



LIFES Academy Wellness Policy

2021-2024 Triennial Assessment

***Mission:** LIFES Academy, recognizes the relationship between wellness and student learning. LIFES academy is committed to providing a school environment that enhances the learning and development of lifelong wellness practices. Lifelong wellness practices in compliance with The Child Nutrition and WIC Reauthorization Act of 2004 and Section 204 of the Healthy, Hunger-Free Kids Act of 2010 establishes this school wellness policy that promotes health and wellness for the students of LIFES Academy.*

***Overview & Purpose:** LIFES Academy presents the 2021-2024 Triennial Assessment. The purpose of which is the establishment of a Wellness Policy which meets the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) [7CFR210-31](#) and the Virginia Code [8VAC20-740](#) requirements. For additional resources, reference the Virginia Department of Education, Office of School Nutrition Programs (VDOE-SNP) Wellness Policy Toolkit.*

USDA-FNS Requirements

- ☒ **Leadership** – LIFES Academy Wellness Policy, coordinators, Larry Darnell Moore II and Carolyn Simmons, with support from the Health and Wellness advisory committee, shall implement and ensure compliance by leading the review, update, and evaluation of the policy to ensure the Wellness Policy is adhered to

Wellness Policy: The LIFES Academy Wellness Policy can be found at <https://www.stepincva.com/services-programs/youth-services>. LIFES Academy updates the Wellness Policy yearly during the initial annual Health Advisory meeting.

Annual Notification of Policy: LIFES Academy will make this information available via STEP Inc's website and/or public relations communications. This will include a summary of the events or activities related to wellness policy implementation. Annually, LIFES Academy

will also publicize the name and contact information of the District person leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

School Wellness Committee: LIFES Academy will form a subcommittee within the current STEP Board of Supervisors that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”). The wellness membership will represent all school levels (elementary and secondary schools) and include (when possible), but not be limited to members of the extended, diverse community. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed) FCPS established a Wellness Policy leadership of one or more school officials who have the authority and responsibility to ensure each school complies with 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, representatives of the School Food Authority, teachers, school health professionals, School Board and school administrators. The Wellness Committee (Health Advisory Committee) welcomes any community member who would like to be a part of the committee. If interested, please contact LIFES Academy at 540-483-0681.

- ☒ **Public Involvement** –The development of LIFES Academy’s school wellness policy is open to input from our families, local agencies, staff nutritionist, school nutrition staff, school directors and the general public that shares an interest in the health and wellness of our students. The community will be notified of their ability to participate in the development implementation and review of LIFES Academy’s school wellness policy. *LIFES Academy invites a diverse group of stakeholders and the public to participate in Wellness Policy activities. The public will be notified on the STEP website, social media and Board of supervisor’s meetings.*
- ☒ **School Meals** – LIFES Academy is committed to serving healthy meals, and meeting the needs of school children. *All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 ([7CFR210.10](#) and [7CFR220.8](#)).*
- ☒ **Foods Sold Outside of School Meals Programs** – LIFES Academy is committed to sell only USDA’s Smart Snacks compliant foods and beverages outside of the school meals program. *Any foods and beverages sold to students at school during the school day other than those foods provided as part of the school meal programs shall meet the standards established in [USDA-FNS Nutrition Standards for All Foods Sold in Schools \(Smart](#)*

Snacks) rule. The school day is defined by USDA as the period from midnight the night before to 30 minutes after the end of the instructional day.”

- ☒ **Foods Provided, Not Sold** – All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:
 - Classroom snacks brought by parents. The District will provide parents with a list of foods and beverages that meet Smart Snacks nutrition standards as an option for parents.
 - Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children.
- ☒ **Marketing** –*Marketing of any foods and beverages must meet the USDA-FNS Smart Snacks rule.*
- ☒ **Nutrition Education** – Nutrition Education can positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, common rooms, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.
- ☒ **Nutrition Promotion** – LIFES Academy will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:
 - Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
 - Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
 - Additional promotion techniques that LIFES Academy may use are available: <http://www.foodplanner.healthiergeneration.org/>.
- ☒ **Physical Education/Physical Activity** –Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day. LIFES Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core

subjects by providing periodic professional development opportunities and resources
Include at least one evidence-based goal for physical education and/or physical activity.

- ☒ **Other Activities that Promote Student Wellness** – *Using the [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#), LIFES Academy will provide students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.*
- ☒ **Triennial Assessment** – *The STEP Inc. Board of Supervisors, and/or Wellness subcommittee will assess the Wellness Policy at least once every three years and make results publicly available. The assessment will include: the extent to which each school is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining Wellness Policy goals.*
- ☒ **Public Update and Information** – *Annually, LIFES Academy will inform the public about the content of and/or any updates to the Wellness Policy through the STEP Inc. or STEP Inc.'s website*

Virginia Code Requirements

- ☒ **Compliant Fundraisers** – *All school-sponsored fundraisers must meet the USDA-FNS Smart Snacks rule. **OR** Schools may allow up to 30 school-sponsored fundraisers per site per school day that are exempt from the USDA-FNS Smart Snacks rule.*
- ☒ **Fundraiser Times** – *Any fundraiser that sells food or beverages may not be conducted during school meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period.*
- ☒ **Fundraiser Designee** – *“The Director of Youth Services approves, tracks, and monitors all food and beverage fundraisers. A fundraiser-tracking document is kept on file in the main office.”*