



OFFICE OF
**SCHOOL AND COMMUNITY
NUTRITION PROGRAMS**
VIRGINIA DEPARTMENT OF EDUCATION

School Level Report Card Tool for the Triennial Assessment

Division Name: St. Mary's Home

School Name: St. Mary's Home

Date of Evaluation: 6/11/2024

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

- | | | |
|------------------------------|-----|------|
| <input type="checkbox"/> N/A | x 5 | x 9 |
| x Pre-K | x 6 | x 10 |
| x K | x 7 | x 11 |
| x 1 | x 8 | x 12 |
| x 2 | | |
| x 3 | | |
| x 4 | | |

I. Nutrition Promotion and Education

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

St. Mary's Home will promote healthy food and beverage choices for all students who are fed orally, throughout the school campus, as well as encourage participation in school meal programs.

X Yes No

II. Physical Activity

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

St. Mary's Home will provide students with adaptive physical education, using age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education

X 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:

St. Mary's Home will promote to parents/caregivers, families and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

X 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 N/A, no foods or beverages are sold to students.
- **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 N/A, no items are sold to students.
- **We follow St. Mary's Home'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.**
 Yes No N/A, St. Mary's does not include students in fundraising.

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 St. Mary's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's 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 N/A, no foods and/or beverages are marketed or advertised.

VII. Progress

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

School staff will be required to take a *Vector Solutions* training on Nutrition Basics: “In this course you’ll learn basic facts about nutrition that food service workers should know, and how food choices affect students. This course will describe what nutrients are and how the body uses them, explain what vitamins and minerals are and how they improve a person’s health, list healthy foods that are rich in nutrients as well as those that can be harmful to the body, and describe MyPlate guidelines and how they promote good health.”

School staff will expose students to and promote nutrition education to students who eat by mouth.

School staff will promote physical movement breaks in the classroom daily (to include walks around the building when staff are available. Students in grades K-10 receive adaptive physical education once a week for 30 minutes.

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 St. Mary’s Home.

Name: Lynn Earle, MPH, RDN, LDN

Position/Title: Nutrition Services Director

Email: learle@smhdc.org

Phone: 757-622-2208