



OFFICE OF
**SCHOOL AND COMMUNITY
NUTRITION PROGRAMS**
VIRGINIA DEPARTMENT OF EDUCATION



Local School Wellness Policy *2024-2027*



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Leadership

The Coordinator of Safety and Compliance, with support from the School Health Advisory Board (SHAB), shall implement and ensure compliance with the Local School Wellness Policy (Wellness Policy) by leading the review, update, and evaluation of the policy.

Public Involvement

The division invited a diverse group of stakeholders to participate in the SHAB committee and thus the development, implementation, and periodic review of the Wellness Policy. The public has been notified of opportunities to participate through social media posts and the messaging platform used by CCPS, but CCPS has been inconsistent with this messaging. Our goal is to consistently publicize each quarterly SHAB meeting to get increased parent/community input. During the last three school years, the following participated in SHAB meetings:

- Classroom teachers
- Physical education teachers
- School nutrition services representatives
- School nurses
- Community members
- Medical/Healthcare professionals
- Parents

In the future, CCPS will invite school administrators, school board members, students, and local farmers. Individuals from some of these categories have been invited in the past, but they have either declined participation or did not attend meetings.

School Health Advisory Board

Caroline County Public Schools convenes a representative School Health Advisory Board (SHAB) that meets at least four times per year to establish goals for and oversee school health policies and programs. This board assists with the development, implementation, and periodic review of the CCPS Wellness Policy. The SHAB includes representatives from each school and attempts to reflect the diversity of the community to the greatest extent possible. Refer to **Appendix A** for a list of participants of the SHAB.

Each school building will designate the school nurse as the wellness policy coordinator who will monitor compliance with the policy and establish a school wellness committee that convenes to review school-level issues in accordance with the division-wide SHAB on an annual basis. Refer to **Appendix B** for a list of school-level wellness policy coordinators.

School Meals

All schools within CCPS participate in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option, and Non-congregate Feeding for Rural Counties program. All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at [7CFR210.10](#) and [7CFR220.8](#).

CCPS is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals feature minimally processed and scratch-cooked foods from local sources to the greatest extent possible. The meals served meet the nutrition needs of students within their calorie requirements and are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Meal patterns and nutrition standards align with the nutrition recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, visit the [USDA-FNS Child Nutrition Programs website](#).

All CCPS schools provide breakfast through at least one alternative breakfast service model in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student. In doing so, CCPS offers Grab-and-Go Breakfast, through which students pick up breakfast meals as they arrive at school and eat in their classroom. Meals are available in the cafeteria for pick-up. Food items are packaged as a unit to assure a reimbursable meal is received and to make this model convenient and appealing to students.

CCPS participates in the Community Eligibility Program (CEP), which is division-wide. Therefore, applications for free and reduced-price meals are no longer issued since all students participate in the CEP program.

Students are allowed adequate meal times counting from the time they have received their meal and are seated. Adequate meal times include at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

CCPS accommodates students with special dietary needs and follows the USDA regulations outlined in [SP 59-2016](#) to make reasonable modifications to accommodate children with disabilities. This includes providing special meals, at no extra charge, to children with a disability that restricts their diet.

All school nutrition program directors, managers, and staff meet hiring and annual continuing education and training requirements as outlined in the [USDA Professional Standards for Child Nutrition Professionals website](#).

CCPS recognizes water as an essential nutrient and encourages students, staff, teachers, and administrators to model positive hydration behaviors. CCPS complies with the [USDA regulation eCFR210.10](#) that requires free, potable water be provided in the cafeteria during breakfast and

lunch, which does not replace milk but is an additional beverage available to students. Easy access to clean, safe, and good-tasting water is accessible to students and staff during and after the school day via water fountains and refill stations that are regularly maintained. Students are allowed to carry water bottles throughout the school day filled only with water.

Foods Sold Outside of the School Meal Programs (Smart Snacks)

CCPS is committed to ensuring that all foods and beverages available to students on the school campus both during and after the school day support healthy eating. All foods and beverages sold outside of the school meal programs shall meet the standards established in the [USDA-FNS Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#). These standards will apply in all locations and to all services where foods and beverages are sold, including a la carte options in cafeterias and vending machines. Though healthy snacks are provided after school, this does not include concessions at athletics events.

The USDA's [Tools for Schools: Focusing on Smart Snacks website](#) provides resources to assist schools, parents, and teachers with identifying food items that meet the USDA-FNS Smart Snacks criteria and ways to encourage children to make healthier snack choices. CCPS also provides the Smart Snack Calculator on its website.

Foods Provided, Not Sold

Celebrating success or events with poor nutritional quality foods can lead to unhealthy eating habits that can continue into adulthood. The division encourages foods offered on the school campus meet or exceed the USDA-FNS Smart Snacks rule, including those provided at celebrations or classroom snacks by staff or family members; however, snacks offered by parents are not required to meet this recommendation. In addition, some schools offer rewards such as an ice cream party or Kona Ice. Compliant products are available through the CCPS Nutrition Services department, and the Supervisor of Nutrition Services can be contacted for more information.

Foods and beverages are not withheld as punishment for any reason such as performance or behavior.

Refer to **Appendix C** for a list of healthy celebration and snack ideas that meet the USDA-FNS Smart Snacks rule. The division will provide this list to parents, teachers, and students annually in the student handbook, school newsletter, or via the school messaging platform.

Food and Beverage Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA-FNS Smart Snacks rule. Marketing will promote healthy food and beverage choices.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product. Marketing on the school campus includes, but is not limited to:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- Displays, such as on vending machine exteriors;
- Brands, logos, or trademarks on school equipment, such as marquees, message boards, scoreboards, or backboards;
- Advertisements in school publications or school mailings;
- Fundraisers.

Immediate replacement of large items is not required; however, CCPS will update equipment to be in compliance with food and beverage marketing standards outlined in this policy as items are replaced.

School-Sponsored Fundraisers

Schools are permitted to allow no more than 30 school-sponsored fundraisers per school during the school day to be exempt from the USDA-FNS Smart Snacks rule in accordance with [Virginia Code 8VAC20-740](#). However, such fundraisers are rare and occur far less than the 30 that are allowed.

Any fundraiser that sells food or beverages, whether the items meet the USDA-FNS Smart Snacks rule or are exempt, may not be conducted during meal service times. This includes from 7:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the non-profit nutrition program account.

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the limit on exempt school-sponsored fundraisers. The fundraiser designees for CCPS are the school principals.

Nutrition Education

CCPS provides nutrition education and engages in nutrition promotion that includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens.

Academic coordinators and teachers shall work with the school meal program to develop school gardens, hydroponic gardens, or use the cafeteria as a learning lab.

CCPS integrates the Farm-to-School program into the school food program to facilitate the nutritional and educational goals of the school district, and it assists with micro-farms through the agriculture departments at the middle and high school.

Nutrition Promotion

CCPS staff integrates Farm-to-School experiential activities such as gardening and farm visits/tours into existing curricula at all grade levels.

Nutrition education is provided to families on a quarterly basis via the school newsletter to promote healthy eating practices outside of school.

CCPS will promote positive nutrition habits in the cafeteria and throughout the school environment. Schools may participate in nutrition promotion through farm-to-school activities such as:

- Special events revolving around agriculture or farming;
- An active hydroponic garden is operated at every school;
- A local agricultural farmer visits our school each school year;
- Students take field trips to local agricultural farms.

Physical Education/Physical Activity

CCPS provides every student with physical education that exceeds the expectations of the VDOE [Physical Education SOLs](#) 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. A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 30 minutes per day or an average of 100 minutes per week during the school year. All elementary schools offer at least 30 minutes of recess on all days during the school year. Outdoor recess will be offered when weather allows for outdoor play. In the event that CCPS must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students. Each school will maintain and enforce its own indoor recess guidelines. Recess will not be withheld for disciplinary or instructional reasons such as testing or unfinished homework. Physical activity may not be withheld as punishment.

A program of physical activity is available to all students in grades 6 through 12, with a goal of at least 150 minutes per week on average during the school year.

All students will be provided an equal opportunity to participate in physical education classes. CCPS makes appropriate accommodations to allow for equitable participation for all students and adapts physical education classes and equipment as necessary.

All physical education classes in CCPS 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.

CCPS recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Teachers are encouraged to provide short physical activity breaks to students during and between classroom times or transitions. Schools are encouraged to provide one physical activity break for every 60 minutes of instruction. Extended periods of inactivity (periods of two hours or more) are discouraged.

All schools within CCPS offer opportunities for students to participate in physical activity before and/or after the school day through a variety of methods. Physical activity clubs and intramural or varsity sports are offered at each school throughout the school year. Information on how to get involved is distributed on the school website, through school monthly newsletters, or via the mass messaging platform.

Other Activities that Promote Student Wellness

CCPS will seek to provide school climates that support social and emotional well-being and promote positive relationships among students, staff, parents, and community members. Using the [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#), schools will provide students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Schools will seek to identify students who may have mental health concerns, challenges, and/or traumatic experiences to provide parents and students with referrals to appropriate mental health providers in the school and community. Schools will develop curricula and implement trainings for staff, students, and parents on recognizing the signs of mental illness and emotional distress and strategies for addressing their needs.

CCPS will provide health promotion communication to parents and guardians, families, and the general community on the benefits of and approaches to healthy eating and physical activity throughout the school year. Families will be informed, invited to participate in school-sponsored activities, and will receive information about health promotion efforts. These health promotion efforts include the following:

- Fall mental health workshop for students;
- Health and wellness activities/workshops for staff;
- School-sponsored color runs for students;
- Division-sponsored 5K/fun run for students and families.

Schools have appropriate hand-sanitizing mechanisms located just inside the cafeteria to promote proper hygiene prior to eating.

Schools provide the health screenings of students by the school nurses for vision, hearing, scoliosis, speech, voice, language, and gross and fine motor skills based on state guidelines and requirements and according to CCPS protocol. Screenings are conducted at the beginning of each school year before the 45th day of school with the assistance of an outside agency.

Staff members are encouraged to model healthy eating behaviors for students, and staff members in every school are offered opportunities to participate in free or low-cost wellness programs.

Triennial Assessment

CCPS will evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which each school is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy.

The position/person responsible for managing the triennial assessment and contact information is: Jeff Wick, Coordinator of Safety and Compliance, jwick@ccps.us.

The school nurse at each school will complete the VDOE School Level Report Card. The results of the report card will be submitted to the wellness policy designee to analyze the findings and develop the triennial assessment. The wellness policy designee will actively notify the community of the results of the triennial assessment by posting on the division website and social media account. The results of the triennial assessment, as well as the latest national and state recommendations pertaining to school health, will be referenced to update the goals and language in the CCPS Wellness Policy.

Public Update and Information

Each school year the division will actively inform families and the public about the content of and any updates to the Wellness Policy through the school website, School Board meetings, and/or social media posts.

The Wellness Policy and any updates can be found at <https://www.ccps.us/nutrition/wellness-updates-policies>. Please contact the wellness policy designee at jwick@ccps.us for more information or ways to get involved.

Recordkeeping

The division will retain records to document compliance with the requirements of the Wellness Policy in the wellness policy designee's office. Documentation maintained at this location will include, but is not limited to:

- The written Wellness Policy;
- Latest Triennial Assessment;
- School-level report cards;
- Documentation demonstrating compliance with community involvement requirements:
 - Requirements to make the Wellness Policy available to the public;
 - Requirements to make the triennial assessment available to the public.

Definitions

Competitive Foods: All food and beverages other than meals reimbursed under the federal meal programs available for sale to students on the school campus during the school day.

School Campus: For the purpose of competitive food standards implementation, school campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day: For the purpose of competitive food standards implementation, school day means the period from midnight the night before to 30 minutes after the end of the instructional day.

Triennial: Recurring every three years.



Appendix A: School Health Advisory Board Contacts

Name	Title/Organization	Email
Katie Anderson	PE Teacher/Bowling Green Elementary	kanderson@ccps.us
Ed Bonham	Captain/Caroline County Dept. of Fire and Rescue	ebonham@co.caroline.va.us
Sabrina Christensen	Science Teacher/Caroline Middle School	schristensen@ccps.us
Ella Divelbliss	School Nurse/Caroline Middle School	edivelbliss@ccps.us
Desiree Dushane	Parent/Lewis and Clark Elementary	desireearellano97@gmail.com
Mandisa Griffin	School Nurse/Lotus Academy	mgriffin@ccps.us
Karen Jackson	Head Start/Caroline County Schools	kajackson@ccps.us
Tammy Perry	Nutrition Field Manager/Caroline County Schools	tperry@ccps.us
Jennifer Pettigrew	School Nurse/Madison Elementary	jpettigrew@ccps.us
Megan Russell	School Nurse/Caroline High School	mrussell@ccps.us
Amalia Ryan	School Nurse/Lewis and Clark Elementary	aryan@ccps.us
Megan Southworth	School Nurse/Bowling Green Elementary	msouthworth@ccps.us
Schericka Twyner	Executive Director/YMCA	stwyner@family-ymca.org
Jeff Wick	Coordinator of Safety and Compliance/Caroline County Schools	jwick@ccps.us
Andrea Williamson	Counselor/Lewis and Clark Elementary	awilliamson@ccps.us
Jennifer Wiser	EMT/Caroline County Department of Fire and Rescue	jwiser@ccps.us



Appendix B: School Wellness Coordinator Contacts

Name	Title	School	Email
Ella Divelbliss	School Nurse	Caroline Middle School	edivelbliss@ccps.us
Jennifer Pettigrew	School Nurse	Madison Elementary	jpettigrew@ccps.us
Megan Russell	School Nurse	Caroline High School	mrussell@ccps.us
Amelia Ryan	School Nurse	Lewis and Clark Elementary	aryan@ccps.us
Megan Southworth	School Nurse	Bowling Green Elementary	msouthworth@ccps.us



Appendix C: Healthy Celebrations and Rewards

Non-Food Celebration and Reward Ideas

Prizes	Physical Activity	Special Events	Recognition
Pencils, erasers, or rulers	Lead a special physical activity break	Go on a scavenger hunt	Give a certificate or ribbon
Stickers, slap bracelets, or playdough	Host an outdoor obstacle course for students to bike or run through	Host a story walk: laminate book pages and walk along an outdoor path to read	Post a sign in the classroom or on a bulletin board
Tickets or tokens towards a large prize	Provide extra recess or physical education time	Let students choose a special activity or be a teacher's helper	Give a shout-out in the morning announcements
Books or coloring books	Turn on music and let students dance	Host a special dress day where students can wear hats or pajamas	Allow the student to wear a crown or special sash
Frisbees	Have a themed parade around your school	Invite a special guest to participate in an activity	Recognize the student during an assembly

Healthy Snack and Beverage Ideas*

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Water	Fruit trays, salads, or fruit kabobs	Whole grain crackers, pretzels, or cereal bars	Trail mix with nuts, seeds, and dried fruit
Fruit-infused water	Vegetable trays, salads, or vegetable kabobs	Low-fat or air-popped popcorn with no added butter or salt	Seed butter served with fruit or whole grain crackers
100% fruit juice with no added sugar	Canned fruit or fruit cups in water or 100% fruit juice	Small whole grain bagels, waffles, or pancakes topped with fruit or seed butter	Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Fruit smoothies made with frozen fruit with no added sugar and low fat yogurt	Frozen fruit, such as grapes, strawberries, or blueberries	Graham crackers	Low-fat cheese served with fruit or whole grain crackers
100% fruit juice slushes with no added sugar	Dried fruit with no added sugar	Baked whole grain tortilla chips with salsa or bean dip	Hummus served with vegetables or whole grain crackers

*Work with your division's nutrition service staff to purchase [Smart Snacks compliant foods and beverages](#) for celebrations. Review students' food allergies before serving any food or beverage item. Non-food celebrations and healthy food and beverage ideas come from the [Alliance for a Healthier Generation's Celebrations that Support Child Health](#).

*School Level Report Card--**BGE***

Tool for the Triennial Assessment

This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the individual responsible for completing the division Triennial Assessment.

Division Name: **Caroline**

School Name: **Bowling Green Elementary**

Date of Evaluation: **May 20, 2024**

Select all grade levels in your school or select N/A if ungraded:

- | | | |
|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 9 |
| <input checked="" type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K | <input type="checkbox"/> 6 | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1 | <input type="checkbox"/> 7 | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 8 | |
| <input checked="" type="checkbox"/> 3 | | |

I. Nutrition Promotion and Education

Our school meets the specific goals for nutrition promotion and education as outlined in our Wellness Policy:

- **Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.**

Yes No

- **Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.**

Yes No

- **Students receive consistent nutrition messages from all aspects of the school program.**

Yes No

- **Division health education curriculum standards and guidelines address both nutrition and physical education.**

Yes No

- **Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).**

Yes No

- **Schools link nutrition education activities with the coordinated school health program.**

Yes No

- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**

Yes No

- **Staff who provide nutrition education have appropriate training.**

Yes No

- **The level of student participation in the school breakfast and school lunch programs is appropriate.**

Yes No

- **Schools are enrolled as Team Nutrition Schools and conduct nutrition education activities and promotions that involve parents, students and the community.**

Yes No

- **An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.**

Yes No

- **All children who participate in school meals programs are able to obtain food in a non-stigmatizing manner.**

Yes No

- **The availability of school meals programs is adequately publicized in ways designed to reach families eligible to participate in the programs.**

Yes No

- **Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens and non-disposable tableware have been considered and implemented where appropriate.**

Yes No

II. **Physical Activity**

Our school meets the specific goals for physical activity as outlined in our Wellness Policy:

- **Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.**

Yes No

- **Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.**

Yes No

- **Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.**

Yes No

- **Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.**

Yes No

- **Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.**

Yes No

III. Other School-Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in our Wellness Policy:

- **Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.**

Yes No

- **Non-food celebrations are encouraged.**

Yes No

IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold

Our school meets the standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal and state regulations:

- **Schools are permitted to allow 30 school-sponsored fundraisers during a school year which may be exempt from Smart Snacks in Schools nutrition standards.**

Yes No

- **Exempt fundraisers are tracked and monitored by the school principal and records are maintained on file.**

Yes No

- **Any fundraiser that sells food or beverages may not be conducted during the school meal service times (6am till end of breakfast and from the beginning of first lunch till the end of last lunch).**

Yes No

V. Standards for All Foods and Beverages Provided, But Not Sold

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):

- **Foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided for celebrations, parties and classroom snacks.**

Yes No

VI. Policy for Food and Beverage Marketing

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

- **Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.**

Yes No

VII. Progress

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

Bowling Green Elementary met 88% of the district's wellness objectives (23/26). The biggest challenge at BGES and most of our schools is providing ways for students to walk, bike, rollerblade or skateboard safely to school. This is due to the location of the school in relationship to developments and communities, which prevents safe options for alternative modes of transportation to occur. Second, due to a large amount of staff development dedicated to instruction, relationship building, SEL, etc., no time is available to train staff in promoting lifelong, enjoyable activities. Last, though we have not tracked exempt fundraisers, BGES offers very few of such fundraisers and falls well below the allowable limit.

In updated areas of growth from the previous triennial assessment, BGES has improved access to water throughout the day by permitting students in the lower grades to drink water as needed and encouraging students to drink water regularly. BGES also participated in the Rev Your Bev event, through which every student received a steel water bottle. BGES has reduced its use of unhealthy snacks as incentives, though these were offered with a couple of attendance incentives; however, BGES also used incentives such as recognition for good attendance and being selected as the classroom representative for having good attendance. Additionally, BGES no longer utilizes physical activity, such as walking laps, as punishment. Lastly, BGES, along with all elementary schools, offered a 4-part anti-bullying lesson to its students in addition to other activities associated with bullying.

Additional Wellness Practices:

- ~ **Color Run:** Students walk or run to promote fitness and as a fundraising activity.
- ~ **Running Club:** The club meets once a week before school to promote physical activity.
- ~ **Big Blast Inflatable Event:** Students run and play on inflatable obstacle courses, slides, and other physical activities.
- ~ **Student vs. Teachers Basketball Game:** Students play teachers in basketball to raise money for the American Heart Association. This promotes physical activity as well as heart health.

- ~ **Dental Program:** BGE, in association with the Department of Health, provides dental care to students.
- ~ **Swim Program:** 2nd graders participate in a learn to swim program at the YMCA
- ~ **Dance Club:** Meets once a week to promote social interaction and physical activity.
- ~ **Gardening Club:** Students plant a garden, learn about healthy eating options, and take vegetables home to eat.
- ~ **Bullying Prevention:** Students engage in a 4-part lesson to learn about and prevent bullying and participate in activities during the month of October, including an anti-bullying walk.
- ~ **Mental Health Awareness:** Activities in May such as spirit days and stress-relieving activities to promote mental health awareness.
- ~ **Youth Mental Health First Aide:** Staff was trained to provide supports to students.
- ~ **Rev Your Bev:** A campaign that encourages increased water consumption in place of sugary drinks, including the distribution of water bottles to every student.
- ~ **Hydroponic Garden:** Students help plant, tend, and grow a garden under the direction of a teacher.
- ~ **Cafeteria Menu Selection:** Students are involved in taste-testing nutritious to help determine if they will be added to the menu.
- ~ **Farm-to-School Program:** The school engages students in activities to expose them to the importance of local farming in the community.

VIII. **Contact**

The Wellness Policy leadership includes one or more school officials who have the authority to ensure each school complies with the policy. This individual may be contacted for more information about the Wellness Policy practices at:

School: Bowling Green Elementary

Name: Cindy Heckstall

Position/Title: Principal

Email: checkstall@ccps.us

Phone: 804-596-2391

School Level Report Card--CHS *Tool for the Triennial Assessment*

This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division’s Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting “Yes” or “No” in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the individual responsible for completing the division Triennial Assessment.

Division Name: **Caroline**

School Name: **Caroline High School**

Date of Evaluation: **June 5, 2024**

Select all grade levels in your school or select N/A if ungraded:

- | | | |
|--------------------------------|----------------------------|--|
| <input type="checkbox"/> N/A | <input type="checkbox"/> 4 | <input checked="" type="checkbox"/> 9 |
| <input type="checkbox"/> Pre-K | <input type="checkbox"/> 5 | <input checked="" type="checkbox"/> 10 |
| <input type="checkbox"/> K | <input type="checkbox"/> 6 | <input checked="" type="checkbox"/> 11 |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 7 | <input checked="" type="checkbox"/> 12 |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 8 | |
| <input type="checkbox"/> 3 | | |

I. Nutrition Promotion and Education

Our school meets the specific goals for nutrition promotion and education as outlined in our Wellness Policy:

- **Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.**
 Yes No

- **Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.**
 Yes No

- **Students receive consistent nutrition messages from all aspects of the school program.**

Yes No

- **Division health education curriculum standards and guidelines address both nutrition and physical education.**

Yes No

- **Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).**

Yes No

- **Schools link nutrition education activities with the coordinated school health program.**

Yes No

- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**

Yes No

- **Staff who provide nutrition education have appropriate training.**

Yes No

- **The level of student participation in the school breakfast and school lunch programs is appropriate.**

Yes No

- **Schools are enrolled as Team Nutrition Schools and conduct nutrition education activities and promotions that involve parents, students and the community.**

Yes No

- **An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.**

Yes No

- **All children who participate in school meals programs are able to obtain food in a non-stigmatizing manner.**

Yes No

- **The availability of school meals programs is adequately publicized in ways designed to reach families eligible to participate in the programs.**

Yes No

- **Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens and non-disposable tableware have been considered and implemented where appropriate.**

Yes No

II. **Physical Activity**

Our school meets the specific goals for physical activity as outlined in our Wellness Policy:

- **Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.**

Yes No

- **Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.**

Yes No

- **Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.**

Yes No

- **Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.**

Yes No

- **Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.**

Yes No

III. Other School-Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in our Wellness Policy:

- **Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.**

Yes No

- **Non-food celebrations are encouraged.**

Yes No

IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold

Our school meets the standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal and state regulations:

- **Schools are permitted to allow 30 school-sponsored fundraisers during a school year which may be exempt from Smart Snacks in Schools nutrition standards.**

Yes No

- **Exempt fundraisers are tracked and monitored by the school principal and records are maintained on file.**

Yes No

- **Any fundraiser that sells food or beverages may not be conducted during the school meal service times (6am till end of breakfast and from the beginning of first lunch till the end of last lunch).**

Yes No

V. Standards for All Foods and Beverages Provided, But Not Sold

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):

- **Foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided for celebrations, parties and classroom snacks.**

Yes No

VI. Policy for Food and Beverage Marketing

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

- **Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.**

Yes No

VII. Progress

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

Caroline High School met 88% of the district's wellness objectives (23/26). The biggest challenge at CHS and most of our schools is providing ways for students to walk, bike, rollerblade or skateboard safely to school. This is due to the location of the school in relationship to developments and communities, which prevents safe options for alternative modes of transportation to occur. Second, due to a large amount of staff development dedicated to instruction, relationship building, SEL, etc., no time is available to train staff in promoting lifelong, enjoyable activities. Last, though we have not tracked exempt fundraisers, CHS offers very few of such fundraisers and falls well below the allowable limit. CHS also offers a large variety of "Additional Wellness Practices" for its students and staff.

In updated areas of growth from the previous triennial assessment, CHS has focused more on anti-bullying events and SEL through the counseling department and partnerships developed by the Student Support Specialist with organizations such as the Cook Center.

Additional Wellness Practices:

- ~ **Truth about Drugs:** This curriculum is taught in Health and PE classes.
- ~ **Healthy Heart Days:** CHS hosts two events per school year when instructors come from the YMCA to lead group fitness and dance activities.
- ~ **Project Impact:** Educates 10th grade students on the consequences of risky driving behaviors such as drinking and texting while driving. CHS partners with VCU, the local fire department, and the sheriff's department when feasible.
- ~ **Rev Your Bev:** A campaign that encourages increased water consumption in place of sugary drinks, including the distribution of water bottles to every student and activities during lunch throughout the year.
- ~ **Drug Awareness Assembly:** The presenter warned students about the dangers of vaping and drugs.

- ~ **Everfi On-line Courses:** Teach students about mental health wellness, drug abuse, and vaping.
- ~ **Dental Program:** CHS, in association with the Department of Health, provides dental care to students.
- ~ **Breast Cancer Awareness Week:** CHS promoted awareness through “pink outs” at football and volleyball games, announcements, and hallway decorations.
- ~ **CPR Training:** 9th graders are taught this to fulfill a graduation requirement.
- ~ **Bullying Prevention:** A variety of activities during the month of October.
- ~ **Mental Health Awareness:** Activities in May such as spirit days and stress-relieving activities to promote mental health awareness.
- ~ **Youth Mental Health First Aide:** Staff was trained to provide supports to students.
- ~ **Hydroponic Garden:** Students help plant, tend, and grow a garden under the direction of a teacher.
- ~ **Cafeteria Menu Selection:** Students are involved in taste-testing nutritious to help determine if they will be added to the menu.
- ~ **Farm-to-School Program:** The school engages students in activities to expose them to the importance of local farming in the community.

VIII. Contact

The Wellness Policy leadership includes one or more school officials who have the authority to ensure each school complies with the policy. This individual may be contacted for more information about the Wellness Policy practices at:

School: Caroline High School

Name: Thomas Connolly

Position/Title: Principal

Email: tconnolly@ccps.us

Phone: 804-633-9886

School Level Report Card--CMS *Tool for the Triennial Assessment*

This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division’s Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting “Yes” or “No” in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the individual responsible for completing the division Triennial Assessment.

Division Name: **Caroline**

School Name: **Caroline Middle School**

Date of Evaluation: **May 24, 2024**

Select all grade levels in your school or select N/A if ungraded:

- | | | |
|--------------------------------|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 |
| <input type="checkbox"/> Pre-K | <input type="checkbox"/> 5 | <input type="checkbox"/> 10 |
| <input type="checkbox"/> K | <input checked="" type="checkbox"/> 6 | <input type="checkbox"/> 11 |
| <input type="checkbox"/> 1 | <input checked="" type="checkbox"/> 7 | <input type="checkbox"/> 12 |
| <input type="checkbox"/> 2 | <input checked="" type="checkbox"/> 8 | |
| <input type="checkbox"/> 3 | | |

I. Nutrition Promotion and Education

Our school meets the specific goals for nutrition promotion and education as outlined in our Wellness Policy:

- **Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.**

Yes No

- **Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.**

Yes No

- **Students receive consistent nutrition messages from all aspects of the school program.**

Yes No

- **Division health education curriculum standards and guidelines address both nutrition and physical education.**

Yes No

- **Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).**

Yes No

- **Schools link nutrition education activities with the coordinated school health program.**

Yes No

- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**

Yes No

- **Staff who provide nutrition education have appropriate training.**

Yes No

- **The level of student participation in the school breakfast and school lunch programs is appropriate.**

Yes No

- **Schools are enrolled as Team Nutrition Schools and conduct nutrition education activities and promotions that involve parents, students and the community.**

Yes No

- **An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.**

Yes No

- **All children who participate in school meals programs are able to obtain food in a non-stigmatizing manner.**

Yes No

- **The availability of school meals programs is adequately publicized in ways designed to reach families eligible to participate in the programs.**

Yes No

- **Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens and non-disposable tableware have been considered and implemented where appropriate.**

Yes No

II. **Physical Activity**

Our school meets the specific goals for physical activity as outlined in our Wellness Policy:

- **Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.**

Yes No

- **Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.**

Yes No

- **Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.**

Yes No

- **Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.**

Yes No

- **Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.**

Yes No

III. Other School-Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in our Wellness Policy:

- **Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.**

Yes No

- **Non-food celebrations are encouraged.**

Yes No

IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold

Our school meets the standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal and state regulations:

- **Schools are permitted to allow 30 school-sponsored fundraisers during a school year which may be exempt from Smart Snacks in Schools nutrition standards.**

Yes No

- **Exempt fundraisers are tracked and monitored by the school principal and records are maintained on file.**

Yes No

- **Any fundraiser that sells food or beverages may not be conducted during the school meal service times (6am till end of breakfast and from the beginning of first lunch till the end of last lunch).**

Yes No

V. Standards for All Foods and Beverages Provided, But Not Sold

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):

- **Foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided for celebrations, parties and classroom snacks.**

Yes No

VI. Policy for Food and Beverage Marketing

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

- **Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.**

Yes No

VII. Progress

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

Caroline Middle School met 88% of the district's wellness objectives (23/26). The biggest challenge at CMS and most of our schools is providing ways for students to walk, bike, rollerblade or skateboard safely to school. This is due to the location of the school in relationship to developments and communities, which prevents safe options for alternative modes of transportation to occur. Second, due to a large amount of staff development dedicated to instruction, relationship building, SEL, etc., no time is available to train staff in promoting lifelong, enjoyable activities. Last, though we have not tracked exempt fundraisers, CMS offers very few of such fundraisers and falls well below the allowable limit.

In updated areas of growth from the previous triennial assessment, CMS has adjusted its bell schedule to permit students enough time to eat lunch. Also, it offers a number of clubs and extracurricular opportunities that promote physical activity and social interaction as well as introduce students to new hobbies and pursuits of interest. Finally, as seen below, CMS has offered many more "Additional Wellness Practices" than were listed in the previous assessment.

Additional Wellness Practices:

- ~ **Physical Activity:** Increased the number of clubs and intramural activities available to students during the 2023-24 school year.
- ~ **Snack Bags:** Weekend snack bags that include healthy snacks are provided to students in cooperation with the local food bank.
- ~ **Dental Program:** CMS, in association with the Department of Health, provides dental care to students.
- ~ **SEL Assembly:** "The Best You" assembly to help students with social-emotional learning.
- ~ **Drug Awareness Assembly:** The presenter warned students about the dangers of vaping and drugs.
- ~ **Rev Your Bev:** A campaign that encourages increased water consumption in place of sugary drinks, including the distribution of water bottles to every student.

- ~ **Mental Health Awareness:** Activities in May such as spirit days and stress-relieving activities to promote mental health awareness.
- ~ **Youth Mental Health First Aide:** Staff was trained to provide supports to students.
- ~ **Bullying Prevention:** A variety of activities during the month of October.
- ~ **Hydroponic Garden:** Students help plant, tend, and grow a garden under the direction of a teacher.
- ~ **Cafeteria Menu Selection:** Students are involved in taste-testing nutritious to help determine if they will be added to the menu.
- ~ **Farm-to-School Program:** The school engages students in activities to expose them to the importance of local farming in the community.

VIII. **Contact**

The Wellness Policy leadership includes one or more school officials who have the authority to ensure each school complies with the policy. This individual may be contacted for more information about the Wellness Policy practices at:

School: Caroline Middle School

Name: Josh Just

Position/Title: Principal

Email: jjust@ccps.us

Phone: 804-633-6561

School Level Report Card--LCES Tool for the Triennial Assessment

This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division’s Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting “Yes” or “No” in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the individual responsible for completing the division Triennial Assessment.

Division Name: **Caroline**

School Name: **Lewis and Clark Elementary**

Date of Evaluation: **May 28, 2024**

Select all grade levels in your school or select N/A if ungraded:

- | | | |
|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 9 |
| <input checked="" type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K | <input type="checkbox"/> 6 | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1 | <input type="checkbox"/> 7 | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 8 | |
| <input checked="" type="checkbox"/> 3 | | |

I. Nutrition Promotion and Education

Our school meets the specific goals for nutrition promotion and education as outlined in our Wellness Policy:

- **Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.**

Yes No

- **Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.**

Yes No

- **Students receive consistent nutrition messages from all aspects of the school program.**

Yes No

- **Division health education curriculum standards and guidelines address both nutrition and physical education.**

Yes No

- **Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).**

Yes No

- **Schools link nutrition education activities with the coordinated school health program.**

Yes No

- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**

Yes No

- **Staff who provide nutrition education have appropriate training.**

Yes No

- **The level of student participation in the school breakfast and school lunch programs is appropriate.**

Yes No

- **Schools are enrolled as Team Nutrition Schools and conduct nutrition education activities and promotions that involve parents, students and the community.**

Yes No

- **An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.**

Yes No

- **All children who participate in school meals programs are able to obtain food in a non-stigmatizing manner.**

Yes No

- **The availability of school meals programs is adequately publicized in ways designed to reach families eligible to participate in the programs.**

Yes No

- **Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens and non-disposable tableware have been considered and implemented where appropriate.**

Yes No

II. **Physical Activity**

Our school meets the specific goals for physical activity as outlined in our Wellness Policy:

- **Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.**

Yes No

- **Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.**

Yes No

- **Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.**

Yes No

- **Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.**

Yes No

- **Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.**

Yes No

III. Other School-Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in our Wellness Policy:

- **Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.**

Yes No

- **Non-food celebrations are encouraged.**

Yes No

IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold

Our school meets the standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal and state regulations:

- **Schools are permitted to allow 30 school-sponsored fundraisers during a school year which may be exempt from Smart Snacks in Schools nutrition standards.**

Yes No

- **Exempt fundraisers are tracked and monitored by the school principal and records are maintained on file.**

Yes No

- **Any fundraiser that sells food or beverages may not be conducted during the school meal service times (6am till end of breakfast and from the beginning of first lunch till the end of last lunch).**

Yes No

V. Standards for All Foods and Beverages Provided, But Not Sold

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):

- **Foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided for celebrations, parties and classroom snacks.**

Yes No

VI. Policy for Food and Beverage Marketing

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

- **Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.**

Yes No

VII. Progress

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

Lewis and Clark Elementary met 92% of the district's wellness objectives (24/26). The biggest challenge at LCES is finding time to train staff in promoting lifelong, enjoyable activities. With a large amount of staff development dedicated to instruction, relationship building, SEL, etc., little time is available to provide such training to staff. As with the other schools, though we have not tracked exempt fundraisers, LCES offers very few of such fundraisers and falls well below the allowable limit. Unlike the other schools in CCPS, LCES has one housing development that is in close proximity to the school and consists of residential roads that can permit students to walk, bike, rollerblade or skateboard safely to school. However, most houses are still far enough away from the school, that parents hesitate to allow their elementary-aged students to utilize this option.

In updated areas of growth from the previous triennial assessment, school board changes to the policy have eliminated several objectives that were not previously met, and LCES offers a number of opportunities for students to engage in physical activities that promote health and wellness.

Additional Wellness Practices:

- ~ **Color Run:** Students walk or run to promote fitness and as a fundraising activity.
- ~ **Healthy Treats:** Counselors offer healthy snacks to students that are provided by the local food bank.
- ~ **Dental Program:** LCES, in association with the Department of Health, provides dental care to students.
- ~ **Heart Challenge:** A program promoted by the American Heart Association, this promotes healthy living via a health heart, activities the promote healthy heart decision-making, and raises money for the AHA. LCES has very high participation and was recognized by the AHA for its efforts.
- ~ **Rev Your Bev:** A campaign that encourages increased water consumption in place of sugary drinks, including the distribution of water bottles to every student.
- ~ **Swim Program:** 2nd graders participate in a learn to swim program at the YMCA.

- ~ **Bullying Prevention:** Students engage in a 4-part lesson to learn about and prevent bullying and participate in activities during the month of October, including an anti-bullying walk.
- ~ **Mental Health Awareness:** Activities in May such as spirit days and stress-relieving activities to promote mental health awareness.
- ~ **Youth Mental Health First Aide:** Staff was trained to provide supports to students.
- ~ **Hydroponic Garden:** Students help plant, tend, and grow a garden under the direction of a teacher.
- ~ **Cafeteria Menu Selection:** Students are involved in taste-testing nutritious to help determine if they will be added to the menu.
- ~ **Farm-to-School Program:** The school engages students in activities to expose them to the importance of local farming in the community.

VIII. **Contact**

The Wellness Policy leadership includes one or more school officials who have the authority to ensure each school complies with the policy. This individual may be contacted for more information about the Wellness Policy practices at:

School: Lewis and Clark Elementary

Name: Cindy Brown

Position/Title: Principal

Email: cbrown@ccps.us

Phone: 804-448-0175

School Level Report Card--MES

Tool for the Triennial Assessment

This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the individual responsible for completing the division Triennial Assessment.

Division Name: **Caroline**

School Name: **Madison Elementary**

Date of Evaluation: **May 22, 2024**

Select all grade levels in your school or select N/A if ungraded:

- | | | |
|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A | <input checked="" type="checkbox"/> 4 | <input type="checkbox"/> 9 |
| <input checked="" type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K | <input type="checkbox"/> 6 | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1 | <input type="checkbox"/> 7 | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 8 | |
| <input checked="" type="checkbox"/> 3 | | |

I. Nutrition Promotion and Education

Our school meets the specific goals for nutrition promotion and education as outlined in our Wellness Policy:

- **Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.**
 Yes No
- **Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.**
 Yes No
- **Students receive consistent nutrition messages from all aspects of the school program.**
 Yes No

- **Division health education curriculum standards and guidelines address both nutrition and physical education.**
 Yes No
- **Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).**
 Yes No
- **Schools link nutrition education activities with the coordinated school health program.**
 Yes No
- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**
 Yes No
- **Staff who provide nutrition education have appropriate training.**
 Yes No
- **The level of student participation in the school breakfast and school lunch programs is appropriate.**
 Yes No
- **Schools are enrolled as Team Nutrition Schools and conduct nutrition education activities and promotions that involve parents, students and the community.**
 Yes No
- **An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.**
 Yes No
- **All children who participate in school meals programs are able to obtain food in a non-stigmatizing manner.**
 Yes No
- **The availability of school meals programs is adequately publicized in ways designed to reach families eligible to participate in the programs.**
 Yes No
- **Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens and non-disposable tableware have been considered and implemented where appropriate.**
 Yes No

II. Physical Activity

Our school meets the specific goals for physical activity as outlined in our Wellness Policy:

- **Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.**

Yes No

- **Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.**

Yes No

- **Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.**

Yes No

- **Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.**

Yes No

- **Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.**

Yes No

III. Other School-Based Wellness Activities

Our school meets specific goals for other school-based activities that promote student wellness as outlined in our Wellness Policy:

- **Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.**

Yes No

- **Non-food celebrations are encouraged.**

Yes No

IV. Standards and Nutrition Guidelines for All Foods and Beverages Sold

Our school meets the standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal and state regulations:

- **Schools are permitted to allow 30 school-sponsored fundraisers during a school year which may be exempt from Smart Snacks in Schools nutrition standards.**
 Yes No
- **Exempt fundraisers are tracked and monitored by the school principal and records are maintained on file.**
 Yes No
- **Any fundraiser that sells food or beverages may not be conducted during the school meal service times (6am till end of breakfast and from the beginning of first lunch till the end of last lunch).**
 Yes No

V. Standards for All Foods and Beverages Provided, But Not Sold

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):

- **Foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided for celebrations, parties and classroom snacks.**
 Yes No

VI. Policy for Food and Beverage Marketing

Our school meets the standards that allow marketing and advertising of only those foods and/or beverages that meet the Smart Snacks nutrition standards.

- **Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.**
 Yes No

VII. Progress

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

Madison Elementary met 88% of the district’s wellness objectives (23/26). The biggest challenge at MES and most of our schools is providing ways for students to walk, bike, rollerblade or skateboard safely to school. This is due to the location of the school in relationship to developments and communities, which prevents safe options for alternative modes of transportation to occur. Second, due to a large amount of staff development dedicated to instruction, relationship building, SEL, etc., no time is

available to train staff in promoting lifelong, enjoyable activities. Last, though we have not tracked exempt fundraisers, MES offers very few of such fundraisers and falls well below the allowable limit.

In updated areas of growth from the previous triennial assessment, MES has increased its focus on movement and providing mental breaks throughout the day; MES also places the Wellness Policy on the school website and promotes a variety of activities that promote wellness and physical activity. For the upcoming 2024-25 school year, MES is offering the “Dancing Classrooms” program to all of its 5th graders. If successful, this will be replicated in the 5th grade classes in all elementary schools.

Additional Wellness Practices:

- ~ **Bullying Prevention:** Students engage in a 4-part lesson to learn about and prevent bullying and participate in activities during the month of October, including an anti-bullying walk.
- ~ **Mental Health Awareness:** Activities in May such as spirit days and stress-relieving activities to promote mental health awareness.
- ~ **Youth Mental Health First Aide:** Staff was trained to provide supports to students
- ~ **Dental Program:** MES, with the Department of Health, provides dental care to students.
- ~ **Swim Program:** 2nd graders participate in a learn to swim program at the YMCA
- ~ **Rev Your Bev:** A campaign that encourages increased water consumption in place of sugary drinks, including the distribution of water bottles to every student.
- ~ **Color Run:** Students walk or run to promote fitness and as a fundraising activity.
- ~ **Clubs:** A variety of clubs are offered to students to promote physical activity and social interaction such as running, jump rope, golf, and coding.
- ~ **Hydroponic Garden:** Students help plant, tend, and grow a garden under the direction of a teacher.
- ~ **Cafeteria Menu Selection:** Students are involved in taste-testing nutritious to help determine if they will be added to the menu.
- ~ **Farm-to-School Program:** The school engages students in activities to expose them to the importance of local farming in the community.

VIII. Contact

The Wellness Policy leadership includes one or more school officials who have the authority to ensure each school complies with the policy. This individual may be contacted for more information about the Wellness Policy practices at:

School: Madison Elementary

Name: Teresa Hicks

Position/Title: Principal

Email: thicks@ccps.us

Phone: 804-448-2171