# Attachment D

# Superintendent’s Memo #275-19

# November 22, 2019

CHARLOTTE COUNTY PUBLIC SCHOOLS

# **Charlotte County Seal**

## 2018-2021 Triennial Assessment

# **Charlotte County Public Schools**

# Wellness Policy

# 2018-2021 Triennial Assessment

## **Overview & Purpose**

In accordance with the [Final Rule](https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary_finalrule.pdf) of the Federal Healthy, Hunger Free Kids Act of 2010 and the [Virginia Administrative Code:](https://law.lis.virginia.gov/admincode/title8/agency20/chapter740/) 8VAC20-740*,* Charlotte County Public Schools (CCPS)presents the 2017-2020 Triennial Assessment which includes the first triennial report. The Triennial Assessment indicates updates on the progress and implementation of Charlotte 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: Bacon District Elementary School, Eureka Elementary School, Phenix Elementary School, Central Middle School and Randolph-Henry High School.

## **Wellness Policy**

The Charlotte County Public School’s Wellness Policy can be found on the division website [www.ccpsk12.org](http://www.ccpsk12.org) under school board policies or a hard copy is available at each school. CCPS updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the preceding avenues.

Original Adoption: September 9, 2008

Current Policy Adoption: August 13, 2013

Dates of Revision:

* May 9, 2017
* January 9, 2018
* August 14, 2018
* May 11, 2021

**School Wellness Committee**

Charlotte 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 CCPS wellness committee includes the Director of Student Services, Elementary Data Coach and Federal programs coordinator, Director of Nutritional Services, School Nurse Coordinator, Physical Education Liaison and Lead Middle School Teacher, Elementary Principal, Middle School Principal, High School Assistant Principal and Athletic Director, School Board member(s) and student and parent representatives. The Wellness Policy committee meets at least one time per year for periodic review and update of the Wellness 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.

## **Wellness Policy Compliance**

Charlotte County Public Schools 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 assessment data in addition to other division data was used to assess baseline progress of our Student Wellness Policy implementation. The main areas of our policy and the baseline data collected from each school using the VDOE report card is provided below.

**Standards and Nutrition Guidelines for all Foods and Beverages Sold**

|  |  |  |
| --- | --- | --- |
| **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. | X |  |
| 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. | X |  |
| We follow CCPS’s policy on exempt fundraisers, allowing up to 30 school-sponsored fundraisers per school year, as outlined in our Division’s Wellness Policy. | X |  |

**Standards and Nutrition Guidelines for all Foods and Beverages Sold**

**(Question V on VDOE School Level Report Card)**

|  |  |  |
| --- | --- | --- |
| **Standard/Guideline** | **Met** | **Not Met** |
| We follow Charlotte County Public School’s policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy. | X |  |

**Policy for Food and Beverage Marketing**

**(Question VI on VDOE School Level Report Card)**

|  |  |  |
| --- | --- | --- |
| **Standard/Guideline** | **Met** | **Not Met** |
| All food and beverage marketing meets Smart Snacks standards. |  | x  4 out of 5 |

**Description of Public Involvement**

|  |  |  |
| --- | --- | --- |
| **Standard/Guideline** | **Met** | **Not Met** |
| Charlotte County Public Schools 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. | X |  |

**Description of Public Updates**

|  |  |  |
| --- | --- | --- |
| **Standard/Guideline** | **Met** | **Not Met** |
| 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. | X |  |
| The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2021. | X |  |

**Description of Policy Leadership**

|  |  |  |
| --- | --- | --- |
| **Standard/Guideline** | **Met** | **Not Met** |
| **Charlotte 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. | X |  |

**Description of Evaluation Plan**

|  |  |  |
| --- | --- | --- |
| **Standard/Guideline** | **Met** | **Not Met** |
| At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:   * The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; * The extent to which the District’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and * A description of the progress made in attaining the goals of the District’s wellness policy.   The position/person responsible for managing the triennial assessment and contact information is  Director of Student Services  434-542-5151  The DWC, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy.  The schools will actively notify households/families of the availability of the triennial progress report. **Revising and Updating the Policy** The DWC will update or modify the wellness policy based on the results of the school health assessment and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.** | Fully in Place |  |

## **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.

“III. Nutrition of the District Policy” is different from the Model Policy. However, “III. Nutrition of the District Policy” has been vetted by the Virginia Department of Education as being compliant.

-Celebrations & Rewards: Found within III. Nutrition: Encouraging parents to support the division’s nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional parties.

-Competitive Food & Beverages: CCPS sets a limit to the number of school-sponsored fundraisers per school year during which food that does not meet the nutrition guidelines for competitive foods may be available for sale to students. These fundraisers are tracked and monitored by the school principal.

-Active Transportation language found within the model policy is not practical for rural Charlotte County, Virginia.

Due to the small nature of our school system, we do not have a subcommittee for staff wellness. Schools develop engagement activities to meet the needs of their staff.

## **Progress towards Goals**

To address partially in place nutrition education goals and messaging goals, nutrition education will be offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers. In addition, schools will link nutrition education activities with the coordinated school health program. Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors through those programs and through the division health education curriculum standards and guidelines address both nutrition and physical education.

Implementation of a nutritious salad for lunch is now providing options for our students and staff. In addition, efforts are made to encourage students to eat fruit and vegetables. One example of our participation is in the Crunch Heard Round the Commonwealth. This year through the division we have provided a free breakfast and free lunch to all students each day. To-go meals have also been prepped and distributed for students to take home over the weekends. These meals are healthy and well-liked by students. To increase access to the food Randolph-Henry High School set up grab and go meal stations in various areas on campus so that more students will eat the cafeteria food. In addition, the high school also makes daily announcements encouraging students to come down and eat breakfast. The secondary culinary arts teacher has made plans to collaborate more with the agriculture and the heath occupations teacher to increase instruction on farm to table practices and heathy eating for the next school year. Throughout the year the Randolph-Henry staff have participated in "Walk it out Wednesdays" where everyone is encouraged to get outside and take a walk after school. At the elementary level, several schools are limited in their opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

**Progress towards Nutrition Promotion and Education Goals**

**(Question I on VDOE School Level Report Card)**

|  |  |  |
| --- | --- | --- |
| **Description** | **Met** | **Not Met** |
| Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. | Fully in Place |  |
| Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers. |  | Partially in Place  2 out 5 |
| Students receive consistent nutrition messages from all aspects of the school program. |  | Partially in Place  4 out 5 |
| Division health education curriculum standards and guidelines address both nutrition and physical education. | Fully in Place |  |
| Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts). | Fully in Place |  |
| Schools link nutrition education activities with the coordinated school health program. |  | Partially in Place  2 out of 5 |
| Staff who provide nutrition education have appropriate training. |  | Partially in Place  3 out of 5 |
| The level of student participation in the school breakfast and school lunch programs is appropriate. | Fully in Place  X |  |

**Progress towards Physical Activity Goals**

**(Question II on VDOE School Level Report Card)**

|  |  |  |
| --- | --- | --- |
| **Description** | **Met** | **Not Met** |
| The Charlotte County school division has a goal of making a program of physical fitness available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities, and other programs and physical activities. | Fully in Place |  |
| Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate. | Fully in Place |  |
| Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. |  | Partially in Place  3 out of 5 |
| 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. |  | Partially in Place  3 out of 5 |
| Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students. |  | Partially in Place  2 out of 5 |

**Progress towards other School-Based Wellness Activity Goals**

**(Question III on VDOE School Level Report Card)**

|  |  |  |
| --- | --- | --- |
| **Description** | **Met** | **Not Met** |
| An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities. | Fully in Place |  |
| All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner. | Fully in Place |  |
| Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and nondisposable tableware have been considered and implemented where appropriate. |  | Partially in Place  2 out of 5 |
| Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented. |  | Partially in Place  3 out of 5 |