



## Prince George County Public Schools

### Wellness Policy

#### 2017-2021 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, Prince George County Public Schools presents the 2017-2020 Triennial Assessment which includes the timeframe from July 1, 2017- June 30, 2021. The Triennial Assessment indicates updates on the progress and implementation of Prince George 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 Beazley Elementary, Harrison Elementary, North Elementary, South Elementary, Walton Elementary, JEJ Moore Middle School, Clements Jr. High School and Prince George High School.

#### Wellness Policy

The Prince George County Public Schools Wellness Policy can be found at <http://www.schoolnutritionandfitness.com/index.php?sid=1464113827674>. Prince George County Public Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the website listed below:

<http://www.schoolnutritionandfitness.com/index.php?sid=1464113827674>.

#### Date of Revisions:

Officially Adopted	Revisions Proposed	Type
4.3.2006		Policy was first adopted

8.11.2008		Officially Adopted
8.12.2013	7.2.2013	Administratively
6.29.2017	5.162017	Administratively/VSBA/3.16.17
7.20.2018	7.16.18	Administratively/VBSA 5.22.18
NONE	5.21.19	VBSA
6.5.2020	5.11.20	Administratively/VSBA 1.8.20
*TBD	6.9.21	Administratively/VBSA 5.27.20
7.14.21		Information will be brought to School Board.

Current Policy – Awaiting School Board Approval 7.14 2021.

### **School Wellness Committee**

Prince George 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 4 times 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. Prince George County Public Schools uses our schools website, social media, flyers, newsletters and our Royal Messenger to keep families updated on our wellness policy and how they can be involved.

### **Wellness Policy Compliance**

Prince George 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.

Prince George County Public Schools are in compliance with USDA and Virginia required Wellness Policy regulations. Prince George County Public School’s has followed all regulations outlined in the Healthy, Hunger Free Kids Act of 2010

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

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
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 Prince George County Public School’s policy on exempt fundraisers as outlined in our Division’s Wellness Policy. PGCPs will not exceed 30 exempt school-sponsored fundraisers per school year.	X	

**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 Prince George County Public Schools policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy.	X	
Prince George County Public Schools suggests foods offered on the school campus meet or exceed the USDA-FNS Smart Snack rule including those provided at celebrations or classroom snacks by staff or family members.	X	

**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.	X	

**Description of Public Involvement**

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

<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.	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, 2020.	X	

### **Description of Policy Leadership**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Prince George County Public Schools has 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**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
Prince George County Public Schools will evaluate compliance with the Wellness Policy at least once every three years. The wellness coordinator at each school will complete the VDOE School Level Report Card and submit to the wellness policy designee to analyze the findings and develop the triennial assessment.	X	

## 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.

Prince George County Public Schools used the recommendations from the VSBA and the VDOE-SNP Wellness Policy Toolkit to update our wellness policy. PGCPs scored our wellness policy using WellSAT -1 and our Overall District Policy Score was an 89 in Total Comprehensiveness and an 84 in Total Strength. We also completed School Level Report Cards at all eight schools.

## Progress towards Goals

Prince George County Public Schools complied with all federal and state regulations. We are currently in a worldwide pandemic and feeding all children enrolled in our schools, (in person and virtually) and all children 0-18 free breakfasts and lunches under SFSP.

Using the VDOE-SNP Wellness Policy Toolkit, we scored high on all areas except Nutrition Promotion and Education. Many of the practices suggested we comply with were not obtainable or applicable during the Pandemic. We had all eight of our schools opened during the pandemic with over 50% of students enrolled in person September 2020 – January 2021 and up to 70% in person in February 2021-June 2021. We utilized every available space in our schools including our gyms to socially distance our students. Our goal going forward is to get our children back to normal and start implementing many of the goals mentioned that we could not meet these past 15 months. We would like to increase parent involvement and start promoting local farms and educating our students of the nutritious foods that come from our community farms.

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

Description	Met	Not Met
Prince George County Public Schools will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education <a href="#">Health Standards of Learning (SOLs)</a>	X	
Prince George County Public School’s will integrate nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year.	X	
The cafeteria environment will reinforce nutrition education provided in the classroom.	X	

Description	Met	Not Met
Nutrition education is provided to families on a monthly basis via the Food & Nutrition newsletter which is located on our webpage next to our menus. This newsletter promotes healthy eating practices outside of school.	X	

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

Description	Met	Not Met
Prince George County Public Schools will provide every student with physical education that exceeds the expectations of the VDOE <u>Physical Education SOLs</u> and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life.	X	
A program of physical activity is available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year.	X	
A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the school year.	X	
All physical education classes in Prince George County Public Schools are taught by licensed teachers endorsed to teach physical education. All physical education teachers will be required to participate in professional development at least once per year.	X	

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

Description	Met	Not Met
Prince George County Public Schools will provide health promotion communication to parents and caregivers, families, and the general community on the benefits of and approaches to healthy eating and physical activity throughout the school year.	X	
Families will be informed, invited to participate in school-sponsored activities, and will receive information about health promotion efforts. These promotion efforts include at least one of the following: Fall Health Fair, school – sponsored fun run for students and families, and a monthly newsletter published on our Food & Nutrition page.	X	
Schools will have appropriate hand-washing facilities and/or sanitizing mechanisms located just inside and/or outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.	X	

**[Optional: Attach the results of the VDOE School Level Report Card or other assessment tool used.]**

## Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

# Policy Name: Triennial Assessment of Wellness Policy

## Section 1. Nutrition Education

Rating

<b>NE1</b>	Includes goals for nutrition education that are designed to promote student wellness.	<b>2</b>
<b>NE2</b>	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	<b>1</b>
<b>NE3</b>	All elementary school students receive sequential and comprehensive nutrition education.	<b>2</b>
<b>NE4</b>	All middle school students receive sequential and comprehensive nutrition education.	<b>2</b>
<b>NE5</b>	All high school students receive sequential and comprehensive nutrition education.	<b>2</b>
<b>NE6</b>	Nutrition education is integrated into other subjects beyond health education	<b>2</b>
<b>NE7</b>	Links nutrition education with the school food environment.	<b>2</b>
<b>NE8</b>	Nutrition education addresses agriculture and the food system.	<b>1</b>
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>75</b>



## Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

<b>SM1</b>	Assures compliance with USDA nutrition standards for reimbursable school meals.	<b>2</b>
<b>SM2</b>	Addresses access to the USDA School Breakfast Program.	<b>2</b>
<b>SM3</b>	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	<b>2</b>
<b>SM4</b>	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	<b>2</b>
<b>SM5</b>	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	<b>2</b>
<b>SM6</b>	Specifies strategies to increase participation in school meal programs.	<b>2</b>
<b>SM7</b>	Addresses the amount of "seat time" students have to eat school meals.	<b>2</b>
<b>SM8</b>	Free drinking water is available during meals.	<b>2</b>
<b>SM9</b>	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	<b>2</b>
<b>SM10</b>	Addresses purchasing local foods for the school meals program.	<b>2</b>
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	<b>100</b>

### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages <b>sold</b> to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	Regulates food and beverages sold in a la carte.	2
NS4	Regulates food and beverages sold in vending machines.	2
NS5	Regulates food and beverages sold in school stores.	2
NS6	Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS9	Regulates food and beverages <b>served</b> at class parties and other school celebrations in elementary schools.	1
NS10	Addresses nutrition standards for all foods and beverages <b>served</b> to students <b>after</b> the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages <b>sold</b> to students <b>after</b> the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	2

<b>NS13</b>	Addresses availability of free drinking water throughout the school day.	<b>2</b>
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>92</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	<b>85</b>

## **Section 4. Physical Education and Physical Activity** **Rating**

<b>PEPA1</b>	There is a written physical education curriculum for grades K-12.	<b>2</b>
<b>PEPA2</b>	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	<b>2</b>
<b>PEPA3</b>	Physical education promotes a physically active lifestyle.	<b>2</b>
<b>PEPA4</b>	Addresses time per week of physical education instruction for all elementary school students.	<b>2</b>
<b>PEPA5</b>	Addresses time per week of physical education instruction for all middle school students.	<b>2</b>
<b>PEPA6</b>	Addresses time per week of physical education instruction for all high school students.	<b>2</b>
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.	<b>2</b>
<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.	<b>2</b>
<b>PEPA9</b>	Addresses physical education exemption requirements for all students.	<b>2</b>

<b>PEPA10</b>	Addresses physical education substitution for all students.	<b>2</b>
<b>PEPA11</b>	Addresses family and community engagement in physical activity opportunities at all schools.	<b>2</b>
<b>PEPA12</b>	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	<b>0</b>
<b>PEPA13</b>	Addresses recess for all elementary school students.	<b>2</b>
<b>PEPA14</b>	Addresses physical activity breaks during school.	<b>0</b>
<b>PEPA15</b>	Joint or shared-use agreements for physical activity participation at all schools.	<b>0</b>
<b>PEPA16</b>	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	<b>0</b>
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>75</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	<b>75</b>

**Section 5. Wellness Promotion and Marketing**

**Rating**

<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.	<b>0</b>
<b>WPM2</b>	Addresses strategies to support employee wellness.	<b>0</b>
<b>WPM3</b>	Addresses using physical activity as a reward.	<b>2</b>
<b>WPM4</b>	Addresses physical activity not being used as a punishment.	<b>0</b>

<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.	<b>0</b>
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.	<b>2</b>
<b>WPM7</b>	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	<b>2</b>
<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	<b>2</b>
<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	<b>2</b>
<b>WPM10</b>	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	<b>2</b>
<b>WPM11</b>	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	<b>2</b>
<b>WPM12</b>	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	<b>2</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>67</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	<b>67</b>

## Section 6. Implementation, Evaluation & Communication

Rating

<b>IEC1</b>	Addresses the establishment of an ongoing district wellness committee.	<b>2</b>
<b>IEC2</b>	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	<b>2</b>
<b>IEC3</b>	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	<b>2</b>
<b>IEC4</b>	Addresses making the wellness policy available to the public.	<b>2</b>
<b>IEC5</b>	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	<b>2</b>
<b>IEC6</b>	Triennial assessment results will be made available to the public and will include:	<b>2</b>
<b>IEC7</b>	Addresses a plan for updating policy based on results of the triennial assessment.	<b>2</b>
<b>IEC8</b>	Addresses the establishment of an ongoing school building level wellness committee.	<b>2</b>
<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>100</b>

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>89</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>84</b>