for secondary schools during the day every day	ES	100%	
	MS	100%	
	HS	100%	
Schools do not use physical activity (such as running laps or pushups) as punishment	ES	100%	
	MS	100%	
	HS	100%	
Other School Based Wellness Activities			
Schools include professional development training on social /emotional wellness for teachers	ES	100%	
	MS	100%	
	HS	100%	
School support students in the community to use school facility for after school community sponsored events	ES	100%	
	MS	100%	
	HS	100%	

## Division Wellness Goals

Loudoun County Public Schools recognizes the importance of health and wellbeing on students’ academic and future success. The COVID-19 pandemic from March 2020 to present has created challenges to our ability to move forward on many of our wellness initiatives. School closures, remote work, social distance protocols and other division priorities focused on creating effective virtual learning environments have put much of this process on the back burner.

LCPS is however, committed to creating structures and initiatives to ensure we are supporting the whole child. SNS has utilized data from this initial assessment to develop and strengthen our individual school wellness goals that would be in alignment with the LCPS vision of a Multi-Tiered System of Support (MTSS) to create an integrated system of academic, behavioral and social emotional supports for all students in the wellness policy. Specifically, School Nutrition professionals, parents, principals, students, teachers, health professionals, counselors, and the entire community are tasked to contribute to the development of goals to benefit and ensure an environment that supports academic success for students and their families for the 2021-2022 SY.

The main goals that will drive our progress for the next 3 years (2021-2023) are indicated below in the chart.

GOALS	PROGRESS
Regulations be passed by Cabinet	2021-2022
Develop a robust Wellness Committees in the local schools/clusters to support students, family, and employee wellness	2021-2022
Expand Wellness integration through community partnership and stakeholder involvement at the school/cluster level	Hire a Wellness Coordinator  Coordinator leads and builds district wide relationships with multi-dimensional departments to strengthen wellness committees SY2021-2022
Expand the information on nutritional content and make available for easy access	Request for Menu Boards in all point of entries to the serving lines in all schools went out. Work in progress SY 2021-2022
Robust assessment tool for data collection	Work with LCPS research team (Dr. Tyler and Ms. Jefferson) to put together an assessment tool that will help collect data to evaluate the implementation at the school/cluster level as well as all needed reports SY2021.2022
Make available nutrition education to address agriculture and the food system in all elementary schools	Sustained collaboration between Virginia Corporative Extension (VCE) and SNS on instructional curriculum for building and maintaining school gardens and to assist teachers with resources for classroom instruction relating to soil, plants, and food security SY 2020-2022
Professional Training for all SNS staff	All 93 SNS managers maintained their School Nutrition Association membership and have a minimum of Level 1 Certification. Cafeteria managers completed 10 hours of training and staff completed 6 hours of training for the 2020-2021SY All SNS professionals will complete required training for the SY2021-2022 SY
List of non-food alternatives for students, parents and staff for celebration, parties, and meetings	Robust list and resources for alternative nonfood options for celebrations, parties, meetings, and reward will be provided to

	school staff by School Nutrition via SNS websites and on our social media platforms. SY2019-2022
Develop and incorporate after school childcare enrichment program	Work with the Parks, Recreation & Community Services (PRCS) to develop a daily period of some form of physical activities for all participants in the after-school programs 2021-2023
Teachers, school counselors, social workers, and school psychologists to have access to Social Emotional Learning (SEL) programs that will benefit the student	Teachers, school counselors, social workers, school psychologists and school staff have access to SEL programs and materials, and they use these resources available to them to efficiently benefit students 2021-2023
Students have access to school counselors, social workers, and school psychologists for social/emotional support	Teachers, school counselors, social workers, and school psychologists have access to SEL resources to help students establish positive emotions in school and in the community 2021-2023
Schools support approved LCPS organizations or clubs to use school facilities and grounds outside of school hours	Requests for use of LCPS facilities and grounds by approved community organizations are made via FSDirect, the on-line facility use system or by submitting a facility use request form 2021-2023

Current and past goals have helped to establish a framework and foundation to implement the updated wellness policy. Division and individual school/cluster goals around wellness will continue to adapt as we move forward with the implementation of the wellness policy and wellness recommendations. Additionally, in 2021-2022, LCPS will continue to emphasize its commitment to *Community Care, Dedication to Equity* and *Deeper Learning strategies*.

### Division Goals for the Next Three Years

LCPS will continue to stay committed to the departmental goals outlined above that have not been fully executed. Additionally, division goals have been created based on the identified opportunities of the progress assessment completed during the 2020-2021 school year and the requirements outlined in the federal regulations. All schools/clusters will have functioning School Wellness Committees.

1. **Nutrition Goal: 92%** of Schools will adopt and implement 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 nutrition standards as per Smart Snack Rule Virginia code § 22.1-207.4. Currently 91% of schools indicate compliance.

**Smart Snack:** Smart snack calculation tool will be available and accessible for school level compliance officers to use.

**2. Physical Activity Goal:**

Develop a robust after school physical activity enrichment program that will benefit students and the community.

**3. Social/Emotional Wellness:**

Schools teachers, school counselors, social workers, and school psychologists have access to SEL resources to support student’s social/emotional wellness.

**4. Other School Based Activity:**

Schools support approved LCPS organizations or clubs to use school facilities and grounds outside of school hours.

## Quality of Our LCPS Wellness Policy

To fulfill the federal requirement of assessing the quality of the wellness policy under the *Final Rule*, we used the WellSAT 3.0 tool, which measures the quality of written wellness policies including content comprehensiveness and strength of the policy language as it relates to the requirements under the Healthy, Hunger Free Kids Act of 2010. Please note, that there may be common practices in LCPS that are not indicated in the policy. This assessment only recognizes items **explicitly indicated in the policy** and does not consider common practices that aren’t identified or described in the policy.

A division-wide assessment was completed in June 2021 by specialists from the School Nutrition Services department. The overall comprehensiveness score was 77 and the overall strength score was 62.

## Other Wellness Initiatives, Recognitions & Success

2018-2019

- Grant from No Kid Hungry in the amount of \$5000.00 for a big Summer Kickoff event to celebrate the beginning of the summer meal service program at the Sterling Library on June 10, 2019.
- Copy General was awarded the contract to design SNS official logo out of five companies that submitted their bid for consideration. SNS logo was featured on all our correspondence to promote our program.
- The logo was wrapped on the three SNS vans driven by School Nutrition Specialists for nutrition promotion.
- SNS was awarded a grant of \$7500.00 from Amazon to purchase mobile service stations to support the Breakfast After the Bell Program.

- SNS sponsored 28 school nutrition staff to attend the National and State School Nutrition Association Conferences in Las Vegas, NV. and Hampton, VA.

#### 2019-2020

- SNS sponsored 19 school nutrition staff to attend the National and State School Nutrition Association Conferences in ST. Louis MS. and Hampton, VA.
- Northern Virginia Association of Nutrition and Dietetics published an article by an SNS staff in their June 2020 monthly newsletter entitled “Essential Staff Reimagined During COVID-19”.
- During the COVID -19 school closures, SNS in collaboration with the Transportation and Facilities Departments fed over 1.5 million meals between March 13 and August 31, 2020.

#### 2020-2021

- LCPS School Lunch Hero Day celebration got a state-level recognition with a visit to Newton Lee Elementary School from Dr. James F. Lane, Virginia’s 25<sup>th</sup> superintendent of public instruction, Dr. Ziegler, Superintendent of LCPS and Ms. Sharon Willoughby, Assistant Superintendent for Business and Financial Services on May 7<sup>th</sup> 2021.
- Collaboration between multi-dimensional departments; transportation, construction, and public information ensured every student had access to nutritious meals during the pandemic whether distant learning or on campus.
- SNS Dietician was a finalist in a grant to start a wellness club at the high school level.
- SNS interned 15 students from various schools including Illinois State University and Virginia Polytechnic University, grooming the new generation of potential school nutrition professionals.
- Developed a virtual nutrition education series on social media sites, sharing information on healthy living to our community.
- Purchased and installed Temperature Monitoring Systems in all refrigerators and freezers in the kitchens for real time monitoring of temperatures to prevent food spoilage.
- Solicitation of a new software that will accommodate and support the needs of SNS programs went out and a Software Review Team was formed.

#### 2021-2022

- Menu boards placed in all LCPS schools to provide nutrition information to our customers.
- VCE’s will work to support school level gardens.
- New SNS software will be in place for back of the house.
- SNS will have its first 43-passenger mobile bus for the promotion of Nutrition Education, Mobile Feeding, and to assist with Free/Reduced applications.

## Preparation of this Report & Additional Information

This report was written by the Director of School Nutrition Services, Ms. Elizabeth B. Mills, MS. RDN. SNS, and reviewed by Ms. Sharon Willoughby, Superintendent for Business and Financial Services, as well as School Nutrition Specialists at the School Nutrition Services department. Please email [Elizabeth B. Mills@lcps.org](mailto:Elizabeth.B.Mills@lcps.org) for additional information.

### References:

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