

Radford City Public Schools

Wellness Policy Triennial Assessment 2017-2021



OVERVIEW & PURPOSE

In accordance with the *Final Rule* of the federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: Title 8. Education, Agency 20. State Board of Education, Chapter 740 *Final Rule*, Radford City Public Schools (RCPS) presents the first triennial assessment. The triennial assessment outlines updates on the progress and implementation of our wellness policy and wellness initiatives in RCPS and provides the required documentation of actions, steps, and information as outlined in the *Final Rule*. A Wellness Policy was established in accordance with the National School Lunch Program and/or School Breakfast Program. Below is a written policy that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and provided on the school campus during the school day are consistent with minimum federal and state standards.

AUTHORITY & RESPONSIBILITY DESIGNEE(S)

Responsibility of creating a culture of well-being and supporting the *whole child* is shared among all students, parents, staff, departments, schools, and leaders within Radford City. However, the *Final Rule* requires specific designee(s) identified to help lead the oversight, implementation, and progress assessments of the wellness policy and its requirements. Broad oversight of the policy in Radford City is provided by the Radford City School Board with direct responsibilities overseen by the Superintendent. Additionally, the District Nurses, Health & Physical Education Curriculum Representative, and the Department Heads of the School Nutrition Department are critical persons in the guidance and implementation of the wellness policy.

WELLNESS POLICY

The Radford City Public Schools Student Wellness Policy includes all the identified regulations outlined in the **Healthy, Hunger Free Kids Act of 2010** as well as important division level expectations for our schools. The **policy** can be found on the [RCPS website](#) under School Board Policies.

- Date Issued: March 9, 2006
- Revisions Approved: December 9, 2014 and July 13, 2017
- Current Policy - Approved July 2, 2019
- Pending Approval - August 2021 School Board Meeting

PUBLIC INVOLVEMENT: WELLNESS POLICY UPDATES PROCESS

Our Wellness Committee involves a strong group of experts in various areas of health and wellbeing, and important internal leaders and stakeholders. Because of the group's focus and authority as a guiding/advisory body for the School Board, the overall process of policy updating and revisions is maintained by this body. However, we felt that there were viewpoints and individuals that were underrepresented. The virtual Wellness Committee meetings will be open meetings and are publicly shared with the community via zoom meetings and RCPS website as well.

A new Wellness Committee is now being formed for the 2021-2022 School which will include internal and external stakeholders that are interested in participating to review and update the current policy. We have 16 individuals that will be invited to participate in the upcoming August/September 2021 meeting. Participants will be asked to review the current policy and overview of new regulations (*Final Rule Summary*) beforehand. The accumulated information will be reviewed and prioritized, then updates will be made according to group recommendations and consensus as well as mandatory changes prompted by the *Final Rule*. The updated policy will be approved by the board August 2021 and again if needed once the new committee meets. As mentioned above, the most updated and current policy can be found on the RCPS website and at rcpsschoolnutrition.com

PUBLIC INVOLVEMENT: ANNUAL COMMUNICATION OF WELLNESS POLICY

In addition to the policy being available on our RCPS website under **BoardDocs**, the policy will also be shared in our **2021-2022 Parent and Student Handbook**. A new **student wellness page** is being considered to be created once the student wellness policy is approved by the school board in the coming 2021-2022 school year that will provide a wealth of information, resources, initiatives and a link to our wellness policy.

SCHOOL WELLNESS COUNCILS & SCHOOL WELLNESS ACTION PLANS

The school district is being charged with creating a school wellness committee (SWC) under the leadership of the individual school's administration and the identified school wellness representatives. The goal is for the division to have a SWC by the end of 2021-2022 school year. The committee will act as the school leadership group around student and staff wellness.

School councils vary in size and membership, however, the ideal council consists of an administrator, grade level teachers, physical education teacher, nurse, other staff (i.e. counselors,

nutrition staff, instructional assistants, coaches, etc.) and student and PSA representation. Councils are charged with helping to create goals for an annual **School Wellness Action Plans (SWAP)**. Plans are approved by the administration and the school board and will be shared with the school staff and community. Goals will be created by the division so that forward movement is made based on the individual needs of students. Goals will also be aligned with our wellness policy and best practices in school wellness.

WELLNESS POLICY PROGRESS ASSESSMENT

As part of the requirements outlined in the *Final Rule*, RCPS conducted the first wellness policy progress assessment for all of our 4 school sites (2 elementary schools, 1 middle school, 1 high school). This initial assessment will act as our baseline and will be used to look at future goals and opportunities for our schools individually and collectively as a school division.

Radford City Public Schools will be using the *Healthy Schools Assessment* provided by the Alliance for a Healthier Generation. The eight module assessment has been developed utilizing the Centers for Disease Control and Prevention's School Health Index (SHI) and best practices for healthy schools. The Alliance for a Healthier Generation was founded by the American Heart Association and the William J. Clinton Foundation and works to reduce childhood obesity and to empower kids to develop lifelong, healthy habits.

While the assessment does not include all aspects of a student's well-being, it does align well with the focus of the USDA's *Final Rule* and regulations related to the wellness policy. The eight modules included in the assessment are:

1. School Health and Safety Policies & Environment*
2. Health Education*
3. Physical Education and other Physical Activity*
4. Nutrition Services*
5. Health Services
6. Counseling, Psychological & and other Social Services
7. Health Promotion for Staff*
8. Family and Community Engagement*

*Required module of the Healthy School Assessment

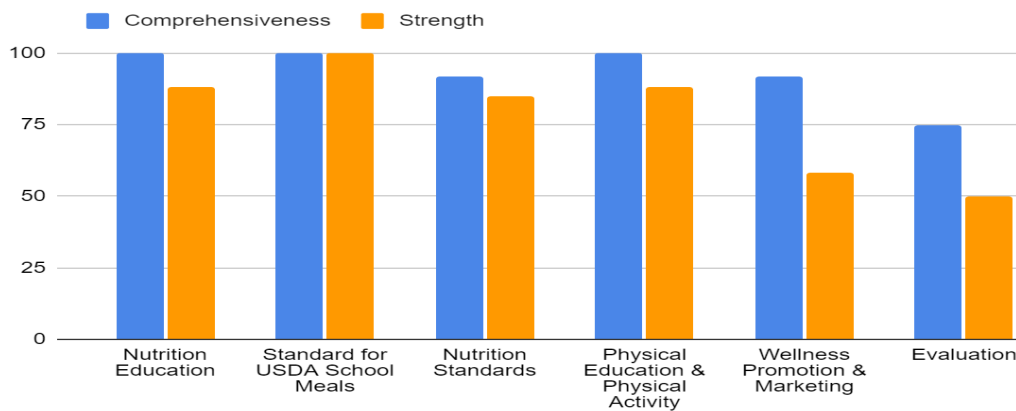
School wellness champions and the school wellness councils will lead the completion of the *Healthy School Assessment* for their respective school. All 4 schools completed the assessment during the 2020-2021 school year. A **division level report** was generated by the Alliance for a Healthier Generation and the WellSAT 3.0 assessment tool.

While there is an action plan component on the Alliance for a Healthier Generation portal, our RCPS schools are not currently using this tool to capture their wellness goals/action plans. The action plans on the portal act as opportunities and possible goals that they can utilize as they complete their annual School Wellness Action Plans.

WELLNESS SCHOOL TRIENNIAL ASSESSMENT - WELLSAT 3

Radford City Public Schools Triennial Assessment is conducted every three years. The assessment covers the 2017-2021 school year.

District Scorecard WellSAT 3.0



PROGRESS ASSESSMENT FOR IMPLEMENTATION

The assessment data in addition to other division data will be used to assess baseline progress of our Student Wellness Policy implementation. The main areas of our policy and the baseline data from the division level (based on 4 schools when applicable) are provided below. Please note that the policy encourages additional healthy practices that are not indicated below. Additionally, our policy may not align exactly to the questions within the *Healthy School Assessment*.

Nutrition Service and Food and Beverages

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
All schools participate in the National School Lunch and breakfast program	FULLY IN PLACE	
Free, safe, unflavored drinking water is available to all students throughout the school day.	FULLY IN PLACE	

All food sold outside of the reimbursable school meals, including a la carte items and vending options by Nutrition Services meet the USDA Smart Snacks in Schools nutrition standards.	FULLY IN PLACE	
All food and beverages outside of the reimbursable school meal programs that are sold to students on the school campus during the school day must meet or exceed the USDA Smart Snacks nutritional standards.	FULLY IN PLACE	
Encourage food and beverages that are offered during the school day meet the USDA Smart Snacks nutritional standards.	FULLY IN PLACE	
Nutrition Standards are provided to the community within the nutrition policy (Policy 7020- Sale of Food Items on School Premises).	FULLY IN PLACE	

Nutrition Education

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Nutrition education essential topics are taught by health and physical education teachers (secondary) and physical education teachers (elementary).	FULLY IN PLACE	
Health, wellness, and nutrition information, including menus and nutritional information will be posted on the division's website.	FULLY IN PLACE	
Applications for free and reduced priced meals will be made available at the beginning of each year and will be available on the division's website and upon request.	FULLY IN PLACE	
Will host periodical food-tasting opportunities to gain feedback on food choices offered as part of the school breakfast and lunch programs.	FULLY IN PLACE	
Food and beverage fundraisers <i>during</i> the school day must meet the Smart Snacks standards.	FULLY IN PLACE	
Advertising and marketing of food and beverages are permitted only if those	FULLY IN PLACE	

items maintain the nutritional standards of Smart Snacks in Schools.		
Encourage healthy and non-food choices for celebrations, treats, and rewards.	FULLY IN PLACE	

Nutrition Education and Physical Activity

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Promotes and offers opportunities for physical activity in a variety of ways including: before/after school programs, athletics, intramurals, brain boosters/breaks and active lessons/kinesthetic learning in the classroom.	FULLY IN PLACE	
Promotes active transport including walking and biking (where such activities can be conducted in a safe manner).	FULLY IN PLACE	
Recess is provided for at least 20 minutes (including transition time) most days during the school year (elementary only).	FULLY IN PLACE	
Prohibits taking away recess as a means of punishment for an individual or whole class (if make-up work is necessary only ½ of recess time can be used for the make-up session).	FULLY IN PLACE	
Physical activity should not be imposed as a consequence for misbehavior.	FULLY IN PLACE	
Physical education will use age-appropriate, sequential curriculum consistent with national and state standards.	FULLY IN PLACE	
Provide a program of physical activity for elementary students consisting of at least 30 minutes each day of physical activity - or an average of 150 minutes per week.	FULLY IN PLACE	
Strive for at least 150 minutes of physical activity per week on average during the	FULLY IN PLACE	

regular school year for secondary students (middle and high).		
Evidence-based essential topics on physical activity will be included in the health education curriculum.	FULLY IN PLACE	

Community Engagement

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
When practicable, schools' indoor/outdoor facilities are available to students, families, community and other organizations.	FULLY IN PLACE	
Actively seek community involvement for updating and maintaining the wellness policy.	FULLY IN PLACE	
Annual notification to families/community on the basic information of the policy.	FULLY IN PLACE	
Conducting and producing a triennial report (every three years).	FULLY IN PLACE	

Other Wellness Components

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
All schools will have school wellness councils.	FULLY IN PLACE	
Schools will create an annual School Wellness Action Plan.	FULLY IN PLACE	

DIVISION WELLNESS GOALS

Radford City Public Schools recognizes the importance of health and wellbeing on students' academic and future success. We have created structures and initiatives to ensure we are supporting the *whole child*.

The main goals are indicated below in the chart.

GOALS	PROGRESS
Recess will be provided for at least 30 minutes (including transition	In Compliance

times) most days during the school year (elementary schools only)	
RCPS will actively seek community involvement for updating and maintaining the wellness policy.	RCPS is in the planning stage of forming a District Wellness Committee and conducting District Wellness Meetings
RCPS will annually notify families and the community on the basic information in the policy by putting the policy on our school website under BoardDocs, in our parent and student handbook, as well as putting it on our student wellness page.	Notification will be sent out through school messenger, social media, district website, and the school nutrition web page.
Every school will host periodical food-tasting opportunities to gain feedback on food choices offered as part of the school breakfast and lunch programs.	Yes, food tasting will be held periodically during the 2021-2022 school year for K - 12th grades.
RCPS will strive to bring back pre-COVID programs that positively attribute to students' health and wellness (Ex: Walking and biking Clubs)	Walking and biking clubs hopefully will return once the COVID restrictions have been lifted at the elementary level.

Future goals will help to establish a framework and foundation to implement the updated wellness policy. Division and individual school goals around wellness will continue to adapt as we move forward with the implementation of the wellness policy. Additionally, 2021 - 2022 will begin the implementation of our new upcoming strategic plan.

GOALS FOR NEXT 3 YEARS (2021 - 2024)

RCPS will be committed to the goals outlined above that have not been fully executed. Additionally, division goals have been created based on the identified opportunities of the progress assessment completed during the 2020 - 2021 school year and the requirements outlined in the federal regulations. All schools will continue to have their own individual goals as well and will be captured in their School Wellness Action Plans.

Goals to be completed by the next triennial report (2021 - 2022):

1. 100% of schools will increase community involvement by annually disseminating our Student Wellness Policy via our school website under BoardDocs and School Nutrition Webpage, in our parent and student handbook, and on our student wellness page.
2. RCPS will have periodical food-tasting in 100% of our schools.

QUALITY OF OUR RCPS WELLNESS POLICY

To fulfill the federal requirement of assessing the quality of the wellness policy under the *Final Rule*, we used the WellSAT 3.0 tool, which measures the quality of written wellness policies including content comprehensiveness and strength of the policy language as it relates to the requirements under the Healthy, Hunger Free Kids Act of 2010. Please note, that there may be common practices in RCPS that are not indicated in the policy. This assessment only recognizes items explicitly indicated in the policy and does not take into account common practices that aren't identified or described in the policy.

OTHER WELLNESS INITIATIVES, RECOGNITIONS & SUCCESSES

Our division and schools will be leading the way on creating a healthy school culture and environment and supporting our students' health and well-being. There are too many great programs, partnerships, and highlights across our city to recognize within this report, however, here are a few successes to mention.

HIGHLIGHTS 2020 - 2021

- Formed a partnership with our local Radford Daily Bread that provides shelf stable foods accessible to the adults in the school districts households.
- Formed a partnership with the Bobcats Backpack Program that provides shelf stable ready to eat foods for the weekends for all Radford City Public School students upon request.
- Over 100,000 breakfasts, lunches, and afterschool snacks were served during the 2020-2021 pandemic school year.

PREPARATION OF THIS REPORT & ADDITIONAL INFORMATION

This report will be shared with our new District Wellness Committee as well as the School Nutrition Program Department.