

Henrico County Public Schools

Wellness Policy

2017-2020 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, Henrico County Public Schools (HCPS) presents the first triennial report. The Triennial Assessment indicates updates on the progress and implementation of HCPS'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 include 37 schools (25 elementary, 7 middle and 5 high).

Wellness Policy

The HCPS Wellness Policy can be found at <https://webapps.henrico.k12.va.us/policy/chapter.asp>. HCPS updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the HCPS website and <https://schools.mealviewer.com/>.

School Wellness Committee

HCPS 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 three times each school 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. The school community is made aware of their ability to participate by our school health advisory board.

Wellness Policy Compliance

HCPS 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.

HCPS distributed the first wellness policy progress assessment to all elementary, middle, and high schools within the district. Results from the 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.

**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 ALL items sold during school hours, including: a la carte offerings, items in school stores, and items in vending machines.		PARTIALLY IN PLACE 84.2%
School fundraising activities should promote healthy themes and avoidance of non-nutritional food items.		PARTIALLY IN PLACE 89.5%

**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
Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives): Rewards offered during school hours are encouraged to be non-food items.		PARTIALLY IN PLACE 92%

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
HCPS 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
HCPS 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.	YES	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
The attached wellness assessment tool will be completed by each school's wellness policy champion. Results will be reported back to School Nutrition, shared with SHAB and reported on the HCPS website.		PARTIALLY MET – WILL SHARE WITH SHAB IN 2021-2022 SCHOOL YEAR

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.

HCPS's wellness policy is quite similar to the Alliance for a Healthier Generation's Model Wellness Policy because both policies are committed to the students and opportunities available to achieve a healthy, positive, active and safe learning environment at every level and setting throughout the school year. Access to healthy meals, water and snacks that meet Federal guidelines are outlined in both wellness policies. In addition, opportunities to be physically active and having community involvement and support is also included in both wellness policies. HCPS has a wellness committee as described in the model wellness policy made up of school nutrition, health services, mental health, physical education, health department, parent, faculty and student professionals. Also, like the model policy, HCPS's school board reviews and approves updates to the HCPS wellness policy as needed. We will be working on designating school wellness champions at each school site to assess progress towards wellness goals.

Progress towards Goals

HCPS schools strive to achieve nutrition and physical activity goals to give our students the strength and resources to succeed.

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

Description	Met	Not Met
Schools will compete in the Governor's Physical Activity and Nutrition (GPAN) Scorecard (K-12) or the School Health Index (SHI).		PARTIALLY MET 26.3%
Nutrition information and resources are available in each school.	YES	
School staff teach age-appropriate nutrition education and health information in grades K-10.		PARTIALLY MET 98.4%

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

Description	Met	Not Met
Our school has a 70% or higher pass rate for the Virginia wellness-related fitness test.		PARTIALLY MET 92.1%

Description	Met	Not Met
Our students contain knowledge and understanding of healthy BMI (as established by CDC pediatric recommendations) ranges.		PARTIALLY MET 92.1%
Elementary students (K-5) participate in physical activity/education at least 150 minutes per week, which includes 40 minutes of physical education per week and 30 minutes of daily recess.		PARTIALLY MET 94.7%
Middle and High school students (6-10) participate in physical activity/education at least 225 minutes per week and are offered a variety of athletic and non-athletic physical activity choices.		PARTIALLY MET 97.3%
Students use pedometers, heart rate monitors and/or pulse sticks during physical education to provide students with cardiovascular assessment and monitoring.		PARTIALLY MET 71%

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

Description	Met	Not Met
Water consumption is encouraged throughout the day to encourage hydration.	YES	
Outside foods are strongly discouraged from being brought into the school building.		PARTIALLY MET 92.1%
Students create wellness portfolios in secondary schools where required by SOLs and HCPS health and physical education curriculum maps.		PARTIALLY MET 91.2%