# Roanoke City Public Schools

# Wellness Policy

# 2018-2021 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*,* Roanoke City Public Schoolspresents the 2018-2021 Triennial Assessment which includes the timeframe from 2018-2021. The Triennial Assessment indicates updates on the progress and implementation of Roanoke City Public Schools’ 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:

|  |
| --- |
|  Breckinridge Middle School |
|  Crystal Spring Elementary School |
|  Fairview Elementary School |
|  Fallon Park Elementary School |
|  Fishburn Park Elementary School |
|  Forest Park |
|  Garden City Elementary School |
|  Grandin Court Elementary School |
|  Highland Park Elementary School |
|  Hurt Park Elementary School |
|  James Madison Middle School |
|  John P. Fishwick Middle School |
|  Lincoln Terrace Elementary School |
|  Lucy Addison Middle School |
|  Monterey Elementary School |
|  Morningside Elementary School |
|  Noel C. Taylor |
|  Patrick Henry High School |
|  Preston Park Elementary School |
|  Roanoke Academy for Math and Science Elementary |
|  Round Hill Elementary School |
|  Virginia Heights Elementary School |
|  Wasena Elementary School |
|  Westside Elementary School |
|  William Fleming High School |
|  Woodrow Wilson Middle School |

**Wellness Policy**

The Roanoke City Public Schools Wellness Policy (Students-JHCF) can be found under Board Docs at [**https://go.boarddocs.com/vsba/roacps/Board.nsf/vpublic?open#**](https://go.boarddocs.com/vsba/roacps/Board.nsf/vpublic?open)**.** Roanoke City Public Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the Division website**.**

## **School Wellness Committee**

The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators and the general public to participate in the development, implementation and periodic review and update of this policy by participating in the School Health Advisory Board. The Superintendent's designee is responsible for implementing and enforcing this policy through quarterly reports of the School Health Advisory Board. The public is informed about the content and implementation of the policy in the Division's Parent Handbook.

## **Wellness Policy Compliance**

Roanoke City Public Schools must conduct an assessment of 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.

**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. | Yes  |  |
| We have implemented Smart Snacks nutrition standards for items sold during school hours including a la carte offerings.  |  Yes |  |
| We follow Roanoke City Public School’s policy on exempt fundraisers as outlined in our Division’s Wellness Policy.  |  Yes |  |

**Standards and Nutrition Guidelines for all Foods and Beverages Provided, but not Sold**

**(Question V on VDOE School Level Report Card)**

| **Standard/Guideline** | **Met** | **Not Met** |
| --- | --- | --- |
| We follow policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy as adopted May 9, 2017.  | Yes |  |

**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. | Yes |  |

**Description of Public Involvement**

| **Standard/Guideline** | **Met** | **Not Met** |
| --- | --- | --- |
| Roanoke City 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. | Yes |  |

**Description of Public Updates**

| **Standard/Guideline** | **Met** | **Not Met** |
| --- | --- | --- |
| 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. | Yes |  |
| The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2021. | Yes |  |

**Description of Policy Leadership**

| **Standard/Guideline** | **Met** | **Not Met** |
| --- | --- | --- |
| The Superintendent’s designee has the authority and responsibility to ensure each school complies with the policy. | Yes |  |

**Description of Evaluation Plan**

| **Standard/Guideline** | **Met** | **Not Met** |
| --- | --- | --- |
| RCPS has evaluated the extent to which The Wellness Policy compares to model school wellness policies | Yes |  |

## **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. Roanoke City Public School’s Wellness Policy addresses nutrition education, physical activity, nutrition standards and guidelines, and implementation of the policy.

## **Progress towards Goals**

Vegetarian choices were offered daily. Local produce was procured when seasonally available.

**Progress towards Nutrition Promotion and Education Goals**

**(Question I on VDOE School Level Report Card)**

| **Description** | **Met** | **Not Met** |
| --- | --- | --- |
| Integrate nutrition into the health education or core curricula | Yes |  |

**Progress towards Physical Activity Goals**

**(Question II on VDOE School Level Report Card)**

| **Description** | **Met** | **Not Met** |
| --- | --- | --- |
| Support at least 20 minutes of supervised recess, preferably outdoors, for all elementary school students during which students are encouraged to participate in moderate to vigorous physical activity, verbally, and through the provision of space and equipment. | Yes |  |

**Progress towards other School-Based Wellness Activity Goals**

**(Question III on VDOE School Level Report Card)**

| **Description** | **Met** | **Not Met** |
| --- | --- | --- |
| Offer a variety of fresh fruits and vegetables and, when seasonally available, support Farm to School efforts. | Yes |  |
| Provide a variety of entrée choices, including vegetarian, to insure a well-rounded menu is offered. | Yes |  |

Policy as adopted May 9, 2017 doesn’t address food items sold in school stores, items in vending machines, or provided but not sold.