

# Fredericksburg City Public Schools

## Wellness Policy

### 2018-2020 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, *Fredericksburg City Schools* presents the 2018-2020 Triennial Assessment which includes the timeframe from 2018-2020. The Triennial Assessment indicates updates on the progress and implementation of Fredericksburg City School'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: Walker Grant Center, Hugh Mercer Elementary, Lafayette Upper Elementary, Walker Grant Middle School and James Monroe High School.

#### Wellness Policy

The Fredericksburg City Schools Wellness Policy can be found at [www.fxbgschools.us](http://www.fxbgschools.us). or [www.cityschoolscafe.com](http://www.cityschoolscafe.com). Fredericksburg City Schools updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through notification via the web page.

#### School Wellness Committee

Fredericksburg City Schools established a School Health Advisory Board {SHAB} of one or more school officials who has the authority and responsibility to ensure each school complies with the Wellness Policy. The School Health Advisory Board meets 4 times per calendar school year for a periodic review, introduction of new initiatives and to 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. **Each school year, during the spring quarter, an announcement is made on the website and with a school employee/parent questionnaire to recruit interested parties in joining the SHAB committee for the following year.**

**Brian Kiernan, Food Service Director – [bkiernan@cityschools.com](mailto:bkiernan@cityschools.com)**

**Wellness Policy Compliance**

**The Fredericksburg City Schools Wellness Policy is compliant with the 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.	✓	
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.	✓	
We follow <b>Fredericksburg City Schools</b> policy on exempt fundraisers as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.</i>	✓	
<b>We encourage healthy food choices at school sponsored activities after school and evenings</b>	✓	

**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 <b>Fredericksburg City Schools's</b> policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	✓	
<b>We provide an option for parents to purchase "Healthy Snacks" through the SNP for classroom celebrations.</b>	✓	

**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.	✓	

**Description of Public Involvement**

Standard/Guideline	Met	Not Met
Fredericksburg City 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.	✓	

**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.	✓	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020.	✓	

**Description of Policy Leadership**

Standard/Guideline	Met	Not Met
<b>Fredericksburg City Schools</b> 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.	✓	

**Description of Evaluation Plan**

Standard/Guideline	Met	Not Met
The School Board encourages all stakeholders to participate, through SHAB, in the periodic review of the Wellness Policy	✓	

**Quality of Wellness Policy**

The Fredericksburg City Schools Wellness Policy is very similar in content to the Alliance for a Healthier Generations model policy.

**Progress towards Goals:**

The students enrolled in the Fredericksburg City Schools have benefitted from unprecedented improvement{s} in the nutritional quality of the meals provided or made accessible to them.

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

Description	Met	Not Met
Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.	✓	
The level of student participation in the school breakfast and school lunch programs is appropriate.	✓	

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

Description	Met	Not Met
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	✓	
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.	✓	

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

<b>Description</b>	<b>Met</b>	<b>Not Met</b>
An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.	✓	
All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner. The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.	✓	