



FOOD & NUTRITION SERVICES
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Rockingham County Schools Wellness Policy Assessment of Progress Spring 2017

Rockingham County Public Schools has a Student Wellness Policy (JZP) that can be found on the division web site and on the Food & Nutrition Service home page. This policy is intended to encourage students and staff to participate in healthy activities and lifestyles in order to maintain healthy bodies. The policy has four primary sections and the intent of this summary is to describe the success and compliance of these respective sections of the policy:

Nutrition Promotion and Education:

Students are exposed to consistent nutrition messages in the schools through: posters, bulletin boards, menus, and one-on-one contact with food and nutrition service (FNS) personnel. Elementary parents receive recommended snack information, information is on the FNS home page, and positive nutrition messages in the school handbook. School principals completed a survey (SPS) and claimed that their school was “good-excellent” in compliance in this area. Many teachers try to incorporate sound nutritional practices into class instruction. Observations by district Food & Nutrition director support this analysis.

Nutrition Standards:

The standards outlined in the FNS section of the policy are a combination of local policy and regulations from USDA. These criteria describe the items available to students from the FNS department. The FNS dept. meets these standards. The other component of this section of the JZP policy pertains to foods and beverages that may be available to students from outside the FNS department. Teachers are informed about the division desire to refrain from using food as a reward in the classroom, but the actual occurrence of this is unknown. The SPS indicated that 30% of principals responding felt that this was “very infrequent” in their school, while 60% admitted that it happened “occasionally”. Vending machines or candy sales are not available to students during the school day according to 90% of the principal responders. The FNS director concurs that compliance is generally good in these areas (while still room for improvement). Group parties and other eating events are normally restricted to times after lunch is served.

Related School-Based Activities That Promote Wellness:

Students are encouraged to practice hand washing before meals, and are provided adequate time to eat. Students have access to “free” water in each of the school dining locations and are encouraged to remain hydrated. A school nurse is available on each campus. Compliance to JZP policy is excellent in this area.

Physical Activity:

Students in grades Pre-K to 8 are involved in regular physical education activities and many teachers incorporate physical activity into the academic curriculum. Of the principals responding to the JZP compliance survey, 80% felt that PE or recess is not withheld frequently as a disciplinary measure, while 20% indicated that it is “occasionally” observed in their school. Observations of the FNS director concur with this assessment. This leaves some room for improvement, but it is recognized that teachers have responsibility for student discipline and have limited options. The remaining elements of the physical activity portion of the JZP policy are observed. Before and after school activities are available for students.