Wellness Policy 2025 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, Elijah House Academy (EHA) presents the triennial report which includes the timeframe from August 2024 to March 2027. The Triennial Assessment indicates updates on the progress and implementation of EHA's Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the *Final Rule*.

AUTHORITY & RESPONSIBILITY DESIGNEE(S)

The Food Services Director, Director of Operations and a parent/teacher coordinator are responsible for implementing and enforcing this policy. The Athletic Director also assists in the implementation of the Wellness Policy.

The designated official for oversight is the Food Services Director, Alexandra Rehbein, (phone: (804) 755-7051, mail: 6627 Jahnke Road, Richmond, VA 23225, email: amrehbein@elijahhouseacademy.org).

ANNUAL COMMUNICATION OF WELLNESS POLICY

In addition to our policy being available on the EHA website, the policy is shared annually through the FACTS Parents/Teacher Portal and available in the school office as an electronic document downloaded via QR code or hard copy if preferred.

WELLNESS POLICY COMPLIANCE & PROGRESS

EHA 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 five years. This initial assessment will act as our baseline and be used to look at future goals and opportunities for our school.

EHA used the School Level Report Card Tool for the Triennial Assessment provided by the VDOE to assess our progress. While the assessment does not address all aspects of a student's well-being, it does align with the focus of the USDA's *Final Rule* and regulations related to the Wellness Policy.

The assessment data and other division data were used to assess the baseline progress of our Student Wellness Policy implementation. The main areas of our policy and the baseline data from the division level are provided below:

WELLNESS POLICY LANGUAGE / GOALS	***FULLY IN PLACE***	***PARTIALLY IN PLACE***	***NOT IN PLACE***

I. Nutrition Promotion & Education

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

Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.	✔		
Health education curriculum standards and	✔		

guidelines address both nutrition and physical education.			
A qualified nutrition professional participates in the review of nutrition education materials.	✔		
Families receive educational information that encourages healthful eating and physical activity.		✔	
Students and staff will receive consistent nutrition messages throughout school, classrooms, gymnasiums, and cafeteria. 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 and teachers, parents, students, and the community.		✔	

Progress Statement: Partial compliance has been achieved with regard to nutrition education, health education curriculum standards, and the review of nutrition education materials. Students receive nutrition education through their health classes and also through daily interaction with cafeteria staff who encourage and guide students in selecting well-balanced and eligible meals. These practices reinforce healthy eating behaviors that will have a positive impact on students throughout their lives. Nutrition promotion through FACTS and other communication channels that includes marketing and advertising nutritious foods and beverages can be improved.

II. Physical Activity

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

Students receive regular age-appropriate quality physical education.	✔		
Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods and the integration of physical activity into the academic curriculum where appropriate.	✔		
Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.	✔		
Students are given opportunities for before and after-school programs including supervised age-appropriate physical activities that appeal to a variety of interests..	✔		

Progress Statement: Full compliance has been achieved with regard to students receiving regular, age-appropriate, quality physical education, opportunities for physical activity during the school day, and physical education programs providing age-appropriate skill development for all students. Per state guidelines, such programs may include any combination of (i) physical education classes, (ii) extracurricular athletics, (iii) recess, or (iv) other programs and physical activities deemed appropriate by the school board.

Students are given opportunities for before and after-school programs including supervised, age-appropriate physical activities that appeal to a variety of interests. Upon investigation, it was determined that under normal EHA operating conditions, students are provided with opportunities to participate in a variety of after-school recreational activities such as field and track, soccer, basketball and cheer programs.

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:

An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.	✔		
The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.		✔	
All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.	✔		
Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.			✔

Progress Statement: All students are provided with an adequate amount of time to eat meals in the lunchroom. All students receive breakfast and lunch at no charge to the child; therefore, all children receive their meals in a non-stigmatizing manner. Communications are shared with parents intermittently and not on a regular basis to inform them of the free meals

provided to their child(ren) during regular school days, during the pandemic, and during the summer months. Regarding staff health, EHA will start sending out quarterly staff newsletters that include healthy recipes, recommendations for increasing physical activity, and tips for managing stress/maintaining overall wellness. They will also be encouraged to participate in initiatives that encourage weight loss/maintaining a healthy weight, increased physical activity, and/or self-care activities.

IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold

No food or snacks are sold on school campus, only food is available based on the regular breakfast and lunch school program.

V. Standards for All Foods and Beverages Provided, But Not Sold

EHA is committed to ensuring that all foods and beverages as part of the NSLP and SBP programs available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) are encouraged but not required to meet the USDA Smart Snacks in School nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.	✔		

Progress Statement: Full compliance is reported with this portion of our policy.

VI. Policy for Food and Beverage Marketing

All food and beverage marketing meets Smart Snacks nutrition standards.	✔		

Description of Public Updates

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 March 28, 2024.		✔	

Description of Evaluation Plan

Evaluation plan includes measuring and making available to the public, at least every three years, an assessment of the implementation of the policy and review of the triennial assessment.		✔	

Quality of Wellness Policy

EHA is compliant with USDA policies but could do more to market and advertise this program to students, parents and outside parties. Students are encouraged to start each day with a healthy breakfast. Food served to

students on campus during the day comply with USDA guidelines. Students have adequate time to eat meals. Drinking water is available to all students (free). Formal physical fitness instruction is administered at school every day, along with recess, and other recreational activities.

VII. Wellness Goals

Goals to be completed by the next triennial report (2026 - 2027):

Goal 1: The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before May 23, 2025.

Goal 2: The availability of subsidized food programs and changes to the program will be published at least once a year to reach families eligible to participate in the programs.

Goal 3. Nutrition promotion that 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 and teachers, parents, students, and the community. This kind of promotion will be stepped up through FACTS and email communication with parents.

Goal 4. The Wellness Policy will be made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy.

Goal 5. Physical activities and/or nutrition services or programs designed to benefit staff health will be communicated to them and encouraged at least once every quarter of the year.