

Rockbridge County

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](#), **Rockbridge County** presents the 2017-2020 Triennial Assessment which includes the timeframe from **2017-2021**. The Triennial Assessment indicates updates on the progress and implementation of **Rockbridge County'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:

Rockbridge County High, Maury River Middle, Central Elementary, Fairfield Elementary, Mountain View Elementary, Natural Bridge Elementary.

Wellness Policy

The **Rockbridge County** Wellness Policy can be found at www.rockbridge.k12.va.us, under **school board policies**. **Rockbridge County** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through school notifications and announcements.

School Wellness Committee

Rockbridge County 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 **annually** 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. **School notifications and announcements are made to public for updated information.**

Matt Crossman, Director of School Services

Wellness Policy Compliance

Rockbridge County 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.

Rockbridge County is in compliance with all USDA and Virginia required Wellness Policy regulations.

**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.	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 Rockbridge County 's policy on exempt fundraisers as outlined in our Division's Wellness Policy.	x	

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

Standard/Guideline	Met	Not Met
We follow Rockbridge County 's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	x	

**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.	x	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Rockbridge County 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

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.	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, 2021.	x	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Rockbridge County 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

Standard/Guideline	Met	Not Met
Evaluation plan includes measuring and making available to the public, at least every three years, an assessment of the implementation of the policy and review of 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.

Rockbridge County is compliant with USDA policies but could do more to market and advertise on the school campuses for foods and beverages that meet Smart Snacks.

Progress towards Goals

All schools have improved on their Wellness Policy goals since the last triennial. Students are encouraged to start each day with a healthy breakfast. Food sold to students on campus during the day comply with USDA guidelines. Students will have adequate time to eat meals. Drinking water is available to all students (free). Formal physical fitness instruction is administered at each school site.

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

Description	Met	Not Met
Students will have adequate time to eat meals. Plans will include efforts to reduce waiting time in serving lines.	x	

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

Description	Met	Not Met
Formal physical fitness instruction and evaluation of programs will be administered by the physical education teacher(s). Classroom teacher(s) will provide active	x	

Description	Met	Not Met
opportunities during the instructional day for movement, brain breaks, and active play.		

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

Description	Met	Not Met
Staff will have adequate training on wellness programs, health and food programs that impact adults and children.	x	

Rockbridge County High school met 6/6 goals.

Maury River Middle school met 6/6 goals.

Central Elementary school met 6/6 goals.

Fairfield Elementary school met 6/6 goals.

Mountain View Elementary school met 6/6 goals.

Natural Bridge Elementary school met 6/6 goals.