

Virginia Beach City Public Schools 2021-24 Triennial Assessment Second Edition



What's for Lunch? Virginia Beach students get 'change of scenery' with new food truck

Green Run High School students got the first taste Wednesday of a new lunch option coming to Virginia Beach public schools - a food truck.

"Maybe it's the change of scenery and since it's coming out of a food truck, it might make it like it's tasting different," sophomore Jayden Foster said.

The food truck or "school kitchen on wheels," as Viorica Harrison, division director of food services likes to call it – will act as an extension of the schools' cafeterias, offering nutritious and scratch-cooked meals similar to what is available in the school cafeteria. It will rotate through Virginia Beach schools, starting with the high schools.

Students can still swipe their ID cards to pay for the meal, just as they would in the cafeteria, and students who receive free or reduced lunches will also get to take advantage. Harrison said no student should feel left out of this experience.

The truck has many goals, none bigger than offering nutritious meals to students. But another is to provide an additional food line at lunch. When the division made the shift to one lunch in 2018-19, the lines got longer. Nicholas Vedia, district sous chef, said that deterred some students from getting lunch, so the food truck is a way to feed the students "we were missing."

Vedia said the division estimated about 200 students did not eat lunch on a regular basis. The truck gives them another option.

The food truck was converted from an old pony delivery truck. When schools were closed during the pandemic, it was used as a garden truck. It was outfitted with kitchen modernizations through grants from the nonprofits No Kid Hungry and the Hansen Foundation to not just provide tasty and culturally inclusive meals but to educate students on nutrition.

Over the summer, Harrison said the goal is to use the truck in the community. It will go from summer school to summer school and maybe even be an educational tool throughout the community by reaching people about scratch cooking.

The goal for Virginia Beach school kitchens is to serve more meals assembled with fresher ingredients, which is a staple of scratch cooking. The "Scratch" logo on the side of the food truck shows the division's commitment to the initiative.

"We hope when (families) look at the food truck, the biggest thing they see that Virginia Beach City Public Schools cares about their students and their health and their well-being," Harrison said.

Kelsey Kendall, Kelsey.kendal@virginiamedia.com

OVERVIEW & PURPOSE

In accordance with the *Final Rule* of the federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: Title 8. Education, Agency 20. State Board of Education, Chapter 740 *Final Rule*, Virginia Beach City Public Schools (VBCPS) presents the second triennial report. The triennial report outlines updates on the progress and implementation of our wellness policy and wellness initiatives in VBCPS and provides the required documentation of actions, steps, and information as outlined in the *Final Rule*.

AUTHORITY & RESPONSIBILITY DESIGNEE(S)

Responsibility of creating a culture of well-being and supporting the *whole child* is shared among all students, parents, staff, departments, schools, and leaders within Virginia Beach. However, the *Final Rule* requires specific designee(s) identified to help lead the oversight, implementation, and progress assessments of the wellness policy and its requirements. Broad oversight of the policy in Virginia Beach is provided by the School Health Advisory Board (SHAB), with direct responsibilities overseen by the Chief Schools Officer. Additionally, the Coordinator of Student Health Services, the Director of Food Services, the Director of Consolidated Benefits, Employee Wellness Specialists, Coordinator of Health & Physical Education; Driver's Ed., and the Coordinator of Student Nutrition and Wellness are critical persons in the guidance and implementation of the wellness policy.

WELLNESS POLICY

The Virginia Beach City Public Schools Student Wellness Policy (5-58 and 5-58.1) includes all the identified regulations outlined in the **Healthy, Hunger Free Kids Act of 2010** as well as important division level expectations for our schools. The **policy** can be found on the **VBCPS website** under School Board Policies. The Student Wellness Policy has been through multiple revisions over the past few years. Revisions were triggered by the introduction of the Healthy, Hunger Free Kids Act of 2010 *Proposed Rule*, *Final Rule*, and state regulation changes.

Important Dates

- Originally Adopted: June 20, 2006
- Amended: June 20, 2017
- Amended: May 22, 2018
- Current Policy Approved: July 9, 2019
- Amended: February 23, 2021

PUBLIC INVOLVEMENT: WELLNESS POLICY UPDATES PROCESS

Our SHAB has been a strong group of engaged appointed citizens, experts in various areas of health and wellbeing, and important internal leaders and stakeholders for many years. Because of the group's focus and authority as a guiding/advisory body for the School Board, the overall process of policy updating, and revisions is maintained by this body. However, we felt that there were viewpoints and individuals that were underrepresented. To ensure we had diverse representation and engaged the community in the process, we invited all parents and staff members, via email to participate in the updating process at our regular SHAB meeting during the 2016-17 school year. SHAB meetings are always open meetings and are publicly shared with the community via annual School Board presentation.

During the SHAB meeting on December 6, 2017, SHAB members participated in the review and updating of the division wellness policy. Participants were asked to review the current policy and overview of new regulations (*Final Rule Summary*) beforehand and identify strengths, weaknesses, opportunities, and threats they saw as it related to the content of the policy. The accumulated information was reviewed at the February 14, 2018 SHAB meeting, prioritized, and then updates were made according to group recommendations and consensus as well as mandatory changes prompted by the *Final Rule*. The updated policy was approved by the board in May 2018. As mentioned above, the most updated and current policy (amended and approved on February 23, 2021) can be found on the VBCPS website and is linked here: (<https://schoolboard.vbschools.com/policies/section-5/5-58-1>).

PUBLIC INVOLVEMENT: ANNUAL COMMUNICATION OF WELLNESS POLICY

In addition to the policy being available on the VBCPS website under School Board Policies and Regulations, the Wellness Policy can be found within the Triennial Assessment Report which is linked to the Families/Food & Nutrition Services tab of the VBCPS website. In addition, this tab has a new **Student Wellness link** that provides a wealth of information and other resources.

WELLNESS POLICY PROGRESS ASSESSMENT

As part of the requirements outlined in the *Final Rule*, Virginia Beach City Public Schools (VBCPS) conducted the second Wellness Policy progress assessment for all our 83 school sites (55 elementary schools, 15 middle schools, 13 high schools) in April 2021. The second assessment provided an update on how our division fared in relation to the first assessment, which served as our baseline. This data will be used to look at future goals and opportunities for our schools individually and collectively as a school division.

Initially, VBCPS drafted its own first assessment modeled after the *Healthy Schools Assessment* provided by the Alliance for a Healthier Generation. The Alliance for a Healthier Generation was founded by the American Heart Association and the William J. Clinton Foundation and works to reduce childhood obesity and to empower kids to develop lifelong, healthy habits. For the second assessment, we utilized the same survey statements in order to evaluate improvements or shortcomings from the initial data points.

While the assessment does not include all aspects of a student’s well-being, it does align well with the focus of the USDA’s *Final Rule* and regulations related to the wellness policy. The five modules included in the assessment are:

1. Nutrition Standards
2. Nutrition promotion and Education
3. Physical Activity
4. Other Programs to promote Wellness
5. Monitoring and Evaluation

Once again, School Principals, Central Office Staff and other key staff led the completion of the *Second VBCPS Wellness Assessment Survey*. All 83 schools completed the assessment during the 2021 - 2022 school year. The survey attempted to focus the questions to the person or department that was most likely to have the knowledge needed to answer the specific questions. A **division level report** was generated by the VBCPS Office of Research and Evaluation. This data is being utilized to identify strengths and weakness in the division wellness policy as well as serves as the focal point for developing future strategic goals. Below are the tables of results for questions asked of school principals with their totaled responses for the second study (2022) as well as the first study (2019).

2022 VBCPS Wellness Assessment Survey Results for Principals by School Level

Survey Statement	School Level	Strongly Agree	Agree	Disagree	Strongly Disagree
The school participates in the USDA School Breakfast Program and students are encouraged to start each day with a healthy breakfast.	ES	93.10%	5.17%	1.72%	0.00%
	MS	88.89%	11.11%	0.00%	0.00%
	HS	93.33%	6.67%	0.00%	0.00%
Foods and beverages marketed or promoted to students on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition standards (or, if stronger, “state nutrition standards”), such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.	ES	70.69%	27.59%	1.72%	0.00%
	MS	66.67%	22.22%	11.11%	0.00%
	HS	66.67%	20.00%	13.33%	0.00%
All foods sold to students during the school day comply with or exceed the school division standards. These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.	ES	81.03%	17.24%	1.72%	0.00%
	MS	72.22%	16.67%	5.56%	5.56%
	HS	66.67%	20.00%	6.67%	6.67%
School/site administration encourages healthy foods and snacks at meetings, in classrooms, staff events and/or celebrations; discouraging items such as candy, cakes, soda, and foods high in fat.	ES	52.63%	42.11%	5.26%	0.00%
	MS	16.67%	61.11%	22.22%	0.00%
	HS	40.00%	40.00%	20.00%	0.00%
School/site administration provides opportunities to improve staff health and wellness through school sponsored trainings, guest speakers, or general	ES	34.48%	62.07%	3.45%	0.00%
	MS	22.22%	55.56%	16.67%	5.56%
	HS	33.33%	53.33%	6.67%	6.67%

wellness education.					
School/site hosts or participates in friendly, intramural staff sports or fitness events with school staff, such as fun runs, volleyball games, walking clubs, etc.	ES	34.48%	46.55%	18.97%	0.00%
	MS	16.67%	55.56%	22.22%	5.56%
	HS	40.00%	40.00%	13.33%	6.67%
School/site administration encourages participation in the BEWell program and events.	ES	56.14%	42.11%	1.75%	0.00%
	MS	61.11%	33.33%	5.56%	0.00%
	HS	60.00%	33.33%	6.67%	0.00%
School/site has a BEWell (Wellness) Champion(s) that regularly promotes BEWell programs and motivates staff on health and wellness.	ES	50.00%	43.10%	6.90%	0.00%
	MS	50.00%	33.33%	16.67%	0.00%
	HS	33.33%	53.33%	13.33%	0.00%
School/site maintains positive and inclusive interactions in staff rooms and meetings—set workplace policies to prohibit bullying, harassment, and put-downs among staff.	ES	91.38%	8.62%	0.00%	0.00%
	MS	72.22%	27.78%	0.00%	0.00%
	HS	73.33%	26.67%	0.00%	0.00%
School/site provides an environment that encourages safe and enjoyable activities and workplace for all staff; embrace and follow workplace safety.	ES	86.21%	13.79%	0.00%	0.00%
	MS	77.78%	22.22%	0.00%	0.00%
	HS	80.00%	20.00%	0.00%	0.00%

2019 VBCPS Wellness Assessment Survey Results for Principals by School Level

Survey Statement	School Level	Strongly Agree	Agree	Disagree	Strongly Disagree
The school participates in the USDA School Breakfast Program and students are encouraged to start each day with a healthy breakfast.	ES	74.00%	22.00%	4.00%	0.00%
	MS	83.33%	16.67%	0.00%	0.00%
	HS	83.33%	8.33%	0.00%	8.33%
School/site administration encourages participation in the BEWell program.	ES	58.00%	40.00%	2.00%	0.00%
	MS	58.33%	33.33%	8.33%	0.00%
	HS	41.67%	50.00%	8.33%	0.00%
Foods and beverages marketed or promoted to students on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.	ES	65.31%	32.65%	2.04%	0.00%
	MS	58.33%	41.67%	0.00%	0.00%
	HS	50.00%	50.00%	0.00%	0.00%
All foods sold to students during the school day comply with or exceed the school division standards. These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.	ES	71.43%	28.57%	0.00%	0.00%
	MS	75.00%	16.67%	8.33%	0.00%
	HS	50.00%	50.00%	0.00%	0.00%
School/site administration encourages healthy foods and snacks at meetings, in classrooms, staff events and/or celebrations; discouraging items such as candy, cakes, soda, and foods high in fat.	ES	30.00%	46.00%	24.00%	0.00%
	MS	41.67%	50.00%	8.33%	0.00%
	HS	33.33%	58.33%	8.33%	0.00%
	ES	24.00%	44.00%	32.00%	0.00%

School/site administration provides opportunities to improve staff health and wellness through school sponsored trainings, guest speakers, or general wellness education.	MS	41.67%	33.33%	16.67%	8.33%
	HS	16.67%	75.00%	8.33%	0.00%
School/site hosts or participates in friendly, intramural staff sports or fitness events with school staff, such as fun runs, volleyball games, walking clubs, etc.	ES	32.00%	52.00%	16.00%	0.00%
	MS	41.67%	25.00%	33.33%	0.00%
	HS	16.67%	66.67%	8.33%	8.33%
School/site has a BEWell (Wellness) champion(s) that regularly promotes BEWell programs and motivates staff on health and wellness.	ES	24.00%	44.00%	32.00%	0.00%
	MS	33.33%	50.00%	8.33%	8.33%
	HS	16.67%	50.00%	33.33%	0.00%
School/site maintains positive and inclusive interactions in staff rooms and meetings-set workplace policies to prohibit bullying, harassment, and put-downs among staff.	ES	76.00%	22.00%	2.00%	0.00%
	MS	90.91%	0.00%	9.09%	0.00%
	HS	75.00%	25.00%	0.00%	0.00%
School/site provides an environment that encourages safe and enjoyable activities and workplace for all staff; embrace and follow workplace safety.	ES	77.55%	22.45%	0.00%	0.00%
	MS	83.33%	8.33%	8.33%	0.00%
	HS	66.67%	33.33%	0.00%	0.00%

Before analyzing the data, it is important to note that COVID-19 school closures and on-site wellness activities modifications had an impact on overall goals. Due to grab-n-go meals being served, and non-congregating measures being put in place to mitigate the spread of the virus, goal achievement was limited in many areas of the survey statements. Nevertheless, the data still shows improvement in certain wellness areas.

The survey data comparison between 2019 and 2022 shows that during 2022 an average of 46.48% (in 2022) vs. 44.67% (in 2019) of the School Principal staff group responding either “strongly agreed” or “agreed” with survey statements regarding our district’s overall student and staff nutrition, wellness, and physical activity efforts. More principals (average of 91.77% vs. 80.22%) “strongly agreed” that school cafeterias operated the U.S. Department of Agriculture (USDA) school nutrition programs and encouraged students to start each day with a healthy breakfast.

However, the data also shows that more principals in 2022 than 2019 “disagreed” that foods and beverages marketed or promoted to students met or exceeded USDA nutritional (average of 8.72% vs. 0.68%) and school division (average of 4.65% vs. 2.78%) standards. Responses in these areas could be improved and our future SHAB goals will be proposed to ensure that school-based administrators are aware of the strict USDA nutritional standards the division must follow as we operate the National School Lunch Program and School Breakfast Program. According to principals’ “strongly agree” responses, the division has improved its staff and BEWell programs participation (average of 59.08% in 2022 to 52.67% in 2019) and promotion (average of 44.44% in 2022 to 24.67% in 2019).

Overall, principals of elementary schools appear to be more aware of our division’s school nutrition program wellness initiatives and “strongly agreed” with our efforts on the majority of the survey statements as compared to the principals of secondary schools. The conclusion is that we need to ensure our wellness efforts are executed more deliberately at the secondary levels so that the next assessment yields more “strongly agree” statements from the middle and high school principals.

The below tables show the total respondents' assessments of our survey statements for the second survey deployed in 2022 and the first survey from 2019.

2022 VBCPS Wellness Assessment Survey Results Total Respondents

Survey Statement	Strongly Agree	Agree	Disagree	Strongly Disagree	# Answered
The school encourages participation by students and families in the USDA School Meals Child Nutrition Programs, such as Summer Food Service and Supper Feeding programs as these become available.	58.76	38.14	3.09	0	97
The school division is committed to offering school meals through the National School Lunch and Breakfast programs and other applicable School Meal Child Nutrition programs that: Meet nutrition requirements established by the school division.	73.40	23.40	3.19	0	94
The school division is committed to offering school meals through the National School Lunch and Breakfast programs and other applicable School Meal Child Nutrition programs that: Are served in a clean and pleasant setting.	75.53	23.40	1.06	0	94
The school division is committed to offering school meals through the National School Lunch and Breakfast programs and other applicable School Meal Child Nutrition programs that: Are appealing and attractive to children.	50.54	46.24	3.23	0	93
The school division is committed to offering school meals through the National School Lunch and Breakfast programs and other applicable School Meal Child Nutrition programs that: Are accessible to all students.	70.83	28.13	1.04	0	96
All foods sold to students during the school day comply with or exceed the school division standards. These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.	52.58	42.27	5.15	0	97
The Office of Food Services publishes the nutritional analysis for elementary and secondary school breakfasts and lunches	63.54	35.42	1.04	0	96

consistent with federal and state guidelines.					
Qualified nutrition professionals administer the school meal program. As part of the responsibility for operating a food service program, the Office of Food Services provides ongoing professional development for nutrition professionals in the schools. Staff development programs include appropriate certification and/or training programs for Child Nutrition Directors/Supervisors, Cafeteria Managers, and Cafeteria Assistants, according to their levels of responsibility.	53.61	43.30	3.09	0	97
Foods and beverages marketed or promoted to students on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, "state nutrition standards"], such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.	44.33	50.52	5.15	0	97
Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.	38.10	57.14	4.76	0	84
The nutrition education program provides a basic knowledge of nutrition combined with strategies to promote healthy eating habits. Employees responsible for nutrition education are prepared and participate in professional development activities to deliver an accurate nutrition education program.	35.37	56.10	8.54	0	82
Nutrition education is integrated into the curriculum where appropriate.	36.14	54.22	9.64	0	83
Nutrition education involves sharing information with families and the broader community to positively impact students and the health of the community with a focus on strategies to improve nutrition.	21.25	60	17.50	1.25	80
Physical education courses are a primary venue where students learn, practice, and are assessed on developmentally appropriate motor skills.	54.22	42.17	3.61	0	83
Physical education instructors and physical education teacher assistants, under the direction of the physical education instructor, teach physical education classes.	69.88	27.71	2.41	0	83
Physical education includes implementation of a mandatory fitness plan, movement principles, anatomical basis of movement, energy balance, and social development. Students develop competence in individual activities, modified	59.04	38.55	2.41	0	83

versions of various/games and outdoor pursuits, to encourage life-long physical activity.					
Adequate equipment is available for all students to participate in physical education.	35.80	41.98	16.05	6.17	81
Each school provides an environment that encourages safe and enjoyable activity for all students based on individual skills, aptitudes, and interests.	43.21	46.91	8.64	1.23	81
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.	60.49	37.04	2.47	0	81
Information is provided to families that encourages them to teach their children about health and nutrition and how to provide nutritious meals for their families to include the Office of Food Services menus and nutritional information that reflects the USDA School Meals Child Nutrition Programs.	21.43	42.86	35.71	0	14
VBCPS makes available information to families to help them incorporate physical activity into their students' lives.	21.43	50.00	28.57	0	14
VBCPS encourages families to participate in programs that support healthy eating and physical activity.	15.38	53.85	30.77	0	13
Schools provide opportunities to enable staff to promote enjoyable, life-long physical activity among students.	21.43	71.43	7.14	0	14
The Office of Beach Employee Wellness, that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.	75.00	18.75	6.25	0	16
Students receive consistent nutrition messages from all aspects of the school program.	20.00	40.00	40.00	0	5
All foods sold to students during the school day comply with or exceed the school division standards. These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.	20.00	40.00	20.00	20.00	5
The School Board strives to provide an environment conducive to good health by allowing an adequate amount of time and space for students to eat school meals. The school schedules lunch periods at reasonable hours;	20.00	20.00	40.00	20.00	5

provides drinking fountains that are operable, clean, and convenient for use throughout the school day.					
The principal works with parent and community organizations to encourage fundraising activities that do not involve the sale of unhealthy foods.	20.00	40.00	40.00	0	5
School administrators encourage healthy eating by using non-food items rather than food items such as candy, cakes, soda, and foods high in fat, as incentives and rewards for good behavior or academic performance; and by the offering of healthy snacks, where permitted or offered.	0.00	40.00	60.00	0	5
School administrators encourage parents to support the division's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.	20.00	20.00	60.00	0	5
The school limits "celebrations" that involve food during the school day that does not relate directly to the curriculum.	20.00	60.00	20.00	0	5
Students are discouraged from sharing their foods or beverages with one another during meal and/or snack times based on concerns regarding food allergies and other restrictions on some children's diets.	20.00	80.00	0	0	5
Foods and beverages marketed or promoted to students on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, "state nutrition standards"], such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.	25.00	0.00	75.00	0	4
Elementary students are provided with a daily recess period, which may not be withheld as a disciplinary measure.	40.00	40.00	0	20.00	5
Schools make available the outdoor physical activity facilities for use by students and families beyond the school day. Access to these facilities is provided within the established procedures and guidelines for facility use.	60.00	40.00	0	0	5
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.	20.00	80.00	0	0	5
VBCPS supports and promotes interscholastic athletic programs and intramural activity programs in the secondary schools.	60.00	20.00	0	20.00	5

Individual schools encourage participation in the school-based programs that monitor progress on student wellness.	0	60.00	40.00	0	5
The school has a health clinic, completes mandated health screenings, and assists with the enrollment of eligible children in the Virginia Medicaid FAMIS children’s health insurance program.	20.00	80.00	0	0	5
The school participates in the USDA School Breakfast Program and students are encouraged to start each day with a healthy breakfast.	89.36	8.51	1.06	1.06	94
School/site administration encourages participation in the BEWell program.	56.99	39.78	3.23	0	93
Foods and beverages marketed or promoted to students on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, “state nutrition standards”], such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.	67.02	26.60	5.32	1.06	94
All foods sold to students during the school day comply with or exceed the school division standards. These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.	74.47	19.15	3.19	3.19	94
School/site administration encourages healthy foods and snacks at meetings, in classrooms, staff events and/or celebrations; discouraging items such as candy, cakes, soda, and foods high in fat.	43.01	46.24	10.75	0	93
School/site administration provides opportunities to improve staff health and wellness through school sponsored trainings, guest speakers, or general wellness education.	32.98	58.51	6.38	2.13	94
School/site hosts or participates in friendly, intramural staff sports or fitness events with school staff, such as fun runs, volleyball games, walking clubs, etc.	31.91	45.74	20.21	2.13	94
School/site has a BEWell (Wellness) Champion(s) that regularly promotes BEWell programs and motivates staff on health and wellness.	46.81	42.55	10.64	0	94
School/site maintains positive and inclusive interactions in staff rooms and meetings—set workplace policies to prohibit bullying,	82.98	17.02	0	0	94

harassment, and put-downs among staff.					
School/site provides an environment that encourages safe and enjoyable activities and workplace for all staff; embrace and follow workplace safety.	81.91	18.09	0	0	94
Staff are knowledgeable of the Beach Employee Wellness (BEWell) program and utilize BEWell's Virgin Pulse Platform.	25.75	60.00	12.61	1.64	1705
Staff are knowledgeable of and utilize BEWell's support programs: Tobacco Cessation, Weight Management (Retrofit), Employee Assistance Program & Work-Life Program, Disease Management Programs, Partners in Pregnancy.	15.19	60.07	22.14	2.59	1698
Staff are knowledgeable and utilize BEWell online (intranet) and associated resources.	16.36	59.01	22.15	2.48	1693
Staff are knowledgeable of BEWell's quarterly newsletter, BEWell BEAT, that provides health education, program information, and special announcements.	22.01	64.25	12.27	1.47	1695
Staff are knowledgeable of the BEWell health stations across the city to take validated health measurements and access support programs.	14.62	53.42	28.30	3.66	1696
Staff have interest in financial wellness services and education.	22.54	64.83	11.45	1.19	1686
Staff have interest in stress reduction and mindfulness services and education.	30.81	58.78	8.93	1.48	1691

2019 VBCPS Wellness Assessment Survey Results Total Respondents

Survey Statement	Strongly Agree	Agree	Disagree	Strongly Disagree	# Answered
The school encourages participation by students and families in the USDA School Meals Child Nutrition Programs, such as Summer Food Service and Supper Feeding programs as these become available.	38.46	55.77	5.77	0	52
The school division is committed to offering school meals through the National School Lunch and Breakfast programs and other applicable School Meal Child Nutrition programs that: Meet nutrition requirements established by the school division.	75.0	25.0	0	0	52
The school division is committed to offering school meals through the National School Lunch and Breakfast programs and other applicable	76.92	23.08	0	0	52

School Meal Child Nutrition programs that: Are served in a clean and pleasant setting.					
The school division is committed to offering school meals through the National School Lunch and Breakfast programs and other applicable School Meal Child Nutrition programs that: Are appealing and attractive to children.	61.54	28.85	1.92	0	52
The school division is committed to offering school meals through the National School Lunch and Breakfast programs and other applicable School Meal Child Nutrition programs that: Are accessible to all students.	76.92	21.15	1.92	0	52
All foods sold to students during the school day comply with or exceed the school division standards. These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.	62.75	27.45	7.84	1.96	51
The Office of Food Services publishes the nutritional analysis for elementary and secondary school breakfasts and lunches consistent with federal and state guidelines.	75.0	23.08	1.92	0	52
Qualified nutrition professionals administer the school meal program. As part of the responsibility for operating a food service program, the Office of Food Services provides ongoing professional development for nutrition professionals in the schools. Staff development programs include appropriate certification and/or training programs for Child Nutrition Directors/Supervisors, Cafeteria Managers, and Cafeteria Assistants, according to their levels of responsibility.	67.31	28.85	3.85	0	52
Foods and beverages marketed or promoted to students on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, "state nutrition standards"], such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.	59.62	36.54	3.85	0	52

Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.	46.34	41.46	10.98	1.22	82
The nutrition education program provides a basic knowledge of nutrition combined with strategies to promote healthy eating habits. Employees responsible for nutrition education are prepared and participate in professional development activities to deliver an accurate nutrition education program.	43.90	45.12	10.98	0	82
Nutrition education is integrated into the curriculum where appropriate.	43.90	50.00	4.88	1.22	82
Nutrition education involves sharing information with families and the broader community to positively impact students and the health of the community with a focus on strategies to improve nutrition.	15.85	59.76	23.17	1.22	82
Physical education courses are a primary venue where students learn, practice, and are assessed on developmentally appropriate motor skills.	53.66	37.80	7.32	1.22	82
Physical education instructors and physical education teacher assistants, under the direction of the physical education instructor, teach physical education classes.	68.29	31.71	0	0	82
Physical education includes implementation of a mandatory fitness plan, movement principles, anatomical basis of movement, energy balance, and social development. Students develop competence in individual activities, modified versions of various/games and outdoor pursuits, to encourage life-long physical activity.	64.63	34.15	1.22	0	82
Adequate equipment is available for all students to participate in physical education.	28.4	48.15	17.28	6.17	81
Each school provides an environment that encourages safe and enjoyable activity for all students based on individual skills, aptitudes, and interests.	41.98	54.32	3.7	0	81
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.	45.68	51.85	2.47	0	81
Information is provided to families that encourages them to teach their children about health and nutrition and how to provide nutritious meals for their families to include the Office of Food Services menus and nutritional information that reflects the USDA School Meals Child Nutrition Programs.	43.75	43.75	6.25	6.25	16

VBCPS makes available information to families to help them incorporate physical activity into their students' lives.	31.25	56.25	6.25	6.25	16
VBCPS encourages families to participate in programs that support healthy eating and physical activity.	41.18	58.82	0	0	17
Schools provide opportunities to enable staff to promote enjoyable, life-long physical activity among students.	35.29	58.82	5.88	0	17
The Office of Beach Employee Wellness, that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.	58.82	41.18	0	0	17
Students receive consistent nutrition messages from all aspects of the school program.	11.76	88.24	0	0	17
All foods sold to students during the school day comply with or exceed the school division standards. These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.	11.76	70.59	17.65	0	17
The School Board strives to provide an environment conducive to good health by allowing an adequate amount of time and space for students to eat school meals. The school schedules lunch periods at reasonable hours; provides drinking fountains that are operable, clean, and convenient for use throughout the school day.	35.29	52.94	11.76	0	17
The principal works with parent and community organizations to encourage fundraising activities that do not involve the sale of unhealthy foods.	0	94.12	5.88	0	17
School administrators encourage healthy eating by using non-food items rather than food items such as candy, cakes, soda, and foods high in fat, as incentives and rewards for good behavior or academic performance; and by the offering of healthy snacks, where permitted or offered.	5.88	76.47	17.65	0	17
School administrators encourage parents to support the division's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.	5.88	70.59	23.53	0	17

The school limits “celebrations” that involve food during the school day that does not relate directly to the curriculum.	11.76	76.47	11.76	0	17
Students are discouraged from sharing their foods or beverages with one another during meal and/or snack times based on concerns regarding food allergies and other restrictions on some children’s diets.	41.18	47.06	11.76	0	17
Foods and beverages marketed or promoted to students on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, “state nutrition standards”], such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.	18.75	68.75	12.5	0	16
Elementary students are provided with a daily recess period, which may not be withheld as a disciplinary measure.	23.53	70.59	5.88	0	17
Schools make available the outdoor physical activity facilities for use by students and families beyond the school day. Access to these facilities is provided within the established procedures and guidelines for facility use.	35.29	64.71	0	0	17
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.	35.29	58.82	0	5.88	17
VBCPS supports and promotes interscholastic athletic programs and intramural activity programs in the secondary schools.	47.06	41.18	5.88	5.88	17
Individual schools encourage participation in the school-based programs that monitor progress on student wellness.	17.65	76.47	5.88	0	17
The school has a health clinic, completes mandated health screenings, and assists with the enrollment of eligible children in the Virginia Medicaid FAMIS children’s health insurance program.	41.18	58.82	0	0	17
The school participates in the USDA School Breakfast Program and students are encouraged to start each day with a healthy breakfast.	76.32	19.74	2.63	1.32	76
School/site administration encourages participation in the BEWell program.	56.58	39.47	3.95	0	76
Foods and beverages marketed or promoted to students on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, “state nutrition standards”], such that only those foods	62.67	36.00	1.33	0	75

that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.					
All foods sold to students during the school day comply with or exceed the school division standards. These standards apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.	68.00	30.67	1.33	0	75
School/site administration encourages healthy foods and snacks at meetings, in classrooms, staff events and/or celebrations; discouraging items such as candy, cakes, soda, and foods high in fat.	34.21	47.37	18.42	0	76
School/site administration provides opportunities to improve staff health and wellness through school sponsored trainings, guest speakers, or general wellness education.	25.00	48.68	25.00	1.32	76
School/site hosts or participates in friendly, intramural staff sports or fitness events with school staff, such as fun runs, volleyball games, walking clubs, etc.	30.26	51.32	17.11	1.32	76
School/site has a BEWell (Wellness) Champion(s) that regularly promotes BEWell programs and motivates staff on health and wellness.	26.32	44.74	27.63	1.32	76
School/site maintains positive and inclusive interactions in staff rooms and meetings—set workplace policies to prohibit bullying, harassment, and put-downs among staff.	78.67	18.67	2.67	0	75
School/site provides an environment that encourages safe and enjoyable activities and workplace for all staff; embrace and follow workplace safety.	77.33	21.33	1.33	0	75
Staff are knowledgeable of the Beach Employee Wellness (BEWell) program and utilize BEWell's Virgin Pulse Platform.	29.75	59.29	9.34	1.62	1980
Staff are knowledgeable of and utilize BEWell's support programs: Tobacco Cessation, Weight Management (Retrofit), Employee Assistance Program & Work-Life Program, Disease Management Programs, Partners in Pregnancy.	14.18	62.60	20.82	2.40	1960
Staff are knowledgeable and utilize BEWell online (intranet) and associated resources.	17.44	59.84	20.44	2.29	1967
Staff are knowledgeable of BEWell's quarterly newsletter, BEWell BEAT, that provides health	20.59	64.59	13.15	1.67	1977

education, program information, and special announcements.					
Staff are knowledgeable of the BEWell health stations across the city to take validated health measurements and access support programs.	15.70	57.27	23.78	3.25	1968
Staff have interest in financial wellness services and education.	21.39	66.16	11.13	1.33	1959
Staff have interest in stress reduction and mindfulness services and education.	28.05	62.27	8.35	1.32	1964

A comparison of the overall survey responses from 2022 to 2019 shows that:

- 140 less respondents (2,299 vs. 2,439) participated in the survey in 2022 vs. 2019;
- An average of 41.99% (in 2022) vs. 45.32% (in 2019) of all staff groups responding either “strongly agreed” or “agreed” with all the survey statements regarding the district’s overall efforts on student and staff nutrition, wellness, and physical education;
- An average of 48.55% (in 2022) vs. 47.96% (in 2019) of Food Service staff group responding either “strongly agreed” or “agreed” with survey statements regarding our district’s commitment to serving healthy meals and promoting student nutrition and wellness education;
- An average of 45.77% (in 2022) vs. 45.35% (in 2019) of Health and Physical Education staff group responding either “strongly agreed” or “agreed” with the survey statements regarding our district’s efforts on nutrition education and availability of physical education activities/equipment;
- An average of 39.16% (in 2022) vs. 46.91% (in 2019) of Communication & Community Engagement/BEWell/Consolidated Benefits staff group responding either “strongly agreed” or “agreed” with survey statements regarding our district’s communication efforts relating to USDA programs, student nutrition, wellness, and physical education;
- An average of 34.17% (in 2022) vs. 45.47% (in 2019) of Department of School Leadership staff group responding either “strongly agreed” or “agreed” with survey statements regarding our district’s overall student nutrition, wellness, and physical activity efforts;
- An average of 40.55% (in 2022) vs. 41.37% (in 2019) of Other VBCPS Staff group responding either “strongly agreed” or “agreed” with the survey statements regarding our district’s efforts as they relate to addressing staff health and financial wellness.

The data reveals that some affirmative survey response percentages are lower in 2022 as compared to 2019. We believe this is due to the last few years of communications being mainly focused on COVID-19 virus spread mitigating strategies. Therefore, our SHAB goals for the next three years will be aimed at better communicating and marketing our district’s nutrition, wellness, and physical activity programs.

PROGRESS ASSESSMENT FOR IMPLEMENTATION

The 2022 assessment data was used to assess progress since our 2019 Student Wellness Policy implementation baseline. The main areas of our policy and the progress data from the division level (based on 83 schools when applicable) are provided below. Please note that the policy encourages additional healthy practices that are not indicated below. Additionally, our policy may not align exactly to the questions within the *VBCPS Wellness Assessment Survey*. As such, we utilized our policy language to assess our progress.

NUTRITION STANDARDS

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
All schools participate in the National School Lunch Program and School Breakfast Program (exclusive of VBCPS technical centers).	FULLY IN PLACE	
The School Board strives to provide an environment conducive to good health by allowing an adequate amount of time and space for students to eat school meals; scheduling lunch periods at reasonable hours around midday and ensuring that drinking fountains are operable, clean, and convenient for use throughout the school day.	FULLY IN PLACE	
All foods sold to students during the school day will comply with or exceed the current federal and state regulations. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.	FULLY IN PLACE	
The Office of Food Services will publish the nutritional analysis for all elementary and secondary school breakfasts and lunches consistent with federal and state guidelines.	FULLY IN PLACE	
Principals, as the Fundraiser Designees, will work with parent and community organizations to encourage fundraising activities that do not involve the sale of unhealthy foods. Principals will only permit USDA-FNS Smart Snacks compliant food and beverage fundraisers. The School Division will allow up to 30 school-sponsored fundraisers per site per school day to be exempt from the Smart Snacks. <i>(Annual Principal's Packet Memo released to compile compliance forms from each school).</i>	FULLY IN PLACE	
Any foods and beverages marketed or promoted to students on the school campus "during the school day" will meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, "state nutrition standards"], such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. Food and/or beverage fundraisers will be disallowed during meal serving times.	FULLY IN PLACE	
School administrators will encourage healthy eating by using non-food items rather than food items such as candy, cakes, soda, and foods high in fat, as incentives and rewards for good behavior or academic performance; and by the offering of healthy snacks, where permitted or offered.	FULLY IN PLACE	

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Schools should limit "celebrations" that involve food during the school day that do not relate directly to the curriculum. (<i>Outside Food and Beverage in Schools School Board Policy 3-85 adopted by School Board on June 13, 2022</i>).	FULLY IN PLACE	
Qualified nutrition professionals will administer the school meal programs. As part of the responsibility for operating a food service program, the Office of Food Services will continue to provide on-going professional development for nutrition professionals in the schools. Staff development programs should include appropriate certification and/or training programs for Child Nutrition Directors/ Supervisors, Cafeteria Managers, Baker/Cooks, and Cafeteria Assistants, according to their levels of responsibility.	FULLY IN PLACE	
Students should be discouraged from sharing their foods or beverages with one another during meal and/or snack times based on concerns regarding food allergies and other restrictions on some children's diets. (<i>Outside Food and Beverage in Schools School Board Policy 3-85 adopted by School Board on June 13, 2022</i>).	FULLY IN PLACE	
School administrators will encourage parents to support the School Division's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. (<i>Outside Food and Beverage in Schools School Board Policy 3-85 adopted by School Board on June 13, 2022</i>).	FULLY IN PLACE	

NUTRITION PROMOTION AND EDUCATION

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.	FULLY IN PLACE	
The nutrition education program will provide a basic knowledge of nutrition combined with strategies to promote healthy eating habits. Employees responsible for nutrition education will be prepared and participate in professional development activities to deliver an accurate nutrition education program.	FULLY IN PLACE	
Nutrition education will be integrated into the curriculum where appropriate.		PARTIALLY IN PLACE

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community with a focus on strategies to improve nutrition. [Family & Student Wellness Annual Expo started in May of 2023, and continuing annually in May.]		PARTIALLY IN PLACE
Virginia Beach City Public Schools (VBCPS) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families. The Office of Food Services will provide menus for the federal Child Nutrition meal programs, along with other appropriate nutritional information.	FULLY IN PLACE	
The School Division will participate in the School Breakfast Program and students will be encouraged to start each day with a healthy breakfast.	FULLY IN PLACE	
Schools will encourage participation by students and families in other federal school nutrition meal programs, such as Summer Food Service Program (SFSP) and Child and Adult Care Food Program (CACFP) as these become available.	FULLY IN PLACE	
Students receive consistent nutrition messages from all aspects of the school program.		PARTIALLY IN PLACE

PHYSICAL ACTIVITY

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Physical education courses will be a primary venue where students learn, practice and are assessed on developmentally appropriate motor skills.	FULLY IN PLACE	
Physical education instructors and physical education teacher assistants, under the direction of the physical education instructor, will teach physical education classes.	FULLY IN PLACE	
Physical education will include implementation of a mandatory fitness plan, movement principles, anatomical basis of movement, energy balance and social development. Students will continue to develop competence in individual activities, modified versions of various/games and outdoor pursuits, to encourage life-long physical activity.	FULLY IN PLACE	

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Adequate equipment will be available for all students to participate in physical education.	FULLY IN PLACE	
Each school will provide an environment that encourages safe and enjoyable activity for all students based on individual skills, aptitudes, and interests.	FULLY IN PLACE	
Kindergarten students will be provided forty (40) minutes of daily recess which will be split as follows: fifteen (15) minutes of recess to take place immediately prior to or following Health and Physical Education (HPE) class with the HPE teacher and teacher assistants serving as monitors; and, twenty-five (25) minutes to take place at the opposite time of day from Health and Physical Education class with the kindergarten teacher assistants serving as monitors. School administrators will be granted reasonable discretion in scheduling recess in order to address scheduling, resources, weather and other conditions.	FULLY IN PLACE	
Elementary students in grades 1-5 will be provided thirty (30) minutes of daily recess which will be split as follows: fifteen (15) minutes of recess to take place immediately prior to or following Health and Physical Education (HPE) class with the HPE teacher and teacher assistants serving as monitors; and, fifteen (15) minutes to take place at the opposite time of day from Health and Physical Education class with the grade-level classroom teachers serving as monitors. School administrators will be granted reasonable discretion in scheduling recess in order to address scheduling, resources, weather and other conditions.	FULLY IN PLACE	
Recess may not be withheld as a disciplinary measure per School Division Guidelines.	FULLY IN PLACE	
VBCPS will make available information to families to help them incorporate physical activity into their students' lives.	FULLY IN PLACE	
Schools are encouraged to make available the outdoor physical activity facilities for use by students and families beyond the school day. Access to these facilities is to be provided within the established procedures and guidelines for facility use.	FULLY IN PLACE	
Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school	FULLY IN PLACE	

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
students and the integration of physical activity into the academic curriculum where appropriate.		
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.	FULLY IN PLACE	

OTHER PROGRAMS TO PROMOTE WELLNESS

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
VBCPS will encourage families to participate in programs that support healthy eating and physical activity.	FULLY IN PLACE	
VBCPS will continue to support and promote interscholastic athletic programs and intramural activity programs in the secondary schools.	FULLY IN PLACE	
Individual schools will be encouraged to participate in the school-based programs to encourage monitor progress on student wellness.	FULLY IN PLACE	
Where possible, schools should be encouraged to host student-related health clinics, health screenings, and assist with the enrollment of eligible children in Medicaid and other state children's health insurance programs.		PARTIALLY IN PLACE
Schools will support the health screenings of students by the school nurses for vision, hearing, blood pressure, scoliosis, height, weight, dental, skin integrity, and overall general health, based on state guidelines and requirements and according to local School Division protocol.	FULLY IN PLACE	
Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.		PARTIALLY IN PLACE
The Office of Wellness and Prevention, that focuses on staff wellness issues, will identify and disseminate wellness resources and perform other functions that support staff wellness in coordination with human resources staff.	FULLY IN PLACE	

MONITORING AND EVALUATION

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
<p>The School Division will actively inform families and the public each year of basic information about this Policy, including its content, any updates to the policy and implementation status via its website at https://www.vbschools.com/families/food-and-nutrition-services/student-wellness.</p>	FULLY IN PLACE	
<p>At least once every three years, the School Division will evaluate compliance with the wellness policy to assess the implementation of the policy. The School Health Advisory Board (SHAB) will update or modify the wellness policy based on the results of the annual School Health Index or other triennial assessments and/or as School Division priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. Per the Code of Virginia §22.1-275.1 as amended, the School Health Advisory Board (SHAB) advises the School Board on matters affecting student health. The SHAB is comprised of parents, health professionals, educators and others who are appointed by the School Board. In its annual report to the School Board, the SHAB will include a statement as to the progress of the Wellness Program, while offering further advisement on methods for supporting the program.</p>	FULLY IN PLACE	

DEPARTMENT WELLNESS GOALS

Virginia Beach Public Schools recognizes the importance of health and wellbeing on students' academic and future success. The COVID-19 pandemic from March 2020 to 2022 has created challenges to our ability to move forward on many of our wellness initiatives. School closures, remote work, social distance protocols and other division priorities focused on creating effective virtual learning environments have put much of this process on the back burner. VBCPS is however, committed to creating structures and initiatives to ensure we are supporting the *whole child*. VBCPS has utilized data from the second assessment as compared to the initial assessment to develop individual department wellness goals that would be in alignment with the VBCPS Compass to 2025 Strategic Plan and supported by our division Wellness Policy. Specifically, members of the SHAB, which are from the Office of Food Services, Department of Health Services, Department of School Leadership, Department of Health and Physical Education, the Department of Consolidated Benefits, School Board representative, and community representatives evaluated the outcomes of the First Triennial Assessment goals and contributed to the development of the Second Triennial Assessment goals during the Fall of 2023.

The main goals that drove our progress for the First Triennial Assessment (2018-2021) are indicated below in the chart.

GOALS	PROGRESS
Expand SHAB responsibilities to include providing recommendations to DOSL, Benefits and OFS regarding issues of student, family, and employee wellness	Completed
Utilize the Department of Media and Communications and DOSL (school principals) to communicate to the community the school division policy and its benefits to academic learning	Ongoing
A list of non-food alternatives and resources for celebrations/reward should be provided to school staff by the Department of Teaching and Learning.	Completed
The current practice of site-based decision making by principals regarding types of foods allowed in schools is challenging and inconsistent throughout the division. A school division standardized policy should be established. Food/drink brought to school by families/friends for celebrations/holidays that will be shared with other students should be prohibited, b) school teaching staff should use non-food items for celebrations & rewards in the classroom and limit the use of food in curriculum activities, and c) only school breakfast and lunch should be allowed in the classrooms.	Completed
ES site administration will provide healthy foods and snacks at meetings, staff events and celebrations; and will encourage such in classrooms. <i>[Goal changed to include “All school sites” with expectations noted in Aug. 19, 2021, Aug. 18, 2022 and Aug 3, 2023 PP Memos].</i>	Ongoing
ES site administration will provide opportunities to improve staff health and wellness through school sponsored training (via the BEWell champion), guest speakers or general wellness education. <i>[Goal changed to include “All school sites” with expectations noted in Aug. 19, 2021, Aug. 18, 2022 and Aug 3, 2023 PP Memos].</i>	Ongoing
ES and MS site administration will ensure it has a BEWell champion on staff that regularly promotes BEWell programs and motivates staff on the importance of health and wellness. <i>[Goal changed to include “All school sites” with expectations noted in Aug. 19, 2021, Aug. 18, 2022 and Aug 3, 2023 PP Memos].</i>	Ongoing
Department of Health and PE will conduct a follow-up survey to collect more data on the types of equipment principals need to ensure adequate equipment is available for all students to participate in physical education.	Unmet due to COVID-19 closures
Create a Student Nutrition and Wellness Coordinator position in the Office of Food Services to help lead wellness initiatives, policy, and recommendations in VBCPS.	Completed

GOALS	PROGRESS
Establish a stipend position at each school: School Nutrition, Wellness and Sustainability Liaison that serves on school advisory councils. Elected membership from these positions would also serve on SHAB.	Unmet due to budgetary constraints
All schools will annually complete the Governor’s Scorecard beginning with Fall 2021	Unmet due to COVID-19 closures
Develop and implement a five-year plan that will have all schools participating in Scratch Cooking Initiative	Completed

Division, department and individual school goals centered around wellness will continue to adapt as we move forward with the implementation of the wellness policy and wellness recommendations.

DIVISION GOALS FOR NEXT 3 YEARS (2024 - 2026)

VBCPS will continue to stay committed to the departmental goals outlined above that have not been fully executed. Additionally, division goals have been created based on the identified opportunities of the progress assessment completed during the 2021 - 2022 school year and the requirements outlined in the federal regulations. Below are the proposed goals for the next three (3) years:

ORGANIZATION GOALS

1. Continue to provide recommendations to Department of Student Leadership, Benefits and Office of Food Services regarding issues of student, family, and employee wellness.
2. Utilize the Department of Media and Communication to communicate indicatives related to wellness.
3. Expand SHAB to include members from Student Support team and Department of Media and Communications.
4. Improve collaboration with school-based nutrition and physical activity liaisons to facilitate the sharing of data, events.

NUTRITION GOALS

1. Continue growth with a goal of adding 8 new school culinary and garden clubs for a better understanding of nutrition through activities such as writing recipes and cooking competitions.
2. Improve participation in completing annual Governor’s Scorecard.
3. Update Wellness Policy to include language related to water access at school sites.

PHYSICAL ACTIVITY GOALS

1. Continue growth with 10 additional gardens each year to cultivate outdoor learning spaces to improve students’ physical health, motor skills, and stress relief as they can engage in more active and playful learning each year.
2. The Department of Teaching & Learning will work in collaboration with school Health and Physical Education departments to ensure schools have adequate support,

materials, and equipment to provide rigorous physical education instruction aligned to the 2022 VDOE Physical Education Standards of Learning.

STUDENT & STAFF WELLNESS GOALS

1. Improve immunization compliance with collaboration from Virginia Beach Department of Health.
2. Increase awareness of staff wellness programs and resources in school leadership and staff through improved communication.

QUALITY OF OUR VBCPS WELLNESS POLICY

To fulfill the federal requirement of assessing the quality of the wellness policy under the *Final Rule*, we used the WellSAT 3.0 tool, which measures the quality of written wellness policies including content comprehensiveness and strength of the policy language as it relates to the requirements under the Healthy, Hunger Free Kids Act of 2010. Please note, that there may be common practices in VBCPS that are not indicated in the policy. This assessment only recognizes items **explicitly indicated in the policy** and does not consider common practices that are not identified or described in the policy. For example, all PE classes at the MS and HS level have set class times but are not written explicitly into the Board policy.

A division-wide assessment was completed in Fall of 2023 by the Office of Food Services on the 2021 updated policy (Student and Staff Wellness 5-58 & 5-58.1). The overall comprehensiveness score was 80.25 and the overall strength score was 58.97.

Another school-based assessment will be completed in Fall of 2025. The assessment will be coordinated by the VBCPS Nutrition and Wellness Coordinator. This assessment will utilize the Governor’s Scorecard and focus on school level compliance with the Division Wellness Policy as well as progress on Division Wellness Goals.

The Governor’s Scorecard measures initiatives taken beyond requirements to promote a culture of health and wellness through food quality, participation in meal programs, health and physical education, and physical activity. The Scorecard is based on the Centers for Disease Control and Prevention’s (CDC’s) Whole School, Whole Community, Whole Child model.

The Governor’s Scorecard replaces the USDA Healthier US School Challenge and identifies best practices, establishes benchmarks, and provides recognition to schools that excel in their efforts to promote a culture of health and wellness through food quality, participation in meal programs, health and physical education, and physical activity. The Virginia Department of Education Office of School Nutrition Programs (VDOE-SNP) evaluates school Scorecard submissions based on nutrition and healthy school environments for award nominations. A list of award winners and participants can be found on the [VDOE-SNP Governor’s Scorecard website](#).

OTHER WELLNESS INITIATIVES, RECOGNITIONS & SUCCESSES

The Healthy, Hunger Free Kids Act of 2010 put student health and nutrition at the forefront of student education. Our schools and division have been leading the way on creating a healthy school culture and environment and supporting our students’ health and well-being. There are too many great programs, partnerships, and highlights across our county to recognize within this report, however, here are a few successes to mention.

HIGHLIGHTS 2016 - 2017

- VBCPS conducted a pilot program at ODS to explore implementation of scratch cooking
- ODS conducted the district's first student Top Chef Competition
- VBCPS moved majority of entitlement dollars to the Fresh Fruit and Vegetable program to reduce reliance on processed food items

HIGHLIGHTS 2017 - 2018

- VBCPS hired a District Chef to oversee implementation of Scratch Cooking
- VBCPS expanded the Scratch Cooking Initiative to include the Landstown Complex (ES and MS)
- VBCPS conducted facility analysis on the next five (5) schools to determine equipment needs and infrastructure readiness to further implement scratch cooking

HIGHLIGHTS 2018 - 2019

- VBCPS hired 8 Culinary Chef Assistants to assist the District Chef with menu development and staff training/monitoring
- VBCPS conducted facility analysis on 25 schools to determine equipment needs and infrastructure readiness for scratch cooking
- VBCPS Scratch cooking successfully implemented in five (5) additional school for a total of eight (8) schools with upgraded scratch equipment
- The Health and Physical Education Department created a partnership with K-12 Academic Support Coordinator (Dr. Monica Robinson) to purchase CPR and recess equipment through Title IV, Part A funds

HIGHLIGHTS 2019 - 2020

- VBCPS added an additional three (3) schools to the Scratch Cooking Initiative for a total of 11 schools that had upgraded kitchen equipment
- The Office of Food Services developed a five-year roadmap to fully implement scratch cooking at all schools
- VBCPS applied for and was the recipient of \$31,669.69 in various grant funds from The Dairy Alliance and No Kid Hungry Program. During the COVID-19 school closure, the Dairy Alliance awarded VBCPS additional grant funds to purchase special alternative feeding food service equipment and supplies to maintain access to and consumption of low-fat and fat-free dairy products. The No Kid Hungry Program also awarded VBCPS grant funds in emergency COVID-19 response efforts. These funds were utilized to support transporting and storing of food at neighborhood distribution sites.
- VBCPS implemented a new weight management program for the full-time employees and retirees on the medical plan.
- VBCPS received the Gold Level Workplace Health Achievement Index Recognition with the American Heart Association (AHA). The AHA Workplace Health Achievement Index measures the extent to which VBCPS has implemented workplace health best practices. It involves completion of a comprehensive organizational self-assessment that measures the health of the workplace and the health of the workforce.
- The Department of Health Services was provided a Full time allocation for a nursing specialist within the Health Services Office

- The Department of Health Services developed a partnership with the Virginia Beach Department of Public Health for the implementation of a COVID-19 epidemiologists team dedicated to school division for consultation, monitoring, and evaluation prevention mitigations and contact tracing process.
- The Health and Physical Education Department Implementation of Choice Led Health at the secondary level, aligned with 2020 Health SOLs
- The Health and Physical Education Department added three (3) new high school Physical Education elective courses:
 - Certified Personal Trainer (CPT certification)
 - Recreational Activities
 - Personal Fitness

HIGHLIGHTS 2020 - 2021

- VBCPS moved from Fitness Gram to Functional Fitness Challenges to create fitness SMART goals utilizing Welnet. All students in grades 4-10 utilize Welnet to record fitness data and goals
- VBCPS scratch cooking equipment was successfully added in 11 additional schools for a total of 22 schools
- VBCPS increased its participation in the Community Eligibility Provision program, where all students can receive free breakfast and lunch regardless of household eligibility, from six (6) schools in 2019-2020 to 14 in 2020-2021
- VBCPS piloted four (4) self-serve Scratch Cooking Initiative reimbursable meal/Smart Snack vending machines at Landstown HS with software linked to existing meal accounts

HIGHLIGHTS 2021 - 2022

- VBCPS moved from Fitness Gram to Functional Fitness Challenges to create fitness SMART goals utilizing Welnet. All students in grades 4-10 utilize Welnet to record fitness data and goals
- VBCPS scratch cooking equipment was successfully added in eight (8) schools for a total of 30 schools
- VBCPS increased its participation in the Community Eligibility Provision program, where all students can receive free breakfast and lunch regardless of household eligibility, from 14 schools in 2020-2021 to 21 in 2021-2022
- Landstown HS named 2022 Virginia School Breakfast Awardee
- VBCPS received \$74,600 in No Kid Hungry and Hansen Family Foundation grants to build a food truck as an additional mobile service model
- *Outside Food and Beverage in Schools* [Policy 3-85](#) is adopted
- VBCPS served 10 million meals—a new record-breaking number of student meals

HIGHLIGHTS 2022 - 2023

- VBCPS Office of Food Services underwent an internal reorganization to streamline the implementation of the Scratch Cooking Initiative by hiring a Chef as an Assistant Director, an Executive Chef as the Coordinator of Culinary Operations, and a Sous Chef responsible for scratch menu recipe development oversight
- VBCPS expanded the offering of scratch menu items at all schools
 - 63.73% of permanent menu included scratch/chef items

- 20.00% of permanent menu included culturally inclusive items
- VBCPS conducted facility analysis on 18 schools to determine equipment needs and infrastructure readiness for equipment upgrades to facilitate scratch cooking
 - Five (5) schools received VDOE grant of \$95,111.14 for equipment upgrades
- VBCPS scratch cooking equipment was successfully added in three (3) additional schools for a total of 33 schools, with plans to add another ten (10) during Summer of 2023
- VBCPS completed garden and/or greenhouse builds at 15 schools for a total of 32
- VBCPS increased its participation in the Community Eligibility Provision program, where all students can receive free breakfast and lunch regardless of household eligibility, from 21 schools in 2021-2022 to 27 in 2022-2023
- Kempsville HS students competed in ProStart Chef Competition at Old Dominion University and received 1st and 2nd place awards
- VBCPS hired a Coordinator of Health & Physical Education; Driver Education who partnered with the Student Nutrition & Wellness Coordinator to create a list of School Nutrition and Fitness Liaisons to help monitor and provide school level data relating to nutrition, wellness, and physical education
- The Health and Physical Education Department analyzed 2022-2023 9th & 10th grade pre and post assessment data for nutritional objectives on the common assessment.
 - An average of 25% increase on all questions related to nutrition objectives was reported for 9th grade students,
 - An average of 22% increase on all nutrition objectives was reported for 10th grade students
- *Naloxone Administration in Response to a Suspected Opioid Overdoses in a School Setting* [Policy 3-97](#) was adopted
- In June of 2023, VBCPS hosted its 1st Family & Student Wellness Expo at Bayside HS:
 - Over 60 community partners participated focusing on wellness education
 - The OFS food truck marketed school meal programs with emphasis on nutrition education and providing scratch menu item samplings.

PREPARATION OF THIS REPORT & ADDITIONAL INFORMATION

This report was written by the Director of Food Services, Viorica Harrison, and reviewed by the School Health Advisory Board. For additional information, please email Viorica.Harrison@vbschools.com.

Appendix A: Virginia School Board Wellness Policies

Student and Staff Wellness 5-58

School Board of the City of Virginia Beach
Policy 5-58

STUDENTS

Student and Staff Wellness

Virginia Beach City Public Schools, in partnership with families, community organizations, and other local agencies, play an important role in promoting student wellness. The School Board supports a school environment that encourages and fosters nutritious eating habits and physical activity, both linked to academic success and lifelong good health. Schools are encouraged to work collaboratively with families and the community to improve the quality of health for students and staff.

The Superintendent will, through regulation, guidance or procedure, ensure that the School Division meets applicable federal wellness policy requirements and will include the following components:

1. Measurable goals for nutrition education, physical activity, and other school-based activities to promote student wellness;
2. Elementary students will be provided daily recess of 40 minutes for kindergarten and 30 minutes for grades 1-5 which may not be withheld as a disciplinary measure. The Superintendent or designee will develop regulations and guidelines to ensure consistent implementation.
3. Nutrition standards for all foods and beverages available during the school day, with the objective of promoting student health and reducing childhood obesity;
4. Assurance that local guidelines established shall not be less restrictive than USDA regulations and guidance, or existing Virginia regulations and guidance, as they apply to the school nutrition programs;
5. A plan for measuring implementation of the local plan; and,
6. Ensure the involvement of parents, students, school health professionals, school nutrition program directors and/or managers, the School Board, school administrators, and the general public in development, implementation, and periodic review of this program.
7. Designate the School Health Advisory Board as the School Division's Wellness Committee and ensure that the Board meets at least four (4) times per year to establish goals and procedures for and oversee school health and safety policies and programs. Direct oversight of this committee will be the responsibility of the Department of School Leadership (hereinafter "DOSL"). DOSL will retain appropriate documentation of wellness policy compliance which shall include: the policy; documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and documentation of the triennial assessment of the policy.

Editor's Note

See also School Board Policy 7-21

See also School Board Regulation 7-21.6

Legal Reference

The Richard B. Russell National School Lunch Act, 42 U.S.C. § 1758 B, as amended by the Healthy Hunger Free Kids Act of 2010, 7 C.F.R. §§210.10, 210.11 and 220.8, as amended.

School Board Policy 7-21, as amended. Citizen's Advisory Committees.

School Board Regulation 7-21.6, as amended. School Health Advisory Board.

Related Links

School Board [Policy 7-21](#)

School Board [Regulation 7-21.6](#)

Adopted by School Board: June 20, 2006

Amended by School Board: June 20, 2017

Amended by School Board: May 22, 2018

Amended by School Board: July 9, 2019

Student and Staff Wellness 5-58.1

School Board of the City of Virginia Beach
Regulation 5- 58.1

STUDENTS

Student and Staff Wellness

Virginia Beach City Public Schools, in partnership with families, community organizations, and other local agencies, plays an important role in promoting student wellness. The School Board supports a school environment that encourages and fosters nutritious eating habits and physical activity, both linked to academic success and lifelong good health. Schools are encouraged to work collaboratively with families and the community to improve the quality of health for all students.

A. Nutrition Promotion and Education

1. Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
2. The nutrition education program will provide a basic knowledge of nutrition combined with strategies to promote healthy eating habits. Employees responsible for nutrition education will be prepared and participate in professional development activities to deliver an accurate nutrition education program.
3. Nutrition education will be integrated into the curriculum where appropriate.
4. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community with a focus on strategies to improve nutrition.
5. Virginia Beach City Public Schools (VBCPS) will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families. The Office of Food Services will provide menus for the federal Child Nutrition meal programs, along with other appropriate nutritional information.
6. The School Division will participate in the National School Breakfast Program (SBP) and students will be encouraged to start each day with a healthy breakfast.
7. Schools will encourage participation by students and families in federal Child Nutrition meal programs, such as Summer Food Service and Supper Feeding programs as these become available.
8. Students receive consistent nutrition messages from all aspects of the school program.
9. The School Division recognizes water as an essential nutrient and will actively promote free, safe, potable drinking water at every school campus.

10. As practically possible and to encourage water consumption, students will be allowed to bring and carry their personal water bottles filled exclusively with water.
11. Staff are also encouraged to model healthy drinking behaviors for students throughout the school day.

B. Nutrition Standards

1. All schools within the School Division are committed to offering school meals and water through the NSLP (National School Lunch Program) and SBP programs, and other applicable Federal child nutrition programs, that:
 - a. Are accessible to all students;
 - b. Are appealing and attractive to children;
 - c. Are served in clean and pleasant settings;
 - d. Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.
2. All foods sold to students during the school day will comply with or exceed the current federal and state regulations. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.
3. The School Board strives to provide an environment conducive to good health by allowing an adequate amount of time and space for students to eat school meals; scheduling lunch periods at reasonable hours around midday and ensuring that drinking fountains are operable, clean, accessible, and convenient for use before, throughout, and after the school day (including in high traffic and common areas, where feasible).
4. The Office of Food Services will publish the nutritional analysis for all elementary and secondary school breakfasts and lunches consistent with federal and state guidelines.
5. Qualified nutrition professionals will administer the school meal programs. As part of the responsibility for operating a food service program, the Office of Food Services will continue to provide on-going professional development for nutrition professionals in the schools. Staff development programs should include appropriate certification and/or training programs for Child Nutrition Directors/Supervisors, Cafeteria Managers, and Cafeteria Assistants, according to their levels of responsibility.
6. Principals should work with parent and community organizations to encourage fundraising activities that do not involve the sale of unhealthy foods. Each school principal, as the fundraiser designee, will approve, track, and monitor all food and beverage fundraisers at the school level.

7. Each school shall be permitted to conduct, on the school campus during regular school hours, no more than 30 school-sponsored fundraisers per school year, during which food or beverages that do not meet the nutrition standards established by the U.S. Department of Agriculture, may be sold. (*Virginia Administrative Code 8VAC20-740-40*). One fundraiser is defined as one or more fundraising activities that last one school day. If multiple school-sponsored organizations conduct fundraisers on the same day, the combined activities shall be counted as one fundraiser. If a fundraising activity lasts more than one school day, each subsequent day's activity shall be considered as one fundraiser and shall count toward the 30 exempt fundraisers total per year. Any fundraiser that sells food or beverages, whether the items meet the nutrition standards or are exempt from the nutrition standards, must not be conducted during school meal service times. Food or beverage items cannot be sold in competition with the National School Lunch Program and School Breakfast Program from 6 a.m. until after the close of the last breakfast period and from the beginning of the first lunch period to the end of the last lunch period. Food or beverage items sold to students during these times shall accrue to the nonprofit School Nutrition Program account. Each school must retain records to document compliance of its fundraisers for each school year.
8. School administrators will encourage healthy eating by using non-food items rather than food items such as candy, cakes, soda, and foods high in fat, as incentives and rewards for good behavior or academic performance; and by the offering of healthy snacks, where permitted or offered.
9. School administrators will encourage parents/families to support the School Division's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.
10. Schools should limit "celebrations" that involve food during the school day that do not relate directly to the curriculum.
11. Students should be discouraged from sharing their foods or beverages with one another during meal and/or snack times based on concerns regarding food allergies and other restrictions on some children's diets.
12. Any foods and beverages marketed or promoted to students on the school campus " during the school day" will meet or exceed the USDA Smart Snacks in School nutrition standards [or, if stronger, "state nutrition standards"], such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

C. Physical Activity

1. Physical education courses will be a primary venue where students learn, practice and are assessed on developmentally appropriate motor skills.
2. Physical education instructors and physical education teacher assistants, under the direction of the physical education instructor, will teach physical education classes.

3. Physical education will include implementation of a mandatory fitness plan, movement principles, anatomical basics of movement, energy balance and social development. Students will continue to develop competence in individual activities, modified versions of various/games and outdoor pursuits, to encourage life-long physical activity.
4. Adequate equipment will be available for all students to participate in physical education.
5. Each school will provide an environment that encourages safe and enjoyable activity for all students based on individual skills, aptitudes, and interests.
6. Kindergarten students will be provided forty (40) minutes of daily recess which will be split as follows: fifteen (15) minutes of recess to take place immediately prior to or following Health and Physical Education (HPE) class with the HPE teacher and teacher assistants serving as monitors; and, twenty-five (25) minutes to take place at the opposite time of day from Health and Physical Education class with the kindergarten teacher assistants serving as monitors. School administrators will be granted reasonable discretion in scheduling recess in order to address scheduling, resources, weather and other conditions.
7. Elementary students in grades 1-5 will be provided thirty (30) minutes of daily recess which will be split as follows: fifteen (15) minutes of recess to take place immediately prior to or following Health and Physical Education (HPE) class with the HPE teacher and teacher assistants serving as monitors; and, fifteen (15) minutes to take place at the opposite time of day from Health and Physical Education class with the grade-level classroom teachers serving as monitors. School administrators will be granted reasonable discretion in scheduling recess in order to address scheduling, resources, weather and other conditions.
8. Recess may not be withheld as a disciplinary measure per School Division Guidelines.
9. VBCPS will make available information to families to help them incorporate physical activity into their students' lives.
10. Schools are encouraged to make available the outdoor physical activity facilities for use by students and families beyond the school day. Access to these facilities is to be provided within the established procedures and guidelines for facility use.
11. 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.
12. 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.

D. Other Programs to Promote Wellness

1. VBCPS will encourage families to participate in programs that support healthy eating and physical activity.
2. VBCPS will continue to support and promote interscholastic athletic programs and intramural activity programs in the secondary schools.
3. Individual schools will be encouraged to participate in the school-based programs to monitor progress on student wellness.
4. Where possible, schools should be encouraged to host student-related health clinics, health screenings, and assist with the enrollment of eligible children in Medicaid and other state children's health insurance programs.
5. Schools will support the health screenings of students by the school nurses for vision, hearing, blood pressure, scoliosis, height, weight, dental, skin integrity, and overall general health, based on state guidelines and requirements and according to local School Division protocol.
6. Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.
7. The Beach Employee Wellness (BEWell) team that focuses on staff wellness issues, will identify and disseminate wellness resources and perform other functions that support staff wellness in coordination with the Consolidated Benefits Office.

E. Monitoring and Evaluation

1. The School Division will actively inform families and the public each year of basic information about this Policy, including its content, any updates to the policy and implementation status.
2. At least once every three years, the School Division will evaluate compliance with the wellness policy to assess the implementation of the policy. The School Health Advisory Board (SHAB) will update or modify the wellness policy based on the results of the annual School Health Index or other triennial assessments and/or as School Division priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. The updated wellness policy will be communicated through the School Division website.

As per the Code of Virginia § 22.1-275.1 as amended, the School Health Advisory Board (SHAB) advises the School Board on matters affecting student health. The SHAB is comprised of parents, health professionals, educators and others who are appointed by the School Board. In its annual report to the School Board, the SHAB will include a statement as to the progress of the Wellness Program, while offering further advisement on methods for supporting the program.

Legal Reference

The Richard B. Russell National School Lunch Act, 42 U.S.C. 1758B as amended by the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296.

Every Child Succeeds Act, 20 U.S.C. § 6301, *et seq.*, as amended.

Code of Virginia § 22.1-16.1, as amended. Board to establish regulation regarding human research.

Code of Virginia § 22.1-207.4, as amended. Nutritional guidelines for competitive foods.

Code of Virginia § 22.1-275.1, as amended. School health advisory board.

Code of Virginia § 32.1-162.16, *et seq.*, as amended. Definitions.

Approved by Superintendent: July 17, 2006

Approved by Superintendent: March 22, 2018

Approved by Superintendent: July 9, 2019

Approved by Superintendent: February 23, 2021

Approved by Superintendent: February 5, 2024

Approved by Superintendent: March 18, 2024

Outside Food and Beverage in Schools 3-85

School Board of the City of Virginia Beach
Policy 3-85

BUSINESS AND NONINSTRUCTIONAL OPERATIONS

Outside Food and Beverage in Schools

A. Generally

Serving nutritious, healthy, and balanced meals is a critical component of the School Division's safety measures for students and staff. The School Division has well-established policies and procedures relating to student and staff wellness, and food safety in our kitchens and cafeterias. These policies and procedures are continuously evaluated for improvement, with the foremost focus remaining on health, nutrition, and food safety within the schools.

The School Division has qualified nutrition professionals who administer the school meal programs in school cafeterias. Nutrition professionals are trained in food preparation, handling, serving, allergies, sanitation, and local, state, and federal statutes and regulations. Therefore, served school meals and healthy school snacks meet or exceed current United States Department of Agriculture (USDA) nutrition requirements aimed at promoting student wellness education for lifelong healthy eating and physical activity habits. Additionally, any snacks sold on school property during the school day (i.e. school stores, fundraisers, etc.) must follow USDA Smart Snacks in Schools regulations.

B. Outside Food and Beverage

Life-threatening allergy management in school requires a team effort from the student, parent/legal guardian, healthcare provider, school nurse and school staff. Outside food manufacturer food labeling interpretation has significant challenges for nurses and teaching staff due to limited FDA mandates on manufacturer ingredient listings. Additionally, outside food may lack federal meal component requirements and increase classroom distraction. Elementary and middle schoolers are especially vulnerable to these challenges. Therefore, outside food and/or drink brought into a classroom school setting by parents/legal guardians, volunteers, students, or staff members for holidays, celebrations, and rewards that is intended to be shared with other students during the school day shall be rare and approved by the Principal/designee.

Please refer to the Food and Beverage Guidelines document, which includes healthy snack and beverage ideas, located on the Office of Food Services website.

C. Use of Food in Curriculum Activities & School/Classroom Celebrations

The use of food in curriculum activities will be limited. Teachers will work with the school nurse to ensure students' allergy needs are addressed.

Principal/designee approval must be obtained for any school-related events, such as honor roll, perfect attendance, holiday, graduation, snack closet, etc.

D. Birthday Celebrations

All birthday celebrations shall be served during lunchtime. Parents/legal guardians may elect to order Elementary Birthday Celebrations through the school cafeteria.

Elementary Birthday Celebration order requests must be submitted to the cafeteria manager at the student's respective school. The cafeteria manager will review and follow student food allergy directives for birthday celebrations.

E. Rewards

Instructional staff should always consider non-food rewards first in lieu of food rewards (particularly candy). A list of non-food alternatives and healthy food ideas may be found on the Office of Food Services' website.

This Policy does not pertain to consumption of outside food and/or beverage on school property during after-school activities.

Legal Reference

Virginia Board of Education Regulations Governing School Lunch Sale of Food Items, 8 VAC 20-290-10, as amended.

U.S. Department of Agriculture Rules and Regulations, National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010, 7 C.F.R. Parts 210 and 220, as amended.

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. § 1751, as amended.

Related Links

[School Board Policy 3-84](#)

[School Board Policy 3-86](#)

[School Board Policy 5-58](#)

[School Board Regulation 3-86.1](#)

[School Board Regulation 5-58.1](#)

Adopted by School Board: June 13, 2022

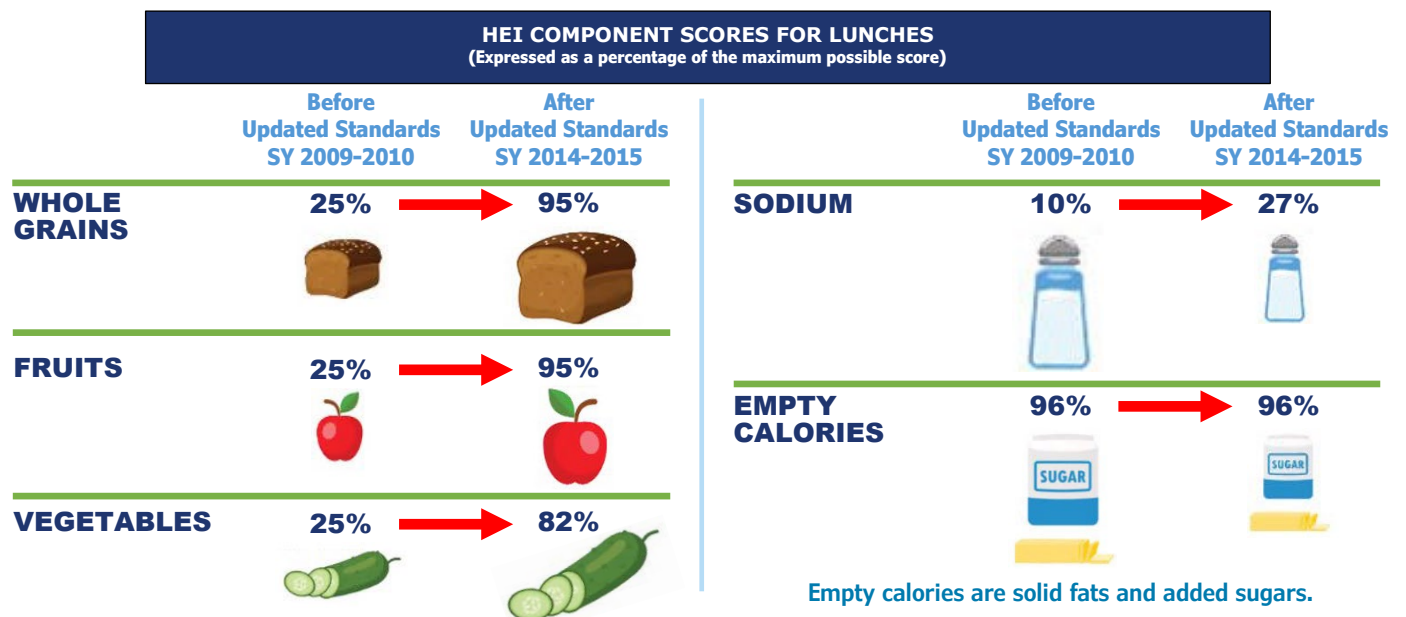
Appendix B: Current VBCPS Scratch Cooking Initiative Plan

Overview

The Office of Food Services (OFS) operates as a Special Revenue Fund within the Department of School Division Services. It is the only Virginia Beach City Public Schools (VBCPS) department that is funded entirely through earned revenues and receives no direct financial support from the School Board’s annual operating budget. OFS adheres to a conservative fiscal policy grounded in detailed budgeting and close monitoring of all fund revenues and expenditures. At the end of school year (SY) 2021-22, the department underwent a reorganization and leadership change as well as reshaped its philosophy on the Scratch Cooking Initiative from a phase-based to a division-wide implementation approach starting with SY 2022-23. Additionally, the School Cafeterias Fund started SY 2022-23 with a fund balance of \$19.990 million, which positioned it well for growing the scratch initiative.

All VBCPS schools participate in the United States Department of Agriculture’s (USDA) School Nutrition Programs (SNP) and are required to meet very specific and challenging nutritional guidelines mandated by the Healthy Hunger-Free Kids Act of 2010. The USDA frequently updates meal pattern and nutrition standards for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) to align them with the Dietary Guidelines for Americans. These federal regulations mandate school cafeterias to increase the availability of fruits, vegetables, whole grains, fat-free and low-fat fluid milk while reducing levels of sodium, saturated fat and trans fat, and meeting the nutritional needs of school children within their age group’s calorie requirements. These school meals’ wellness improvements, largely based on recommendations made by the Institute of Medicine of the National Academies, are expected to enhance the diet and health of school children and help mitigate the rise of childhood obesity and diet-related diseases.

The below Healthy Eating Index (HEI) Component Scores For Lunches table shows how the initial Healthy Hunger-Free Kids Act of 2010 Final Rule impacted school lunches in terms of: whole grains, fruits, vegetables, sodium, and empty calories.



The chart below shows the meal component requirements that must be met either daily or over a weekly average based on the initial 2012 USDA Final Rule.

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark Green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	(¾)	(¾)	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	(¾)
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternatives (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ^{n,o}	Nutritional label or manufacturer specifications must indicate zero grams trans fat per serving.					

On February 3, 2023, the USDA announced additional steps to improve child health through school meal program nutrition. These steps encompass a gradual, multi-year approach to implementing a few additional standards relating to added sugar, fluid milk, whole grains, and sodium. Following are the current and proposed USDA science-based nutrition standard updates:

- Beginning with SY 2025-26, the rule proposes limits on products that are the leading sources of added sugars in school meals:
 - *Grain-based desserts* (cereal bars, doughnuts, sweet rolls, toaster pastries, coffee cakes, and fruit turnovers) would be limited to no more than 2-ounce equivalents per week in school breakfast, consistent with the current limit for school lunch.
 - *Breakfast cereals* would be limited to no more than 6 grams of added sugars per dry ounce. This would apply to CACFP as well, replacing the current total sugars limit.
 - *Yogurts* would be limited to no more than 12 grams of added sugars per 6 ounces.
 - *Flavored milks* would be limited to no more than 10 grams of added sugars per 8 fluid ounces for milk served with school lunch or breakfast. For flavored milk sold outside of the meal (as a competitive beverage for middle and high school students), the limit would be 15 grams of added sugars per 12 fluid ounces.

- Beginning in SY 2027-28, this rule proposes limiting added sugars to an average of less than 10% of calories per meal, for both school breakfasts and lunches. This weekly limit would be in addition to the product-based limits described above.
- All fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
 - *Flavored milks* would be limited to no more than 10 grams of added sugars per 8 fluid ounces for milk served with school lunch or breakfast. For flavored milk sold outside of the meal (as a competitive beverage for middle and high school students), the limit would be 15 grams of added sugars per 12 fluid ounces.
- At least 80% of all grains offered per week in the school lunch and breakfast programs must be whole grain-rich, based on ounce equivalents (the product must contain at least 50% whole grains and the remaining grain content of the product must be enriched).
- Sodium Target 1 must be met based on the below overall weekly (5-day) limits:

National School Lunch Program Transitional Sodium Limits:

Age/Grade Group	Target 1: Effective July 1, 2022	Interim Target 1A: Effective July 1, 2023
Grades K-5	≤ 1,230 mg	≤ 1,110 mg
Grades 6-8	≤ 1,360 mg	≤ 1,225 mg
Grades 9-12	≤ 1,420 mg	≤ 1,280 mg

School Breakfast Program Transitional Sodium Limits:

Age/Grade Group	Target 1: Effective July 1, 2022
Grades K-5	≤ 540 mg
Grades 6-8	≤ 600 mg
Grades 9-12	≤ 640 mg

- USDA is proposing a 10% yearly reduction in school meal weekly sodium limits as shown:

Proposed National School Lunch Program Sodium Limits:

Age/Grade Group	Sodium Limit: Effective July 1, 2025	Sodium Limit: Effective July 1, 2027	Sodium Limit: Effective July 1, 2029
Grades K-5	≤ 1,000 mg	≤ 900 mg	≤ 810 mg
Grades 6-8	≤ 1,105 mg	≤ 990 mg	≤ 895 mg
Grades 9-12	≤ 1,150 mg	≤ 1,035 mg	≤ 935 mg

Proposed School Breakfast Program Sodium Limits:

Age/Grade Group	Sodium Limit: Effective July 1, 2025	Sodium Limit: Effective July 1, 2027
Grades K-5	≤ 485 mg	≤ 435 mg
Grades 6-8	≤ 540 mg	≤ 485 mg
Grades 9-12	≤ 575 mg	≤ 520 mg

Our school division must adhere to the most current USDA guidelines and regulations for school meals and OFS will continue to make menu modifications to remain in compliance with current and proposed USDA National School Lunch and School Breakfast Programs nutritional standards.

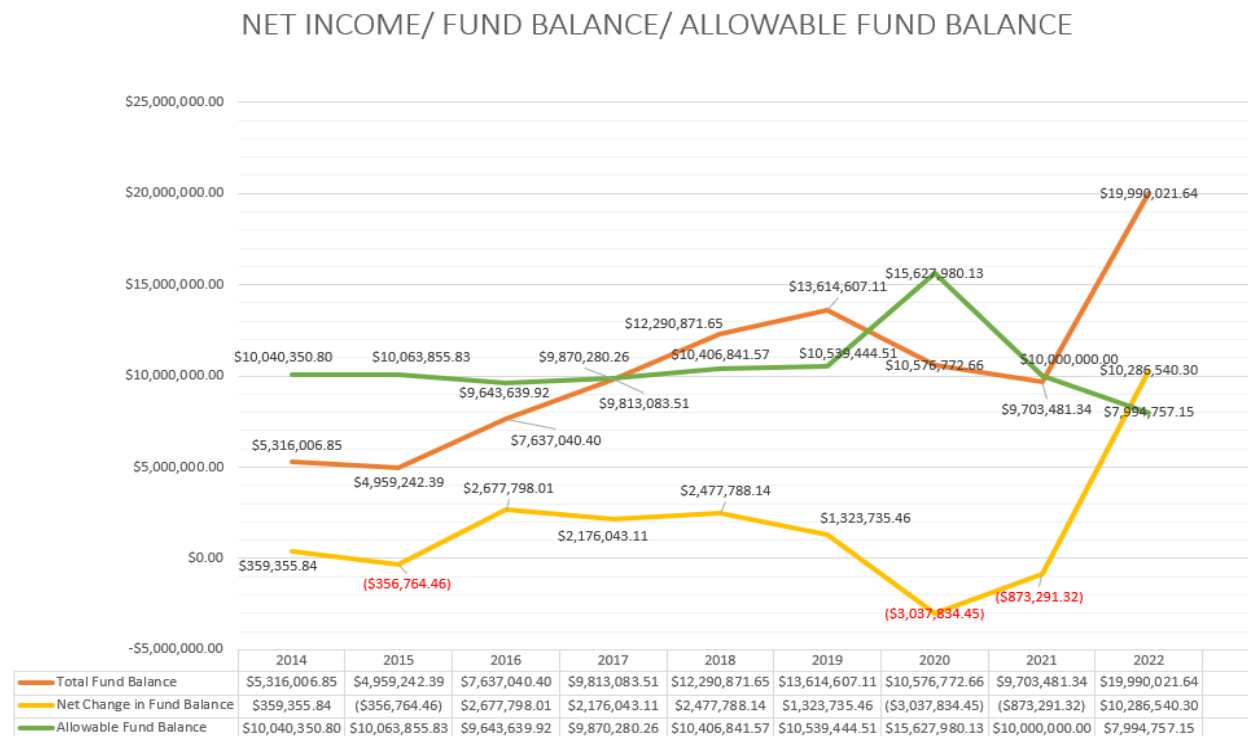
As sodium levels are decreased, OFS will continue to do product testing on various items to obtain student preferences and ensure taste acceptability. Also, as part of the Scratch Cooking Initiative, additional flexibility can be achieved during the menu development process in regard to reducing the sodium intake in recipes.

Current Implementation Plan Goals

The previous business model had served the operation well, steadily increasing the School Cafeterias Fund balance over the years. However, as mentioned in the Overview portion of this plan, the Office of Food Services underwent a reorganization and leadership change as well as reshaped its philosophy on the Scratch Cooking Initiative implementation from a phase-based to a division-wide approach starting with SY 2022-23. Due to COVID-19 shutdowns and subsequent discovery of many older school kitchens requiring replacement of the exhaust hood equipment (costing over \$230,000 each), former leadership’s original implementation plan had to be revised as the five-year implementation plan was no longer financially feasible, timely, and equitable for all our district’s students.

Additionally, the School Cafeterias Fund started SY 2022-23 with a total fund balance of over \$19.990 million, which positioned the department in a favorable financial situation to continue the Scratch Cooking Initiative’s kitchen equipment modernization plan.

Historical Fund Balance Position As Of SY 2021-22



It is important to note that the School Cafeterias Fund balance can only be used for school nutrition programs service-related purchases, such as equipment replacement, labor, and food, etc... Management of the fund balance and providing for its continued growth is as critical as it is allowing OFS to reshape the current food service staffing and food delivery model into a more dynamic, student-oriented scratch cooking model. This model will be the driving force for all OFS decisions regarding finance and nutrition for the upcoming years. Through ongoing menu revisions, with an increased focus on scratch cooking and close collaboration with all stakeholders, the Office of Food Services will strive to provide acceptable menu options to students while remaining in compliance with all USDA modified nutritional guidelines.

The Scratch Cooking Initiative aligns the Office of Food Services with the division's Compass to 2025's Goal 2 of addressing student physical health and wellbeing through nutrition. A critical action step in meeting Goal 2 is utilizing the Scratch Cooking Initiative's platform to integrate student wellness and nutrition education into the existing student curriculum at all grade levels. The Office of Food Services views student participation in school gardens and greenhouses, as well as student involvement in menu item creation and meal competitions, as unifying curriculum components. Our Food Services Coordinator of Student Nutrition and Wellness will collaborate with the division's Sustainability Officer and Department of Teaching and Learning (DTAL) staff to update and modify the division's K-12 math and science curriculum to include nutrition education. For secondary level curriculum, this integration will expand to student electives and involve the inclusion of personal student wellness and nutrition goals and will use the cafeteria, gardens, and greenhouse, whenever possible, as learning outlets.

The current Scratch Cooking Initiative no longer links our district's ability to offer scratch menu items to the division's scratch kitchen equipment modernization projects. The Office of Food Services is now approaching the scratch implementation plan with a three-pronged effort—1) *Kitchen equipment modernization* and understanding the kitchen technology needed to complete a scratch and speed scratch menu, 2) *Division-wide scratch menu execution* with the goal of increasing scratch and speed scratch offerings across the district without the need of new technology, and 3) *School garden implementation* to support students' social emotional learning through positive connections to the environment, nutrition and wellness education, and food system sustainability appreciation.

1. *Kitchen equipment modernization* will be accomplished in collaboration with the Office of Facilities Services at a more achievable rate of 6-9 school equipment upgrade projects per year. Below is the revised Scratch Cooking Initiative equipment modernization plan.

Current Leadership's Scratch Cooking Initiative Plan

SCRATCH COOKING EQUIPMENT TIMELINE					*Revised 8/29/2024				
2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26	2026-27	2027-32
Landstown Com	College Park G	Brookwood G	Arrowhead G/FGH	Great Neck MS	Holland G* 9	Rosemont ES G *	Alanton FG*1	Brandon MS*	Bayside MS
ODS G/G	Glenwood G/G	Pembroke ES G	Bayside ES FG/G	Three Oaks G	Indian Lakes FG* 10	Lynnhaven MS FG * 5	PA ES* 2	Green Run ES G* DH	Centerville
	Landstown HS G	Creeds G	BF Williams FG	Woodstock FG	Kempsville ES FG	Kings Grant FG *	Bayside High* DH	Kemps Meadows	Chris Farms G
	Linkhorn Park G/GIP	Diamond Springs	CLMS FG		Kingston G	GRHS G/G	Corp Land ES FG/G	Kemps MS* 8	Cox HS G
	New Castle G	Hermitage G/G	Cooke G		Malibu El FG	Rosemont Forest FG		Newtown Rd G/G	FCHS G*
	Seatack G/G	Kellam HS G/G	Ocean Lakes ES G/G		North Landing El FG* 6			Salem HS G	Luxford ES
	VB Middle FG	Parkway ES G	OLHS G		Pembroke Meadows FG			Tallwood ES* 7	Lynnhaven ES
	White Oaks G	JB Dey ES G	PA MS (SP22) G/G		Renaissance G/G			Birdneck* 3	Plaza MS G*
	Windsor Oaks FG	Providence G			Thalia G/GIP			Larkspur MS	Red Mill* 12
		Thoroughgood G			Trantwood FG			Indep MS G* 4	Salem ES* 11
		Windsor Woods						Kemps HS G*	Salem MS
								Fairfield FG	Shelton Park ES G
								Point O View FG	Strawbridge G* 13
									Tallwood HS G/GH
						HRA*	Bayside 6* 14	PAHS (2026)	
	2	9	11	8	3	10	6	4	14
									16
Key	Scratch Kitchen	Serving Line	SERVING LINE TIMELINE						
CEP Schools	Yes	Low	*Kitchens Without HVAC	Priority Numbered		2024-25	2025-26	2026-27	2027-30
	Maybe	Medium	DH= Design Hold			GRHS	Alanton	Brandon MS	Cox HS
	No	High				Kings Grant	Bayside High	Indian Lakes	Centerville
Garden Legend						Lynnhaven MS		Kingston	FCHS
FG	Future Garden					Rosemont ES		Tallwood ES	Kemps MS
G	Garden							Tallwood ES	Ocean Lakes ES
G/G	Garden & Greenhouse					HRA*		Indep MS	Parkway ES
GIP	Greenhouse In Progress							Kemps HS	Pembroke ES
FGH	Future Greenhouse							Larkspur MS	Pembroke Meadows
								Fairfield FG	Plaza MS
								Point O View	Salem ES
									Shelton Park ES
									Tallwood HS
									White Oaks
							5	4	7
									13

2. *Division-wide scratch menu execution* will be implemented at a 5% yearly increase across the board for scratch and speed scratch items as opposed to ready-made (heat and serve) items, focusing on increasing student meal participation (while balancing operational menu needs, staffing, and menu item popularity). The program implementation will be focused on individual site-based execution as follows:

1. Eliminate non-scratch items with the goal of retaining top selling items and inclusion of more LTOs.
2. Verify that all menu items are being executed to the standard of service that the Office of Food Services upholds while encouraging a holistic view of customer service by treating students as our guests and attracting their meal participation through service line design upgrades.
3. Implement the offering of sampling, tastings, and school garden sourced items.
4. Increase culturally diverse menu items and Farm-to-School local produce inclusion across all menus.
5. Expand the presence of salad bars across the district focusing on local and Farm-to-School produce offerings.

The current Scratch Cooking Implementation will be executed overtime with the focus on seasonality, clean labels, and organic ingredients (whenever possible) and with the intent of avoiding highly processed foods, high fructose corn syrup, chemicals, dyes, and food additives. The below example shows a timeline progression through percentages of Scratch and Speed Scratch menu offerings out of 100% total, which includes traditional ready-made (heat and serve) items.

Example of Scratch & Speed Scratch Chef Menu Progression

55% Scratch & Speed Scratch	73% Scratch & Speed Scratch	82% Scratch & Speed Scratch
Grilled Cheese Sandwich Chik'N Nuggets with Roll Yogurt Parfait with Roll PB&J Sandwich String Cheese Chef Salad with Flatbread Mini Salad Bar Roasted Green Beans Steamed Spinach Tomato Basil Soup Apple Sauce Fresh Fruit	Spaghetti and Meatballs with Breadstick Chef's Scratch Specialty Pizza Yogurt Parfait with Roll Olive Garden Salad with Breadstick Mini Salad Bar Roasted Parmesan Cauliflower Sweet Potato (Baked, Wedges, Souffle) Pears Baked Apples Fresh Fruit	Tater Tot Bake with Roll Chef's Taco Buffalo Chef Pocket Yogurt Parfait with Roll Chicken Caesar Salad with Flatbread Mini Salad Bar Cabbage and Carrots Street Corn Salsa Apple Crisp Fresh Fruit

Scratch Chef Menu Progression (Fall 2022 vs. Winter 2022)

Fall Menu 2022

Breakfast			Lunch		
Scratch	Speed	Ready Made	Scratch	Speed Scratch	Ready Made
Cinnamon Crunch Breakfast		Schwan's IW WG Breakfast Egg, Sausage, and 4 oz Dannon Yogurt and Darlington Blueberry Lemon Crispy Bites	Fresh Marinated Cucumber	Flatbread Pizza	Corn Dog Nuggets
French Toast Bake		1oz Plain Cheerios	Bean Bake	Fruited Gelatin	Chilled Peaches
		Bake Crafters Cinnamon Swirls	Spaghetti w/ Meat Sauce	Corn	Fresh Fruit
			Sweet Potato	Big Daddy's Scratch-Ready	Chicken Dill Bites
			Fresh Steamed Cabbage	Macaroni and Cheese	Craisins
			6 Fresh Side Salad	Green Peas	Domino's Pizza
	2		Fresh Steamed Spinach	Mistica Pulled Pork BBQ Sliders	Cheeseburger on Bun
	33.33%		Fruit Crisp	Buffalo Chicken Macaroni and	McCain Baked Seasoned
			Salsa	Chicken Wings	Salsa
			Chicken Enchiladas	Fresh Celery and Carrots	Baby Bakers Potatoes
			Havana Chicken Nachos	Refried Beans	Tyson Chicken Drumstick
			Mashed Potatoes		Chicken and Vegetable
			Fresh Roasted Ranch Broccoli		Brookwood Pork BBQ on
			Fresh Coleslaw		Tater Tots
			Fresh Roasted Cauliflower		Sabrett Beef Hot Dog on
			Baked Cinnamon Apples		Brunch for Lunch (Eggo
			Fresh Glazed Carrots		Mistica Roasted Chicken
			Pulled Pork Fritos Nachos		Chilled Applesauce
			Roasted Green Beans		WG Mozzarella Twisted
			Fresh Entrée Chef Salad*		Wild Mike's Sinch cheese
			Fresh Steamed Cabbage and		Schwan's Stuffed
			-- Fresh Olive Garden-Style		Chicken Chunks
			Fresh Entrée Taco Salad		McCain Shoestring
			Fresh Entrée Asian Salad*		Marinara Sauce
			Fresh Entrée Chicken Caesar		Chilled Pears
			Fresh Entrée Spinach Salad*		Schwan's Pepperoni
			Refried Beans		Chicken Breast Filet on
			Marinara Sauce		Schwan's Beef Stuffed
			Fajita Chicken Wrap		
			Fresh Broccoli Salad		
			Mexicali Corn		
			Asian Wrap		
			Buffalo Chicken Wrap		
			Chicken Caesar Wrap		
			Sloppy Joe on Bun		
			33.33% Chicken Quesadilla		
			66.67%		
			Lunch Total	47.30%	11.86%
			62.16%		37.84%
			37.34%		
			Culturally-inclusive		15
					20.27%

Winter Menu 2022

Breakfast			Lunch		
Scratch	Speed Scratch	Ready Made	Scratch	Speed Scratch	Ready Made
Sunrise Pocket	Sausage, Egg and Cheese on Guenther Biscuit	Schwan's Breakfast Egg, Sausage and Cheese Bagel	Fresh Marinated Cucumber Cup	Flatbread Pizza	Corn Dog Nuggets
Cinnamon Crunch Breakfast Cake	Egg and Cheese on Guenther Biscuit	Cereal	Bean Bake	Nachos	Chilled Peaches
Apple and Oats	Breakfast Chicken on Guenther Biscuit	Fresh Fruit	Spaghetti w/ Meat Sauce	Corn	Fresh Fruit
Banana Muffin Top	Sausage on Guenther Biscuit	Dannon Yogurt and Darlington Blueberry Lemon Crispy Bites	Sweet Potato	Fruited Gelatin	Chicken Dill Bites
French Toast Bake		Bake Crafters Cinnamon Swirls	Fresh Side Salad	Big Daddy's Scratch-Ready Pizza	Craisins (#90 scoop)
		Kellogg's Pop Tart	Fresh Steamed Cabbage	Macaroni and Cheese	Domino's Pizza
		Bake Crafters French Toast Sticks	Fruit Crisp	Green Peas	Baby Bakers Potatoes
		Super Bakery Breakfast Bun	Pulled Pork Burrito	Refried Beans	Cheeseburger on Bun
		IW Pancake and Turkey Sausage on a Stick	Salsa	Mistica Pulled Pork BBQ Sliders	McCain Baked Seasoned Crinkle Cut Potatoes (1/4 c)
			Fresh Roasted Ranch Broccoli	Buffalo Chicken Macaroni and	Salsa
			Mashed Potatoes	Fresh Celery and Carrots	Chicken and Vegetable Dumplings
			Fresh Coleslaw	Chicken Wings x4	Tyson Chicken Drumstick w/ Hushpuppies x2
			Fresh Roasted Cauliflower		Brookwood Pork BBQ on Bun
			Fresh Glazed Carrots		Breakfast for Lunch (Eggo Eggoji Waffle x1, Skillet Omelet w/Cheese, Sausage)
			Baked Cinnamon Apples		Sabrett Beef Hot Dog on Bun
			Chicken Quesadilla		Tater Tots
			Roasted Green Beans		WG Mozzarella Twisted Bread Sticks
			--Fresh Entrée Chef Salad*		Wild Mike's 5" Cheese Pizza
			--Fresh Olive Garden-Style Salad*		Schwan's Stuffed Sandwich
			Fresh Entrée Taco Salad*		McCain Shoestring Potatoes
			Sloppy Joe on Bun		Marinara Sauce
			Fresh Entrée Asian Salad*		Chilled Pears
			Fresh Entrée Chicken Caesar		Mistica Roasted Chicken Drumstick
			Fresh Entrée Spinach Salad*		Chilled Applesauce
			Refried Beans		Chicken Breast Filet on Bun
			Marinara Sauce		Schwan's Pepperoni Stuffed Sandwich
			Fresh Broccoli Salad		Schwan's Beef Stuffed Sandwich
			Fajita Chicken Wrap		
			Mexicali Corn		
			Asian Wrap		
			Buffalo Chicken Wrap		
			Fresh Cabbage and Carrots		
			Chicken Caesar Wrap		
			Barbeque Pork Stuffed Baked Potato		
			Breakfast Total	Fresh Steamed Spinach	
			50.00%	Pulled Pork Enchiladas	
			50.00%	Baked Cinnamon Apples	
			Lunch Total		37
			64.47%		48.68%
			35.53%	Culturally inclusive	15.79%
					20
					26.32%
					76
					27
					35.53%
					76

The Office of Food Services continues to focus and promote school nutrition programs and culinary training at VBCPS. All Cafeteria Managers and Baker/Cooks have been trained in two 10-week culinary courses and advanced skill courses. We have expanded our professional development training to include six (6) different culinary skills classes. We also offer ServSafe and manager training classes. In collaboration with Tidewater Community College, two (2) of the six (6) culinary tracks can be challenged for a minimum of three (3) hours of college credit. Training opportunities remain fluid, and we are in the process of developing a hospitality and service training course. With the application of the double-prong Scratch Cooking Initiative plan implementation, the need for skilled staffing has increased. The ultimate goal is to phase in one (1) Baker/Cook at each school to balance the Chef scratch menu execution with staff skill level.

- School garden implementation* will be completed in collaboration with the City of Virginia Beach Parks & Recreation, Park & Landscape Services, and the VBCPS Sustainability Officer. A district-wide garden and greenhouse standards document has been created and is available to any interested school site. The standardization of gardens and greenhouses is enabling schools to effectively adopt and implement a hands-on student wellness and nutrition education component to the existing curriculum. According to [Centers for Disease Control and Prevention \(CDC\)](#): “Gardens provide access to healthy food, increase access to nutrition and physical activity opportunities, and are a focal point for community interventions.” As encouraged by USDA, our district utilizes gardens for students to participate in garden activities that broaden students’ knowledge of fruits and vegetables through the concept of “Grow it, Try it, Like it”.

The current Scratch Cooking Implementation plan incorporates adding a garden and/or greenhouse to every scratch modernized school site. The below Garden Implementation Timeline table forecasts anticipated garden buildouts through SY 2026-27.

Garden Implementation Timeline

ACTIVE GARDEN SITES	NON-ACTIVE	IN PROGRESS SELECTED CONTRACT BUILDS	2023-24 SELECTED CONTRACT BUILDS	2024-25	2025-26	2026-27	
Bayside ES	First Colonial HS	Corporate Landing MS	Virginia Beach MS	BF Williams	Birdneck	Kemps MS	
Creeds ES			Indian Lakes ES	Kings Grant	Tallwood ES	Red Mill	
Brookwood ES	Cox HS	Great Neck MS	Woodstock ES	Malibu El	Centerville	Larkspur MS	
Christopher Farms ES	Independence MS	Windsor Oaks ES	Alanton ES	North Landing El	Kemp Meadows	Luxford ES	
College Park ES	Shelton Park ES		Corporate Landing ES	Pembroke Meadows	PA ES	Lynnhaven ES	
Diamond Springs ES			Kempsville ES	Point O View	Tallwood HS	Salem MS	
Green Run ES				Rosemont Forest			
Cooke ES	Princess Anne MS	Landstown ES	Fairfield ES	Trantwood	Salem ES	Plaza MS	
Arrowhead ES	Ocean Lakes HS		Lynnhaven MS	Windsor Woods	Bay MS	Bayside High	
Glenwood ES					Brandon MS		
Green Run HS							
Hermitage ES							
Holland ES							BF Williams
John B Dey ES							*PAHS
Kellam HS							*BAY 6
Kempsville HS							Bayside High
Kingston ES							
Landstown HS							
Landstown Middle							
Linkhorn Park ES							
New Castle ES							
Newtown ES							
Ocean Lakes ES							
Old Donation School							
Parkway ES							
Pembroke ES							
Plaza Middle							
Providence Es							
Renaissance Academy							
Rosemont ES*							
Salem HS							
Seatack ES							
Strawbridge							
Thalia ES							
Thouroughgood ES							
Three Oaks ES							
White Oaks ES							
Arrowhead ES							
	36	6	4	8	10	9	10
							83

The current Scratch Cooking Initiative plan will provide a more inclusive and equitable solution to better serve all our VBCPS students, while continuing to effectively manage the School Cafeterias Fund’s financial growth and operational viability.

Approaches:

Food Service Staff

- Conduct cooking demonstrations and taste tests with food service staff so they know how to prepare and serve new menu items.
- Commit to only ordering and using ingredients that have been included in chef recipes.
- Conduct in-depth training to develop more skilled staff with critical thinking abilities.
- Work with OFS nutrition personnel to expand the variety of healthy foods offered on VBCPS weekly cafeteria menus and “grab and go” meals (ex. vending machine options).
- Hire Baker/Cook positions assigned to Central (under OFS versus site assigned) to ensure proper staffing for schools and to provide a Baker/Cook sub pool to assist with daily attendance issues at schools.
- Meet the needs of each site by having an individualized developed action plan with a framework on the Scratch Cooking Initiative key metrics:
 - Recipe Development
 - Training
 - Marketing

- Student Involvement
- School Gardens

Administrators and Teachers

- Collaborate with school administrators and teachers to illustrate how lunchtime can be incorporated into a cross curriculum lesson plan with math, science, and physical education (PE) classes by utilizing the cafeteria as an outlet for student health and nutrition education (such as Top Chef and Iron Chef competitions, garden visits, classroom cooking demos, etc.) that can encourage lifelong healthy eating behaviors.
- Establish a “Scratch Cooking Launch” with each school, where administrators and teachers can sample new recipes, learn about Farm-To-School and school Garden-to-Café efforts, and explore opportunities for student involvement in school nutrition and sustainability programs—such as garden and culinary clubs.
- Perform taste tests in school classrooms or cafeterias to allow teachers and students to try new foods, create positive impressions of school meals, and encourage teachers to model healthy eating behaviors to their students.
- Focus on the goals of the school division Wellness Policy through the newly implemented Office of Food Services position—Coordinator, Student Nutrition and Wellness—to foster collaboration and gain buy in from school administrators on the value of our district’s child nutrition programs. Provide education, if needed, on all federal food and commodity programs, including the USDA DoD Fresh Fruits and Vegetables and Farm-to-School programs, and their overall benefit on student health and well-being.
- Work with DTAL staff, school administrators, and teachers to illustrate the impact school gardens and greenhouses have on overall student academic performance, not only in science but also mathematics and language arts. This effort will include, but will not be limited to, recommendations for planting, preparing, and preserving items from the garden to help students understand the food system and boost school nutrition programs.
- Implement a bi-annual School Cafeteria Menu Survey to provide the community (parents, staff, students) an opportunity to provide menu and food service feedback. Collaborate with the Office of Family and Community Engagement to provide periodic health tips in the *VBCPS Need-to-Know Family Information* newsletters.

Parents

- Educate parents at “back to school” nights on overall Scratch Cooking Initiative and the value, variety, convenience, healthfulness, and quality of meals offered at school cafeterias.
- Offer scratch recipe samples during parents’ nights, special events, and Parent Teacher Association meetings so that parents can try the food their children will be eating in the cafeteria. By doing so, this would foster communication between parents and our OFS staff.

- Participate in nontraditional school activities and on committees to increase awareness of the food service program and educate parents on the importance of healthy eating.
- Implement a bi-annual School Cafeteria Menu Survey to provide the community (parents, staff, students) an opportunity to provide menu and food service feedback. Collaborate with the Office of Family and Community Engagement to provide periodic health tips in the *VBCPS Need-to-Know Family Information* newsletters.

Students

- Perform taste tests with students to introduce them to new scratch foods and gain their insights to help tailor menus to meet their preferences.
- Offer new selections of fruits and vegetables, whether through salad bars or fruit and vegetable bars, and with the possibly of unlimited servings.
- Empower students through the implementation of some self-serve meal options (such as salad bars) or by featuring student Chef competition recipe winners on the permanent cycle menu.
- Institute school garden and/or greenhouse-based learning to engage children in hands-on nutrition education by allowing them to grow fruits and vegetables they will later eat in their cafeterias.
- Focus on the student goals of the school division Wellness Policy through the newly implemented Office of Food Services position—Coordinator, Student Nutrition and Wellness—to educate students on how to grow nutritious crops, as well as how to cook them, and enjoy them at mealtimes.
- Implement a bi-annual School Cafeteria Menu Survey to provide the community (parents, staff, students) an opportunity to provide menu and food service feedback. Collaborate with the Office of Family and Community Engagement to provide periodic health tips in the *VBCPS Need-to-Know Family Information* newsletters.

Community

- Conduct or participate in community events, such as—Garden Guru, Top Chef, etc.—to publicize and highlight the Scratch Cooking Initiative.
- Partner with organizations in the community that promote healthy habits through nutrition and physical activity education and resources, such as hospitals, gyms, farmers’ markets.
- Invite local media outlets to cover scratch school success stories.
- Collaborate with different community partners and City and VBCPS departments that work to end hunger (ex: No Kid Hungry, the VBCPS Beach Bags program, etc.).

School Eligibility:

As of SY 2022-23, all VBCPS schools are eligible to participate in the Scratch Cooking Initiative; however, some important factors are needed for program success:

- Be firmly committed to executing and marketing the scratch cooked menu to all constituents.
- Ensure that all scratch recipes follow specific standardized processes to deliver accurate yield, nutritional alignment, and compliance with all mandated USDA standards.
- Build involvement in, and commitment to, school gardens and/or greenhouses through student and school community participation. Increased student participation in garden and culinary clubs will be key operating measures and indicators of success.
- Monitor the scratch cooking recipe standardization, marketing, and student acceptance of LTOs, and staff training.

Scratch Chef Modernized School Participants Have:

- Introduced new scratch-cooked recipes
- Installed salad bars
- Built involvement in school gardens
- Participated in school-wide student competitions in which students prepare and serve school garden-grown menu items
- Reduced highly processed chicken, turkey, and beef products while utilizing “cleaner” label products
- Gained significant school administration and community support

Key Program Steps:

Continue all stakeholders buy in of the Scratch Cooking Initiative through the following processes:

Agreement: Each school’s Principal, Cafeteria Manager and other staff members will agree to move from a heat and serve (processed model) to one that is rooted in scratch cooking (using real ingredients), at a rate of 5% increase or more per year.

Marketing Strategies: Schools will use multiple strategies to promote scratch food eating in their schools, such as displaying posters and signs in the cafeteria, provide messages on the food service website or cafeteria TVs, invite family members to join students for school meals, and organize school-wide events to promote the Scratch Cooking Initiative.

Student Food Committees: Implementation of Student Food Committees is a critical component of the Scratch Cooking Initiative adoption since Student Food Committee would serve as ambassadors between the scratch program and the student body. Therefore, this committee’s feedback and participation will be vital to scratch success. Cafeteria Managers and Baker/Cooks will meet regularly with the Student Food Committees and involve them in program implementation. In addition, Cafeteria Managers will actively train staff to encourage students to try unfamiliar foods (scratch menu items), provide nutrition education to help students understand the importance of eating healthy, and perform taste tests with the students.

Culinary Cohort Training and Professional Development: Cafeteria Managers, Assistant Cafeteria Managers, Cafeteria Managers In Training, and Baker/Cooks are trained according to specific training guidelines in alignment with the introduction of culinary arts courses. The Office of Food Services offers six (6) culinary professional development tracks, one (1) Manager In Training class, and one (1) ServSafe class for a total of eight (8) professional development opportunities. An additional hospitality and service course is currently being developed. All employees are eligible to participate in two (2) Principles of Culinary Arts courses aligned with the Tidewater Community College (TCC) Culinary Arts curriculum, with the ability to test out at TCC for college credit. In addition, staff are required to maintain up to date culinary skills and participate in ongoing professional development centered on scratch cooking processes. Qualified Culinary Development Chef Assistant Trainers (CATs) and Area Supervisors will train staff by teaching culinary cohorts based on a 20-week/152-hour TCC-accredited curriculum. The cohorts will cover several curriculum components, including cooking demonstrations for all new menu items. The OFS educators have academic freedom to change the class schedule to meet the needs of the staff but must meet the TCC-accredited curriculum requirements in order for the college credit test-out opportunity to occur.

On-Site Assessments & Reports: The OFS CATs and Area Supervisors will observe Baker/Cooks in current operations and identify opportunities for improvements. The OFS CATs and Area Supervisors will spend time at all schools, completing assessments, and examining the Scratch Cooking Initiative's operation. The OFS CATs and Area Supervisors will use a series of evaluation rubrics to assess Cafeteria Managers and Baker/Cooks' recipe development and preparation knowledge before moving to another school. The OFS CATs and Area Supervisors will continue to monitor schools and evaluate consistency and efficiency through assessment reporting. The Office of Food Services leadership is expected to support the Scratch Cooking Initiative's implementation assessment and reporting process through facilitation of data collection, analysis, and meetings the CATs and Area Supervisors.

Action Planning: The Food Services Coordinator, Culinary Operations (Executive Chef) will collaborate with the Sous Chef, Area Supervisors, and CATs to identify strengths and weaknesses of each school's Scratch Cooking Initiative's implementation to develop a school specific focused action plan for improvement.

Additional On-Site Training: All schools will be provided additional support to help them address any weaknesses observed during assessments to meet their scratch menu implementation goals. The OFS CATs and Area Supervisors will continue to visit schools, mentor, and train staff with the goal of providing a continuous improvement process. This process will be rooted in constant engagement, up-to-date training and evaluation, recipe quality standardization, with the purpose of promoting healthy scratch recipe adoption, increasing meal participation, streamlining operations, reducing food waste, and boosting staff morale and job satisfaction.

Scratch Lab: The Office of Food Services' collaboration with the Office of Facilities Services has produced an opportunity to redesign and modernize the Holland Road Annex (HRA) cafeteria kitchen into a Scratch Lab. The current plan for HRA is to be a swing space for students from various school buildings undergoing construction. The HRA is currently slated to house students of Princess Anne HS as early as SY 2023-24. The Scratch Lab will offer the culinary development team a space for various school nutrition related activities, including professional development training, scratch menu development, student field trips, and Iron Chef or Top Chef competitions. The future growth of the Scratch Cooking Initiative implementation will involve the Scratch Lab, with the possibility of some centralized recipe production and distribution.

Food Truck: Our district experienced meal distribution challenges during the COVID-19 virtual learning period as many families struggled with job losses and lack of transportation. In collaboration with the Office of Transportation and Fleet Services, the Office of Food Services was able to utilize buses to distribute meals to disadvantaged and hard-to-reach neighborhoods. Coincidentally in 2021, the No Kid Hungry non-profit organization was offering a grant opportunity to school food authorities to help alleviate distribution challenges caused by COVID-19. The Office of Food Services applied and was awarded grant funding in the amount of \$74,600. In addition, the Hansen Foundation, a local non-profit entity, granted an additional \$10,000 toward the implementation of a mobile food distribution vehicle (ex. a food truck). The food truck will assist with the Scratch Cooking Initiative implementation by helping the OFS team serve students in hard-to-reach school centers and neighborhoods while also engaging student participation through sampling and taste testing. The food truck will also serve as an added food service distribution outlet during High School One Lunch meal service and other VBCPS catering events.