

# Charles City County Public Schools

## Wellness Policy

2017-2020 Triennial Assessment



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#### **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, Charles City County Public Schools presents the 2017-2020 Triennial Assessment which includes the timeframe from July 1, 2017 through June 30, 2020. The Triennial Assessment indicates updates on the progress and implementation of Charles City County Public School'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 Charles City Elementary and Charles City High School.

#### **Wellness Policy**

In addition to the policy being available on our CCPS website under BoardDocs, the Charles City County Public School Wellness Policy can be found at [https://www.schoolnutritionandfitness.com/schools/1559084149175/wellness/Student\\_Wellness\\_Policy.pdf](https://www.schoolnutritionandfitness.com/schools/1559084149175/wellness/Student_Wellness_Policy.pdf). Charles City County Public Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the website above.

#### **School Wellness Committee**

Charles City County Public Schools 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 meets at least annually for periodic review and update of the Wellness Policy. The 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. The division will use electronic mechanisms, such as email or displaying notices on the division's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

## Wellness Policy Compliance

Charles City County Public School must assess 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 Charles City County Public Schools Student Wellness Policy includes all the identified regulations outlined in the **Healthy, Hunger Free Kids Act of 2010** as well as important division level expectations for our schools. This policy can be found on the CCPS website under School Board Policies. The Student Wellness Policy has been through multiple revisions over the past few years. Revisions were triggered by the introduction of the Healthy, Hunger Free Kids Act of 2010 *Proposed Rule, Final Rule*, and state regulation changes.

*Use the charts below to assess whether requirements are being met. Indicate that requirements are met by adding a checkmark to the “Met” column. If requirements are not met at all schools, indicate which schools are out of compliance in the “Not Met” column.*

### Standards and Nutrition Guidelines for all Foods and Beverages Sold (Question IV on VDOE School Level Report Card)

Standard/Guideline	Met	Not Met
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	✓	
We have implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: a la carte offerings, items in school stores, and items in vending machines.	✓	
We follow Charles City County Public School’s policy on exempt fundraisers as outlined in our Division’s Wellness Policy. <b><i>This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.</i></b> Only foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.	✓	

**Standards and Nutrition Guidelines for all Foods and Beverages Sold  
(Question V on VDOE School Level Report Card)**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
We follow Charles City County Public School's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	✓	

**Policy for Food and Beverage Marketing  
(Question VI on VDOE School Level Report Card)**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
All food and beverage marketing meets Smart Snacks standards.	✓	
All foods offered on the school campus will meet the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal but shall not exceed more than one exemption per class.	✓	

**Description of Public Involvement**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Charles City County Public Schools permits participation by the 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**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
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**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Charles City County Public Schools 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**

Standard/Guideline	Met	Not Met
The Supervisor of Operations will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the policy, including indicators that will be used to measure its success.	✓	

**Quality of Wellness Policy**

Thoroughly reviewed by USDA Food and Nutrition Service, the Alliance for a Healthier Generation’s model policy template follows the requirements set forth in the final rule.

The Alliance for a Healthier Generation’s Model Wellness Policy Template was used in the development of Charles City County Public School’s Wellness Policy. To promote healthy eating habits, a list of Smart Snacks from the Alliance for a Healthier Generation was compiled and distributed to the school administrators. We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks). In addition, we provide a list of nonfood ideas and healthy food/beverage alternatives to both staff and parents/guardians as recommended by the Alliance for a Healthier Generation’s Model Policy.

**Progress towards Goals**

Charles City County Public Schools continues to achieve full compliance with all state and federal wellness regulations, as well as surpassing many of them. Student wellness opportunities during the school day have increased. Last year, both the elementary and high schools received additional funding for breakfast served utilizing a grab and go model to increase school breakfast participation. In addition, a new food service website was developed to disseminate the benefits of Smart Snacks and healthy living to parents and community members.

**Progress towards Nutrition Promotion and Education Goals  
(Question I on VDOE School Level Report Card)**

Description	Met	Not Met
The Charles City County Public Schools aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.	✓	

Description	Met	Not Met
Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The Division will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.	✓	

**Progress towards Physical Activity Goals  
(Question II on VDOE School Level Report Card)**

Description	Met	Not Met
Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.	✓	
Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be required or withheld as punishment for any reason.	✓	
All elementary schools will offer at least 20 minutes of recess on all or most days during the year.	✓	

**Progress towards other School-Based Wellness Activity Goals  
(Question III on VDOE School Level Report Card)**

Description	Met	Not Met
<p>The Division will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The Division will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.</p>	✓	
<p>The Division will continue relationships with its community partners, including the Virginia Extension Agency, in support of this wellness policy's implementation</p>	✓	
<p>The Division will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion</p>	✓	
<p>The Division promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.</p>	✓	
<p>When feasible, the Division will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.</p>	✓	