



PHILLIPS

Programs for Children and Families

VDOE - PHILLIPS Programs 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, PHILLIPS Programs presents the 2017-2020 Triennial Assessment which includes the timeframe from June 30, 2017 – April 1, 2020. The Triennial Assessment indicates updates on the progress and implementation of PHILLIPS Program'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: PHILLIPS Programs~Annandale and PHILLIPS Programs~Laurel.

Wellness Policy

The PHILLIPS Program's Wellness Policy can be found at <https://www.phillipsprograms.org/phillips-school-annandale> and <https://www.phillipsprograms.org/phillips-school-laurel> .

PHILLIPS Programs updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through newsletters, parent packets at the beginning of each school year and our websites.

School Wellness Committee

PHILLIPS Programs 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 holds at least 4 meetings per year to facilitate development of and updates to the wellness policy, and ensure the school's compliance with the 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. Updates are shared through newsletters, parent packets and our websites.

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PHILLIPS Building Futures ~ Loudoun

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PHILLIPS ~ Family Partners

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PHILLIPS Programs 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.

The PHILLIPS Wellness policy will be reviewed at a minimum of at least once every three years. The policy will be revised by the designated committee under the guidance of the Chief Operations Officer (or designee). The committee will solicit input from a variety of stakeholders to include parents and referring jurisdictions. The call for stakeholder input will be advertised on the website and will be accepted through a variety of mediums to include both written and spoken format. The Chief Operations (or designee) holds at least 4 meetings per year to facilitate development of and updates to the wellness policy, and ensure the school's compliance with the policy.

Standards and Nutrition Guidelines for all Foods and Beverages Sold or Offered

*We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.

*We follow PHILLIPS Program's policy on exempt fundraisers as outlined in our Division's Wellness Policy. To support student health and nutrition school fundraising activities will meet the portion and nutrition standard guidelines as outlined by the USDA. All fundraisers involving food will be approved by a member of the PHILLIPS wellness committee.

*The lunch served by PHILLIPS Schools adheres to nutrition guidelines outlined in the United States Department of Agriculture (USDA) standards. PHILLIPS adheres to the state and federal regulations for reimbursable meals. Nutrient and product information is available for all products served.

*We follow PHILLIPS Program's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.

*The breakfast and lunch served by PHILLIPS Schools adheres to nutrition guidelines outlined in the United States Department of Agriculture (USDA) standards. PHILLIPS adheres to the state and federal regulations for reimbursable meals. Nutrient and product information is available for all products served. Policy for Food and Beverage Marketing

Description of Public Involvement

PHILLIPS Programs 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

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.

Description of Policy Leadership

PHILLIPS Programs 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

The wellness policy will be reviewed at a minimum of at least once every three years. The policy will be revised by the designated committee under the guidance of the Chief Operations Officer (or designee) The committee will solicit input from a variety of stakeholders to include parents and referring jurisdictions. The call for stakeholder input will be advertised on the website and will be accepted through a variety of mediums to include both written and spoken format. The Chief Operations Officer (or designee) holds at least 4 meetings per year to facilitate development of and updates to the wellness policy, and ensure the school's compliance with the policy.

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. A statement in the Alliance for a Healthier Generation website: "support a culture of health within a school community by establishing practices and procedures that make the healthy choice the easy choice for students, staff, and families." PHILLIPS strives to encourage and educate students and staff to support a healthy culture. Families of our students are often encouraged to implement their own healthy practices at home.

PHILLIPS follows the 5 steps to refresh a wellness policy that are outlined on the site of Alliance for a Healthier Generation. (Review, compare to Well SAT 3.0, Alliance's 10 point checklist, etc.)

Progress towards Goals

PHILLIPS Programs recognizes the importance of health and wellbeing on students' academic and future success. We have created structures and initiatives to ensure we are supporting the WHOLE child.

Progress towards Nutrition Promotion and Education Goals:

Nutrition Goal for SY 2020-2022: Classrooms will be fully compliant with fundraising and/or classroom "stores" with only healthy items (meeting Smart Snacks in Schools Nutrition Standards) or non-food items during school hours. Nutrition Goal for SY 2020-2022: PHILLIPS Food Program will host at least three food-tasting opportunities per year to gain feedback on food choices offered as part of the school breakfast and lunch programs. Given Life Skills curriculum, PHILLIPS will offer special activities and resources weekly to assist in teaching students about a positive, healthy lifestyle.

The breakfast and lunch served by PHILLIPS Schools adheres to nutrition guidelines outlined in the United States Department of Agriculture (USDA) standards. PHILLIPS adheres to the state and federal regulations for reimbursable meals. Nutrient and product information is available for all products served.

Nutrition Promotion- PHILLIPS has a club for a school garden – students prepare garden beds, maintain growth of vegetables and herbs, sell their products to staff to fund future supplies.

Nutrition Education - PHILLIPS offers students Life Skills classes ,Culinary cooking classes, And Health Education

Progress towards Physical Activity Goal:

All PHILLIPS students will be encouraged to participate in physical activity weekly. They will be exposed to structured games and sports as well as a variety of activities they may be able to replicate in their home or community.

PHILLIPS students will participate in at least two 15-minute breaks daily where they have the opportunity and are encouraged to engage in some sort of movement. These breaks will be taken outside of the classroom (weather permitting) where there is enough physical space to facilitate the movement for each student.

PHILLIPS will consult with their occupational therapy staff to identify self-regulation goals and activities to support students who need support in modulating their sensitivity to sensory stimuli in the surrounding environment.

Physical Activity Goal for SY 2020-2022: Once per year, PHILLIPS Students will be given an opportunity to participate in a school wide fitness event that promotes movement for a healthier lifestyle.

Progress towards other School-Based Wellness Activity Goals

PHILLIPS Schools engage students in a variety of school-wide ancillary activities designed to expose the students to information related to healthy living such as fitness fairs and gardening activities. PHILLIPS will host a special event each quarter that will educate and promote a healthy lifestyle.

PHILLIPS Schools value socio-emotional well-being as a component of Health Education and Life Skills. The curriculum focuses on developing and promoting positive social skills to help children improve their socio-emotional well-being.

Wellness Activity Goal for SY 2020-2022: PHILLIPS

Programs will coordinate a group of students and staff to serve as a Wellness committee, who will meet at least 4 times a year, to focus on promoting nutrition education and wellness throughout the school.