

# **VIRGINIA DOMESTIC DEPENDENTS-5788**

## **Wellness Policy**

### **2018-2021 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, Virginia Domestic Dependents presents the 2018-2021 Triennial Assessment. The Triennial Assessment indicates updates on the progress and implementation of the Mid-Atlantic District (MAD) Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The school included in this Triennial Assessment is Quantico Middle/High School onboard Marine Corps Base Quantico (MCBQ). Other schools evaluated and assessed within the district are not discussed in this analysis as they are located on other military installations in New York, North Carolina, Puerto Rico, and Guam and comply with varied state or territorial guidelines.

#### **Wellness Policy**

The MAD Wellness Policy can be found at <https://www.dodea.edu/CrossroadsES/meals.cfm> and then clicking on the Mid-Atlantic District Wellness Policy. Updates or modifications to the Wellness Policy will be made as appropriate and will append the existing version.

#### **School Wellness Committee**

MAD 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 twice annually while schools within the district will meet monthly 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. Principals and School Nurses are the POC for participating in these school Wellness Meetings.

#### **Wellness Policy Compliance**

MAD 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.

*Charts below are used to assess whether requirements are being met.*

**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>
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. No items are sold in school stores or in vending machines.	X	
No food items are sold in any Fundraising project, initiative or event.	X	
ALL food and beverages that are <b>offered</b> during the school day meet the USDA Smart Snacks nutritional standards.	X	

**Standards and Nutrition Guidelines for all Foods and Beverages Sold**

**(Question V on VDOE School Level Report Card)**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
We follow MAD's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy. No food or beverage is sold in our schools in a fund-raising event, nor is any outside food allowed or brought into schools for students, programs, or teachers	X	
All food and beverages sold outside the normal meal patterns for SBP & NSLP meet the Smart Snack guidelines.	X	

**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>
All food and beverage marketing meets Smart Snacks standards.	X	
Promote healthy food and beverage choices using the Smarter Lunchroom strategies	X	

**Description of Public Involvement**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Crossroad’s Elementary and Quantico Middle High 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, the School Board, and school administrators.	X	

**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 and is accessible on school web pages.	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, 2020.	X	

**Description of Policy Leadership**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Crossroad’s Elementary and Quantico Middle High 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 each school complies with the policy.	X	

**Description of Evaluation Plan**

Standard/Guideline	Met	Not Met
An assessment of the MAD/DWC Wellness Policy will be performed annually at the beginning of the school year to review policy compliance, assess progress and revise as needed. MAD is required to report the performance of the MAD Wellness Policy assessment to DoDEA HQ at least once every three years (triennially), in compliance with the local wellness policy.	X	

**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.

It was designed primarily off the suggestions and recommendations set forth in model.

**Progress towards Goals**

Both schools onboard Quantico meet monthly with the School Wellness Committee which is chaired by the school nurse. The Student Meal Program Kitchen Manager, or Community Food Services Director, will attend this meeting. It also comprises of members of the school administration or educators, such as Physical Education Teachers, Educational Aides, Cafeteria Monitors, Assistant Principals, and any parent from the military community that wishes to attend. Particular attention is made to compliance and regulatory guidance set forth in the MAD Wellness Plan and USDA/State of VA DOE programs.

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

Description	Met	Not Met
Promote child nutrition programs to help ensure families are familiar with programs available in their children’s school.	X	
MAD Communities are engaged in supporting the work of the MAD in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.	X	

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

<b>Description</b>	<b>Met</b>	<b>Not Met</b>
Children and adolescents should participate in 60 minutes of physical activity every day.		X
All elementary schools will offer at least 20 minutes of recess daily.	X	

**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>
MAD will continue relationships with community partners (e.g. Womack Army Medical Centers, FTCC, Healthy Base Initiative, Wellness Center, Army Triad, Marine Corps Community Services, etc.) in support of the MAD Wellness Policy and the promotion of healthy living.	X	
MAD is registered as a USDA Team Nutrition School District (USDA Team Nutrition Schools), and inspires all schools within the MAD to join the USDA Healthier US School Challenge (USDA Healthier US Schools Challenge).	X	



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

*This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.*

Division Name: Virginia Domestic Dependents 5788

School Name: Quantico Middle High School

Date of Evaluation: May 13, 2021

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

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

**I. Nutrition Promotion and Education**

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

Meet or exceed current nutrition requirements established by USDA

Yes                       No

Promote child nutrition programs to help ensure families are familiar with programs available in their children's school

Yes                       No

**II. Physical Activity**

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

Children and adolescents should participate in 60 minutes of physical activity every day

Yes                       No

All elementary schools will offer at least 20 minutes of recess daily.

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:

The Mid-Atlantic District (MAD) will continue relationships with community partners (e.g. Womack Army Hospital, Family Assistance Centers, Healthy Base Initiative, Wellness Center, Army Triad, Marine Corps Community Services, etc.) in support of the MAD Wellness Policy and the promotion of healthy living.

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
- **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
- **We follow MAD'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*.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

Yes       No

**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 MAD's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.**

*This language may be replaced with the requirements stated in your Wellness Policy.*

Yes       No

All food sold in the schools a la carte follow guidelines in Appendix A, MAD 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

**VII. Progress**

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

**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 MAD Wellness Policy practices at Crossroads Elementary and Quantico Middle High Schools.

Name: Todd Morrell

Position/Title: Supervisory Food Services Specialist

Email: todd.morrell@dodea.edu

Phone: 571-660-9511

# Virginia Domestic Dependent Schools- 5788

## Triennial Assessment Worksheet

The information needed to complete the School Level Report Card and Division Level Triennial Assessment is outlined in the following tables. In the space provided, enter the corresponding division-specific language/information from your Local Wellness Policy.

### General Information

Information	Division-Specific Language
Reporting Timeframe:	June 30, 2021
School(s) included in the assessment:	Crossroads Elementary and Quantico Middle/High Schools
Website address for the Wellness Policy and/or information on how the public can access a copy:	<a href="https://www.dodea.edu/Americas/midAtlantic/upload/MAD-Wellness-Policy-June-02-2020-Final.pdf">https://www.dodea.edu/Americas/midAtlantic/upload/MAD-Wellness-Policy-June-02-2020-Final.pdf</a>
Indicate how any updates to the policy are made available to the public:	All of them when applicable
Enter how often your Wellness Policy team meets, at least annually:	In the schools they meet once a month, District meets twice yearly
Describe how the school community is made aware of their ability to participate in the Wellness Policy process.	Through one call text and an email notification, school webpage
Contact information for local school Wellness Policy leadership:	In the Wellness policy itself, has local POCs

## Virginia Domestic Dependent Schools- 5788

### Required Assessment Information: Wellness Policy Goals

Goal	Division-Specific Language
Students in MAD have access to healthy foods in accordance with federal and state nutrition standards.	Meet or exceed current nutrition requirements established by USDA
Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.	Promote child nutrition programs to help ensure families are familiar with programs available in their children’s school.
Children and adolescents should participate in 60 minutes of physical activity every day.	Students have opportunities to be physically active before, during, and after school
School staff are encouraged and supported to practice healthy nutrition and physical activity in and out of school.	
MAD Communities are engaged in supporting the work of the MAD in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.	MAD will continue relationships with community partners (e.g. Womack Army Medical Centers, FTCC, Healthy Base Initiative, Wellness Center, Army Triad, Marine Corps Community Services, etc.) in support of the MAD Wellness Policy and the promotion of healthy living.
MAD is registered as a USDA Team Nutrition School District (USDA Team Nutrition Schools), and inspires all schools within the MAD to join the USDA Healthier US School Challenge (USDA Healthier US Schools Challenge).	MAD will continue relationships with community partners (e.g. Womack Army Medical Centers, FTCC, Healthy Base Initiative, Wellness Center, Army Triad, Marine Corps Community Services, etc.) in support of the MAD Wellness Policy and the promotion of healthy living.

## Virginia Domestic Dependent Schools- 5788

### Required Assessment Information: Quality of Wellness Policy

Requirement	Explanation
Describe how your Wellness Policy compares to the <u>Alliance for a Healthier Generation's Model Wellness Policy</u> .	Most of the suggestions are implemented into the district policy.

### Required Assessment Information: Wellness Policy Compliance

Standard/Guideline	Division-Specific Language
<b>Standards and Nutrition Guidelines for All Foods and Beverages Sold (VDOE School Level Report Card Question IV):</b> We follow MAD's policy on exempt fundraisers as outlined in our division's Wellness Policy.	No food or beverage is sold in our schools in a fund raising event, nor is any outside food allowed or brought into schools for students, programs, or teachers  All food sold in the schools a la carte follow guidelines in Appendix A.
<b>All food and beverages sold outside the normal meal patterns for SBP &amp; NSLP meet the Smart Snack guidelines.</b>	All food sold in the schools a la carte follow guidelines in Appendix A.
<b>Standards for All Foods &amp; Beverages Provided, But Not Sold (Question V on VDOE School Level Report Card):</b> We follow MAD's policy on Standards for All Foods and Beverages Provided, But Not Sold, as outlined in our Division's Wellness Policy.	<a href="http://www.dodea.edu/Curriculum/healthEducation/standards.cfm">http://www.dodea.edu/Curriculum/healthEducation/standards.cfm</a>

## Virginia Domestic Dependent Schools- 5788

<b>Standard/Guideline</b>	<b>Division-Specific Language</b>
Standards and Nutrition Guidelines for All Foods and Beverages Provided, either sold or not, as described in your Wellness Policy (i.e. classroom parties, classroom snacks brought by parents, or other foods given as incentives).]	Outside food is not permitted in our schools. Teachers, Staff, and other DoD workers cannot bring in food from the outside or their home for the purpose of classroom incentives or parties. If a class wishes to have food items, it is purchased through the cafeteria.
Policy for Food and Beverage Marketing	Promote healthy food and beverage choices using the Smarter Lunchroom strategies.
<b>Evaluation Plan Description</b>	An assessment of the MAD/DWC Wellness Policy will be performed annually at the beginning of the school year to review policy compliance, assess progress and revise as needed. MAD is required to report the performance of the MAD Wellness Policy assessment to DoDEA HQ at least once every three years (triennially), in compliance with the local wellness policy. The DWC will be included in the monitoring, review, update, and implementation of the local wellness policy. This policy will be available to the MAD District and published on the district website.