



### STUDENTS

#### Welfare

#### Student Wellness

- I. Purpose: Timber Ridge School recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in students.
- II. Goals:
  - A. General:
    1. To promote awareness of wellness issues in relation to weight management and exercise.
    2. To examine school related wellness issues in order for Timber Ridge to serve as a model for wellness.
    3. To promote a school wide awareness program that focuses on healthy diet and healthy activities.
    4. To form partnerships with parents and community groups to promote a healthy lifestyle.
  - B. Nutrition Education:
    1. Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
    2. Nutrition education is offered in the school cafeteria as well as the classroom, with coordination between the foodservice staff and other school personnel.
  - C. Physical activity:
    1. Students are given opportunities for physical activity during the school day through physical education (PE) classes, and the integration of physical activity into the academic curriculum where appropriate.
    2. Students are given opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
    3. Timber Ridge Staff 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 during home community visits.
    4. Timber Ridge School provides training to enable staff to promote enjoyable, lifelong physical activity among students.



# TIMBER RIDGE SCHOOL

## Policies, Regulations, and Notices

Regulation No. 2110

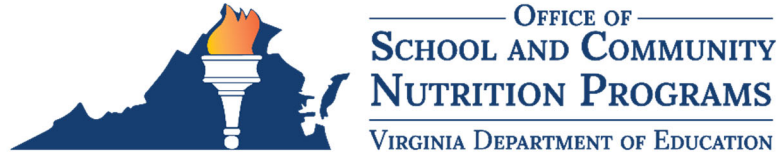
Student Wellness

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5. Timber Ridge Staff in general, and Residential Staff in particular, promote, monitor and model a healthy diet, healthy activities, and a healthy life style for students in their care.
- D. Other school-based activities
1. An adequate amount of time is allowed for students to eat meals in adequate dining facilities.
  2. Water is available at all times and encouraged at meals.
  3. Environmentally friendly practices such as the use of local grown and seasonal foods, school gardens, and nondisposable tableware have been considered and implemented where appropriate.
  4. Food and Beverage fundraisers are not permitted during the school day.
  5. Food and beverages are not sold outside of meal times during the school day.
  6. Food and beverages provided, no sold, including at celebrations, given as rewards, or classroom snacks, are to be Smart Snack compliant. Refer to USDA Smart Snack guidelines at <https://www.fns.usda.gov/tn/guide-smart-snacks-school> .
- E. Nutritional Guidelines:
1. Nutritional standards for all meals meet or exceed the federal standards in place.
  2. The nutritional content of foods and beverages for all parties / activities and events are considered.
  3. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity are in place.
  4. No outside products are marketed to students during the school day.
- F. Committee and Reviews:
1. Triennially, *Well Sat: 3.00* (Well School Assessment Tool) will be used to evaluate the regulation.
  2. A committee will review the assessment and regulation.
  3. The committee will include: CEO, CFO, Director of Education, Director of Residential and Director of UC program.
  4. Fundraisers will be monitored and tracked by committee.

Triennial wellness policy assessment is available by contacting [info@trscool.org](mailto:info@trscool.org).

Date Issued: September 2005  
Date of Last Review: July 1, 2024  
Reference: USDA



# Local School Wellness Policy: Triennial Assessment Tool 2024

School Division:

Leary Educational Foundation

Wellness Policy Contact Name and Email:

Robbie Marchant [marchant@trscool.org](mailto:marchant@trscool.org)

Wellness Policy can be found at:

Provided to student's legal guardian at enrollment.

Triennial Assessment can be found at:

Provided to student's legal guardian at enrollment.

Every three years the divisions must conduct an assessment of the Local School Wellness Policy and make it available to the public. That assessment must address:

- compliance with the division Local School Wellness Policy,
- how the policy compares to the model Wellness Policy, and
- progress made in attaining the goals of the Wellness Policy.

Please visit the [Virginia Department of Education, Office of School and Community Nutrition Programs \(VDOE-SCNP\) website](#) for all tools and resources to help you complete your Triennial Assessment.

When finalized, please forward this Triennial Assessment or a link to its location to Katy Harbin, Nutrition and Wellness Specialist, at [Katy.Harbin@doe.virginia.gov](mailto:Katy.Harbin@doe.virginia.gov).

## 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"/>	
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	We are a private school and only parents or legal guardians can participate in school related activities.
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"/>	
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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"/>	

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
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"/>	Click or tap here to enter text.
Nutrition Education	Include at least one evidence-based goal for nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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"/>	
Other Activities that Promote Student Wellness	Include at least one evidence-based goal for other activities that promote student wellness.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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"/>	Parent and legal guardians will be advised on updates and information through email communication.
Compliant Fundraisers	Permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored fundraisers per site per school day to be exempt from the Smart Snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	