

Arlington Public Schools

Wellness Policy

2017-2020 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 Arlington Public Schools presents the 2017-2020 Triennial Assessment which includes the timeframe from 2017-2020. The Triennial Assessment indicates updates on the progress and implementation of Arlington Public Schools Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The school(s) included in this Triennial Assessment are: All schools in the district are included in the wellness policy and are included in the assessment.

Wellness Policy

The Arlington Public Schools Wellness Policy can be found at www.apsva.us. Arlington Public School's updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the division website.

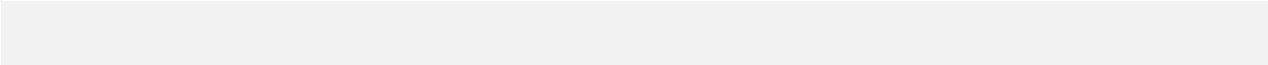
School Wellness Committee

Arlington Public Schools 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 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 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.

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.	Fully in place	
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.	Fully in Place	
We follow Arlington Public School's policy on exempt fundra`		



Policy for Food and Beverage Marketing

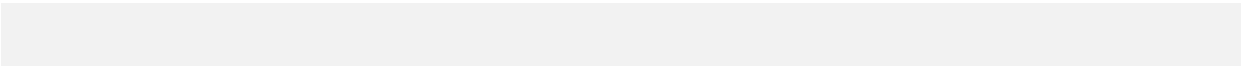
Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	Fully in Place	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Arlington Public Schools 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.	Fully in Place	

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.	Fully in Place	
The Triennial Assessment, including progress toward		



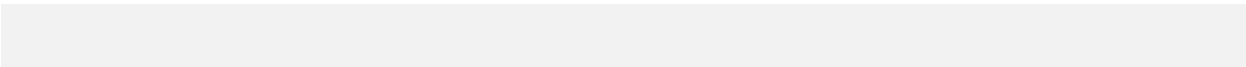
Description of Evaluation Plan

Standard/Guideline

Met

Not Met

Each school will form a wellness council, led by t



<p>school year unless the week is short and/or includes early release.</p> <p>APS conducts secondary athletic programs. The comprehensive high schools participate in alignment with the Virginia High School League and the middle schools have their own competition only within the APS schools.</p> <p>Many schools hold family fitness or health awareness events. These events focus on curriculum activities, current health trends and awareness promotions.</p>		
<p>All preK - 12 teachers will continue to incorporate active brain breaks and engaging lessons that allow students to move around the classroom in structured instructional activities.</p> <p>Arlington supports many modes of active transportation; walking and biking/wheeled equipment. Many schools offer specific incentives to participate in active modes of transportation - 'Walking Wednesdays' or 'Fitness Fridays'.</p>	<p>Fully in place</p>	