

Wellness Policy Requirements

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Policy Leadership	Designate the position or committee responsible for Wellness Policy oversight.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Executive Director, Student Services, in coordination with Food & Nutrition Services, School Health Services, and Health, Physical Education, & Athletics oversees the Wellness Policy, with input from the School Health Advisory Board (SHAB).
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Arlington Public Schools notifies the community on the main website and on the SHAB website.
School Meals	Serve school meals that follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All menus are certified using the USDA certification tool.
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Schools are advised in the policy and policy implementation procedure to look for fundraisers that are not food related. APS is still working on further monitoring and implementing

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Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	APS provides guidance through the policy and policy implementation procedure, as well as through the APS food allergy guidelines that are available on the website.
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All A la carte foods are smart snack compliant. Item descriptions and prices are listed in Nutrislice and on the APS Food Services Homepage.
Nutrition Education	Include at least one evidence-based goal for nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	APS health and physical education programs deliver nutrition education using programs such as USDA, American Heart Association, American Cancer Society, and My Plate.
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Using VDOE's physical education SOLs Energy Balance strand and the resources listed above, students will set goals using these standards. For example, students will be able to identify healthy snacks and identify hydration choices.

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Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Using VDOE's physical education SOLs Energy Balance and Fitness Planning strands, students will set goals using these standards. For example, students will be able to participate in health-related activities.
Other Activities that Promote Student Wellness		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Students have opportunities to engage in physical activity through recess, intramural and interscholastic activities.
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The Triennial Assessment is completed every three years and posted on the Food Services Section of the website..
Public Update and Information	Specify how the public will be informed about content and implementation.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Information regarding the policy and updates are provided through School Board meetings and regular APS communications.
Compliant Fundraisers	Permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Schools are advised in the policy and policy implementation procedure to look for fundraisers that are not food related. APS is still working on further monitoring and implementing this requirement.

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	fundraisers per site per school day to be exempt from the Smart Snacks.				
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	This is a requirement at all schools.
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This the designer shall not be school nutrition personnel.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	This is a new requirement as of the policy update in May of 2024. We plan to collect this information at the start of the 2024-25 school year.

Additional Notes:

The Arlington School Board approved updates to the APS Wellness Policy in May of 2024. Newer items added are either not yet in place or partially in place.

How does your policy compare to the model policy?

Arlington Public Schools Wellness Policy is aligned with the Alliance for a Healthier Generations' model policy. It has been thoroughly reviewed by VDOE Food and Nutrition Services and found to be in compliance with the final rule.

Note progress made towards wellness goals:

Food and Nutrition services Implemented new menu item information cards using words and pictures to be used on cafeteria lines helping students to make more informed decisions about allergies, diet and cultural preferences.

