

# St. Mary's Home Wellness Policy

## 2017-2021 "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. Mary's Home presents the 2017-2021 Triennial Assessment which includes the timeframe from July 31, 2017 – June 30, 2021. The Triennial Assessment indicates updates on the progress and implementation of St. Mary'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. Mary's Home Wellness Policy can be found at [saintmaryshome.org](http://saintmaryshome.org). St. Mary's Home updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through posts to our website.

### **School Wellness Committee**

St. Mary's Home 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 annually 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. The school community is made aware of their ability to participate in the Wellness Policy process via notification on our website.

### **Wellness Policy Compliance**

St. Mary's Home 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. USDA allowed a waiver to extend the Triennial Assessment for a year due to the COVID-19 Pandemic.

**Standards and Nutrition Guidelines for all Foods and Beverages Sold  
(Question IV on VDOE School Level Report Card)**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. St. Mary's Home does not sell food or beverage 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. St. Mary's Home does not sell food or beverage on campus during the school day.			✓
Students and staff at St. Mary's Home are not directly involved in fundraising efforts.	✓		

**Standards and Nutrition Guidelines for all Foods and Beverages Not Sold**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
St. Mary's strongly encourages that foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.	✓	

**Policy for Food and Beverage Marketing  
(Question VI on VDOE School Level Report Card)**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>	<b>N/A</b>
All food and beverage marketing meets Smart Snacks standards. At St. Mary's Home, there is no food or beverage marketing			✓

**Description of Public Involvement**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
St. Mary's Home 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.	✓	

**Description of Public Updates**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
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, 2021.	✓	

**Description of Policy Leadership**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
St. Mary's Home 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
St. Mary's Home used the VDOE School Level Report Card Tool for the Triennial Assessment to evaluate the Wellness Policy.	✓	

### 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. St. Mary's Home used the Alliance for a Healthier Generation's model policy template.

### Progress towards Goals

#### Progress towards Nutrition Promotion and Education Goals (Question I on VDOE School Level Report Card)

Description	Met	Not Met
Implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.	✓	
Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.	✓	

#### Progress towards Physical Activity Goals (Question II on VDOE School Level Report Card)

Description	Met	Not Met
Indoor and outdoor physical activity facilities will be open to students, their families and the community outside school hours.	✓	
All students will be provided with equal opportunity to participate in physical education classes within the medically prescribed limits of individual care plans and grade level.	✓	

**Progress towards other School-Based Wellness Activity Goals  
(Question III on VDOE School Level Report Card)**

<b>Description</b>	<b>Met</b>	<b>Not Met</b>
All school-sponsored wellness events will include physical activity opportunities as appropriate.	✓	