

Rappahannock County Public Schools

Wellness Policy

2020-2023 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, Rappahannock County Public Schools presents the 2020-2023 Triennial Assessment, which includes the timeframe from May 1, 2020 - April 30, 2023. The Triennial Assessment indicates updates on the progress and implementation of RCPS' Wellness Policy and wellness initiatives. It provides the required documentation of actions, steps, and information outlined in the Final Rule. The school(s) included in this Triennial Assessment are Rappahannock County Elementary School and Rappahannock County High School.

Wellness Policy

The Rappahannock County Public Schools Student Wellness Policy (JHCF) can be found at <https://www.rappahannockschools.us/schoolboard>. Rappahannock County Public Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the district website. Updates are available to the public at <https://www.rappahannockschools.us/schoolboard>.

School Wellness Committee

Rappahannock County Public Schools established a Wellness Policy leadership of one or more school officials with the authority and responsibility to ensure each school complies with the Wellness Policy. The Wellness Policy committee meets at least once annually for periodic review and updates 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, representatives of the School Food Authority, teachers, school health professionals, and the School Board and school administrators. The district prompts opportunities to participate in the Wellness Policy process through parent and stakeholder communication, including newsletters, public announcements, and social media posts.

Wellness Policy Compliance

Rappahannock County Public Schools 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 Director of Food Services is responsible for implementing and enforcing this policy.

**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 Rappahannock County Public School’s exempt fundraiser policy outlined in our Division’s Wellness Policy.	✓	

**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 Rappahannock County Public Schools’ 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)**

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	✓	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Rappahannock County Public Schools permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, School Food Authority representatives, physical education teachers, school	✓	

Standard/Guideline	Met	Not Met
health professionals, the School Board, and school administrators.		

Description of Public Updates

Standard/Guideline	Met	Not Met
The Wellness Policy is made available to the public annually, at minimum. This includes any updates to and about the Wellness Policy.	✓	
The Triennial Assessment, including progress toward meeting the policy goals, will be made available to the public on or before June 30, 2021.		✓

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Rappahannock County Public Schools established a Wellness Policy leadership of one or more Local Education Agency (LEA) 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 local Wellness Policy is revised to address changing regulations as needed and fully evaluated every three years as required.	✓	

Quality of Wellness Policy

In January of 2023, the RCPS Wellness Policy was reviewed for compliance during the Federal Program Administrative Review (FPAR) of the School and Child Nutrition Programs. Upon completion, it was suggested Rappahannock County Public Schools Wellness policy be updated to reflect one of each evidence-based goal for nutrition education and promotion, physical activity, and other school-based wellness activities.

Furthermore, Rappahannock County Public Schools Wellness policy is in review to include required language addressing the exemption of Smart Snack Standards during 30

school-sponsored fundraisers and appointing an individual to ensure fundraiser compliance. Language should include that fundraisers may not be conducted during school meal service times.

Additional training needed for staff to promote lifelong physical activity among students was identified upon completion of the VDOE school-level report card triennial assessment tool. The Wellness Policy is in review to incorporate future evidence-based nutrition education and promotion goals to include: Teachers and other staff will receive nutrition and physical activity education training. The district will ensure the promotion of healthy food and beverage choices through school announcements, newsletters, and website postings.

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

The Wellness Policy aligns with the Alliance for a Healthier Generation’s model policy.

Progress towards Goals

Rappahannock County Public Schools’ comprehensive plan emphasizes providing services that promote students, staff, and the community's academic, physical, mental, and emotional well-being as measured by overall participation in wellness activities and programs. Commit to be Fit, a grant-funded Rappahannock County Public Schools school-based wellness program, aligns its goals with the Rappahannock County Public Schools Comprehensive Plan to create a healthier culture in three key areas: cafeteria, classroom, and the community. Realizing that academic performance strongly correlates to healthy minds and bodies, wellness, and healthy lifestyles has become an integral part of RCPS culture.

**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.	✓	
Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts)	✓	
Schools link nutrition education activities with the coordinated school health program.	✓	

Description	Met	Not Met
The level of student participation in the school breakfast and school lunch programs is appropriate.	✓	
Staff who provide nutrition education have appropriate training.	✓	
Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the food service staff and other school personnel, including teachers.	✓	
Division health education curriculum standards and guidelines address nutrition and physical education.	✓	
Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students, and the community.	✓	

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

Description	Met	Not Met
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.	✓	
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.	✓	
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.	✓	

Description	Met	Not Met
Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.		✓

**Progress toward 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.	✓	
All children who participate in subsidized food programs are able to obtain food in a not-stigmatizing manner.	✓	
The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.	✓	
Environmentally-friendly practices such as using locally grown and seasonal foods, school gardens, and nondisposable tableware have been considered and implemented where appropriate.	✓	
Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.	✓	