

Charterhouse School (CHS)

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, CHS presents the 2017-2020 Triennial Assessment which includes the timeframe from **2017-2020**. The Triennial Assessment indicates updates on the progress and implementation of CHS's 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: **Charterhouse School Richmond and Charterhouse School Edinburg.**

Wellness Policy

The CHS Wellness Policy can be found at <https://www.charterhouseschool.org/nutrition/> updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through this website.

School Wellness Committee

CHS 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 **once yearly** 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. **Parents are made aware of reviews through a newsletter or email ahead of time.**

Wellness Policy Compliance

CHS 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.

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

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.		N/A
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.		N/A
We follow CHS's policy on exempt fundraisers as outlined in our Division's Wellness Policy. Currently, CHS does not conduct in school fundraisers.		N/A
Please be aware that CHS does not have any a la carte food items for sale. Our meals are also at no charge to the student.		

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

Standard/Guideline	Met	Not Met
We follow USDA's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	✓	

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

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	✓	

Description of Public Involvement

Standard/Guideline	Met	Not Met
CHS 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.	✓	

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.	✓	
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.	AVAIL AS OF	✓ 7/20/21

Description of Policy Leadership

Standard/Guideline	Met	Not Met
CHS 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
Physical education staff and nursing and any other relevant staff meet to go over the overall health, exercise schedules, and nutrition education offered at school and make changes as needed.	✓	

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.

CHS actually referenced the Alliance for a Healthier Generation when it was created. Our school adheres to the requirements set forth in the final rule and to the requirements for annual staff training requirements for school nutrition personnel.

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

Description	Met	Not Met
Our school posts healthy nutrition promotion through colorful USDA posters and handouts in the classrooms and dining hall.	✓	
Our residents students participate in nutrition related psycho-ed groups after school during their snack time.	✓	

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

Description	Met	Not Met
Our school has a vigorous physical education department offering physical activity daily.	✓	
Our resident students participate in recreational therapy 4-5 days a week.	✓	

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

Description	Met	Not Met
Our school plans two Field Day events yearly as well as many outside activity/community based learning opportunities	✓	