



# Local School Wellness Policy: Triennial Assessment Tool 2024

School Division:

Roanoke City Public Schools

Wellness Policy Contact Name and Email:

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Wellness Policy can be found at:

[Active Policies - Roanoke City Public Schools 40 Douglass Avenue, NW Roanoke VA 24012 540-853-2502 BoardDocs® Pro](#)

Triennial Assessment can be found at:

[Food & Nutrition / Food & Nutrition \(rcps.info\)](#)

Every three years the divisions must conduct an assessment of the Local School Wellness Policy and make it available to the public. That assessment must address:

- compliance with the division Local School Wellness Policy,
- how the policy compares to the model Wellness Policy, and
- progress made in attaining the goals of the Wellness Policy.

Please visit the [Virginia Department of Education, Office of School and Community Nutrition Programs \(VDOE-SCNP\) website](#) for all tools and resources to help you complete your Triennial Assessment.

When finalized, please forward this Triennial Assessment or a link to its location to Katy Harbin, Nutrition and Wellness Specialist, at [Katy.Harbin@doe.virginia.gov](mailto:Katy.Harbin@doe.virginia.gov).

## Wellness Policy Requirements

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Policy Leadership	Designate the position or committee responsible for Wellness Policy oversight.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	School Wellness Board School Board Policy JHCF.
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public are encouraged to attend quarterly Student Wellness Board meetings to participate in the development, implementation and periodic review and update of the regulations. Each school year the Division will inform families and the public about the content and any updates to the Student Wellness Policy JHCF through the Division website.
School Meals	Serve school meals that follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The School Board incorporates and adopts the nutrition standards in 8 VAC 20-740-10 through 8 VAC 20-740-40.

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Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>School Board Policies JHCF and EFB</p> <ul style="list-style-type: none"> <li>Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that promote student health and reduce childhood obesity and are consistent with the applicable standards and requirements in 7 C.F.R. 210.10., 210.11, and 220.8.</li> </ul>
Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>The District strongly encourages that food offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and as classroom snacks brought by staff or family members. The following are examples of smart snacks:</p> <ul style="list-style-type: none"> <li>Pretzels</li> <li>Fresh Fruit</li> </ul>

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Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Yogurt</li> </ul> <p>Non-food celebrations are encouraged such as:</p> <ul style="list-style-type: none"> <li>• Supplies to make a craft</li> <li>• Treasure Hunt</li> <li>• Read a Special Story</li> <li>• Games for Recess</li> </ul> <p>Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. 210.11., serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.</p>
Nutrition Education	Include at least one evidence-based goal for nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• provide nutrition education that teaches skills students need to adopt in order to maintain healthy eating behaviors;</li> </ul>

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Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	☒	☐	☐	<ul style="list-style-type: none"> <li>integrate nutrition into the health education or core curricula;</li> <li>promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;</li> <li>emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).</li> </ul>
Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	☒	☐	☐	<p>A program of physical activity available to all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the regular school year and available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during</p>

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					<p>the regular school year. Such program may include any combination of (i) physical education classes, (ii) extracurricular athletics, (iii) recess, or (iv) other programs and physical activities deemed appropriate by the School Board.</p> <p>Goals</p> <ul style="list-style-type: none"> <li>• Encourage students to receive the nationally-recommended amount of daily physical activity.</li> <li>• Encourage students to fully embrace regular physical activity as a personal behavior.</li> <li>• Strive to integrate physical activity into the other curricula areas where appropriate.</li> <li>• Provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts</li> </ul>

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					<p>to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.</p> <ul style="list-style-type: none"> <li>• Support at least 20 minutes of supervised recess, preferably outdoors, for all elementary school students during which students are encouraged to participate in moderate to vigorous physical activity, verbally, and through the provision of space and equipment.</li> <li>• Discourage extended periods (i.e., periods of two or more hours) of inactivity. When</li> </ul>

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Other Activities that Promote Student Wellness	Include at least one evidence-based goal for other activities that promote student wellness.	☒	☐	☐	<p>activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should be encouraged to give students periodic breaks during which they are encouraged to stand and be moderately active.</p> <ul style="list-style-type: none"> <li>Encourage staff to use physical activity as a reward when feasible and prohibits the assignment and withholding of physical activity as a consequence of poor behavior or punishment for any reason.</li> <li>Students and staff have access to safe and palatable drinking water throughout the day. Water fountains or</li> </ul>

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Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p data-bbox="1583 269 1881 334">water filling station are available in all schools.</p> <p data-bbox="1409 480 1892 1016">Implementation procedures include measuring and making available to the public at least once every three years an assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies and a description of the progress made in attaining the goals of the policy. The results of the triennial assessment are considered in updating the policy.</p> <p data-bbox="1409 1027 1864 1130">The School Board retains the following records to document compliance with 7 C.F.R. § 210.31:</p> <ul data-bbox="1457 1175 1871 1388" style="list-style-type: none"> <li>• the policy;</li> <li>• documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial</li> </ul>

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Public Update and Information	Specify how the public will be informed about content and implementation.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>assessments available to the public; and</p> <ul style="list-style-type: none"> <li>documentation of the triennial assessment of the policy.</li> </ul> <p>Each school year the Division will inform families and the public about the content and any updates to the Student Wellness Policy JHCF through the Division website and Parent Handbook.</p>
Compliant Fundraisers	Permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored fundraisers per site per school day to be exempt from the Smart Snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Each school in the Division is allowed 30 school-sponsored fundraisers during the school year where the fundraiser is held during the school day and is exempt from Smart Snack standards. Exempt fundraisers are tracked and monitored by the Administrator at the school site.</p> <p>School Board Policy JHCF-BR</p>
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>"Fundraiser" means a school-sponsored activity where food or nonfood items are sold on the school campus during regular school hours by a school-sponsored organization to raise money for a school-related program or activity. One fundraiser is</p>

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					<p>defined as one or more fundraising activities by one or more school-sponsored organizations that last one school day. If multiple school-sponsored organizations conduct fundraisers on the same day, the combined activities are counted as one fundraiser. If a fundraising activity lasts more than one school day, each subsequent day's activity is considered as one fundraiser and counts toward the total number of permitted fundraisers.</p> <p>“School campus” means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.</p> <p>“School day” means the period from the midnight before to 30 minutes after the end of the official school day.</p> <p>School Sponsored Fundraisers</p> <p>Each school may conduct 30 school-sponsored fundraisers per school year during which food that does not meet the nutrition guidelines for competitive foods may be available for sale to students. Fundraisers are</p>

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Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>not conducted during school meal service times.</p> <p>School Board Policy EFB</p> <p>Exempt fundraisers are tracked and monitored by the Administrator at the school site.</p>

Additional Notes:

Student Wellness Policy JHCF was updated May 14, 2024 to incorporate two additional goals:

- Encourage staff to use physical activity as a reward when feasible and prohibits the assignment and withholding of physical activity as a consequence of poor behavior or punishment for any reason.
- Students and staff have access to safe and palatable drinking water throughout the day. Water fountains or water filling station are available in all schools.
  - Facilities installed bottle filling water fountains at all schools prior to school opening August 2023.

How does your policy compare to the model policy?

Meets model policy.

Note progress made towards wellness goals:

Goals met.