



Local School Wellness Policy: Triennial Assessment Tool 2026

School Division:

Rappahannock County Public Schools

Wellness Policy Contact Name and Email:

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Wellness Policy can be found at:

<https://www.rappahannockschools.us/schoolboard>

Triennial Assessment can be found at:

<https://www.rappahannockschools.us/nutrition>

Every three years divisions must assess 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.

How does your policy compare to the model policy?

The assessment demonstrates that RCPS continues to strengthen implementation of wellness practices that align with the Alliance for a Healthier Generation Model Wellness Policy, particularly in the areas of nutrition education, nutrition promotion, physical activity, and school-based wellness activities. The division's wellness policy is substantially aligned with the model policy and supports a comprehensive approach to student health and wellness. RCPS will continue to monitor implementation, address areas for growth, and promote wellness initiatives that support the well-being and academic success of all students.

Note progress made towards wellness goals:

The RCPS Wellness Policy was reviewed and compared to the Alliance for a Healthier Generation Model Wellness Policy. The School Health Advisory Committee (SHAC) evaluates implementation of the wellness policy using the RCPS SHAC Scorecard for Student Wellness Goals, adapted from the CDC School Health Index. Each wellness indicator is rated as Fully in Place (3), Partially in Place (2), Under Development (1), or Not in Place (0).

Overall, there was an increase in wellness implementation scores at both Rappahannock County Elementary School (RCES) and Rappahannock County High School (RCHS), reflecting continued progress toward meeting RCPS wellness goals.

Nutrition Promotion and Education scores increased from 60% to 73% at RCES and from 57% to 66% at RCHS. Physical Activity scores increased from 87% to 93% at RCES and from 67% to 73% at RCHS. Other School-Based Activities remained at 100% implementation at both schools.

Areas identified for continued growth and improvement will remain priorities for implementation. At both RCES and RCHS, efforts will focus on increasing coordination of nutrition education between classroom instruction and cafeteria programs, further integrating nutrition concepts into health education and core academic subjects, and expanding staff professional development related to nutrition and physical activity. At RCHS, additional focus will be placed on strengthening connections between nutrition education activities and the coordinated school health program and increasing opportunities for classroom physical activity and brain breaks throughout the school day. RCPS will continue to address these areas to strengthen wellness policy implementation and alignment with the Alliance for a Healthier Generation Model Wellness Policy.

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"/>	Click or tap here to enter text.
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
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"/>	Click or tap here to enter text.
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"/>	Click or tap here to enter text.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Wellness policy includes a recommendation that smart snacks guidelines are followed when considering foods for celebrations, given as awards, or classroom snacks.
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"/>	New exploratory classes are offered with for grades K-3 and 6 th and 7 th that focus on garden-based learning and frequent taste-testing.
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	RCPS Division Health and Wellness Newsletters are shared monthly with families.
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"/>	New Active Learning in Outdoor Spaces classes (K-3) provide additional movement opportunities in the school gardens and nature.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
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"/>	Push-ins (PreK-12) are offered to promote nutrition, physical activity, mindfulness, and other wellness activities.
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
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"/>	Click or tap here to enter text.
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 year to be exempt from the Smart Snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
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"/>	Click or tap here to enter text.