

CAROLINE COUNTY PUBLIC SCHOOLS WELLNESS POLICY

2017 - 2020 Triennial Assessment



Farm-to-School Month, 2019



Penelope the Pig entertaining students at LCES, MES, and CMS

OVERVIEW & PURPOSE

In accordance with the *Final Rule* of the federal Healthy, Hunger Free Kids Act of 2010 and the *Virginia Administrative Code*: 8VAC20-70, Caroline County Public Schools (CCPS) presents the 2017-2020 Triennial Assessment. The Triennial Assessment provides updates on the progress and implementation of CCPS's Wellness Policy and wellness initiatives as well as provides required documentation of actions, steps, and information as outlined in the *Final Rule*. The schools included in this Triennial Assessment are: Bowling Green Elementary, Caroline High School, Caroline Middle School, Lewis and Clark Elementary, and Madison Elementary.

AUTHORITY & RESPONSIBILITY DESIGNEE(S)

Responsibility for the oversight of the Wellness Policy in CCPS was delegated to a handful of individuals and/or groups. These include the Coordinator of Safety and Compliance, the Supervisor of Nutrition Services, and School Health Advisory Board (SHAB). For further information regarding the Wellness Policy or to ask questions and provide comments, the Coordinator of Safety and Compliance can be reached at [804-633-5088](tel:804-633-5088).

WELLNESS POLICY

The Caroline County Public Schools Wellness Policy had not been made available publicly. However, it is now available on the school division's website at <http://cafe.blogs.ccps.us/useful-links/>. Once this link is clicked, the policy can be accessed by scrolling down to "Wellness Policy." CCPS reviews the Wellness Policy annually, updating or modifying it as appropriate. In addition, the CCPS School Board policy, JHCF, which provides guidance in developing and editing the Wellness Policy, can be found at <https://go.boarddocs.com/va/caroline/Board.nsf/Public> under "Policies: Section J Students." As either of these policies are changed, updates will be posted on the website.

PUBLIC INVOLVEMENT: SCHOOL WELLNESS COMMITTEE

The School Health Advisory Board (SHAB) has been given primary authority and responsibility to ensure each school complies with the Wellness Policy. SHAB meets at least four times a year, with review and updating of the Wellness Policy comprising one of its components for discussion and/or action. SHAB includes nurses from each school, Health and PE teachers from each level, the high school Athletic Trainer, the Coordinator of Safety and Compliance, a representative from Nutrition Services, community members, and parents. Members also solicit support from teachers, school cafeteria managers, or other persons as needed. The Coordinator of Safety and Compliance will update the Wellness Policy based on the feedback of SHAB members, who have sought input from other school staff.

In the past, SHAB has not sought others for participation in this process. Beginning with the March 13, 2020, SHAB meeting, a Blackboard message was sent to school staff and parents a week in advance to invite them to the meeting specifically to review, discuss, and provide input toward the Wellness Policy. This encourages diverse representation from the community and across schools.

During the SHAB meeting on March 13, 2020, SHAB committee members and other internal and external stakeholders who were invited to the meeting participated in the review and update of the Wellness Policy. Attendees were divided into small groups, with each group reviewing a single school's School Level Report Card (SLRC). The groups identified Strengths, Weaknesses, Opportunities, and Obstacles (SWOO) as they reviewed their respective SLRC. The groups shared out, with the facilitator taking notes and identifying areas that were common to all or the majority of schools. Thirteen individuals participated in the March 13 meeting, including 3 parents and/or community members who are not part of the typical SHAB committee. Though 13 is a small number, it surpassed our highest attended meeting this year by 6 participants. The hope is that continued community announcements will encourage more parents and community members to participate in the future.

The accumulated information was reviewed by the Safety of Coordinator and Compliance, who updated the School Level Report Cards, primarily item VII, and also completed the Triennial Assessment. The SLRC updates were reviewed by school principals, and the SLRC updates and Triennial Assessment completed by the Coordinator of Safety and Compliance were reviewed electronically by SHAB members due to social distancing mandates related to COVID-19, with further committee recommendations applied to the documents. The Triennial Assessment was then forwarded to the superintendent for review and approval.

Furthermore, recommended updates to the CCPS Wellness Policy will be presented to the CCPS School Board for review and approval during the summer of 2020. If approved, the changes will be updated on the website listed above as well as BoardDocs. Updates will align with state regulations (Va. Code § 22.1-207 by HB 1604/SB 953 and by HB 1532 and Va. Code § 22.1-253.13:1 by HB 357/SB 211 from 2016), which specified that the changes were to take effect at the beginning of the 2018-2019 school year.

COMMUNICATION OF WELLNESS POLICY

The CCPS Wellness Policy is available in two locations: <http://cafe.blogs.ccps.us/useful-links/> and <https://go.boarddocs.com/va/caroline/Board.nsf/Public>. This allows community access via the Nutrition Services webpage on the CCPS website as well as on the CCPS School Board's BoardDocs page. In addition to the Wellness Policy, the Triennial Assessment will also be posted on the Nutrition Services website; furthermore, each school's SLRC will be posted on its website.

SCHOOL WELLNESS PROGRAMS

All CCPS schools--Bowling Green Elementary, Caroline High, Caroline Middle, Lewis and Clark Elementary, and Madison Elementary--recognize the connection between student wellness and learning; therefore, each school created a comprehensive student wellness program to promote

healthy eating, physical activity, and healthy life choices. Additionally, division goals may be incorporated into the plan to ensure all schools align with our Strategic Plan goals and federal requirements. The programs were developed to comply with CCPS Student Wellness Policy JHCF, and they were implemented beginning with the 2017-18 school year. Furthermore, the programs are encapsulated within the VDOE's goals, including: Nutrition Promotion and Education Goals, Physical Activity Goals, and School-Based Wellness Activity Goals. Each school's representative on SHAB worked with school staff to develop their program, with the SHAB committee combining school plans into one document.

Each school's wellness program incorporates the following components:

- A. Nutrition Education
- B. Physical Activity
- C. Nutrition Guidelines
- D. Initiatives
- E. Healthy Life Choices

In concert with the triennial assessments, schools will also re-evaluate their goals and make adjustments deemed beneficial to their students.

WELLNESS POLICY COMPLIANCE & ASSESSMENT

Caroline County Public Schools must conduct an assessment of the Wellness Policy every three years, at a minimum. The *Final Rule* requires state agencies to assess compliance with Wellness Policy requirements as part of the general areas of the Administrative Review every three years. CCPS conducted the first Wellness Policy Progress Assessment for its five schools during the 2019-20 school year. This initial assessment will act as our baseline and will be used to look at future goals and opportunities both for our schools individually and collectively as a school division.

CCPS used the School Level Report Card Tool for the Triennial Assessment to gauge each school's compliance with the Wellness Policy. This tool was used at each school by a member of the SHAB team such as the school nurse or Health and PE teacher to accumulate data from their respective school. These were then reviewed and scored by the SHAB team; based on these results, the SHAB team determined the school division's compliance with the Wellness Policy as stipulated in School Board Policy JHCF, which is itemized in the chart below. School Level Report Cards are inserted and expounded upon later in the document under "School Level Report Cards."

Regarding compliance with federal and state regulations, these were reviewed and assessed by the Supervisor of Nutrition Services and are summarized in a later section titled, "USDA & Virginia Regulations Compliance."

Quality of Wellness Policy

Thoroughly reviewed by the USDA Food and Nutrition Service, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the *Final Rule*.

Although not as detailed, the CCPS Wellness Policy includes the components of the Alliance for a Healthier Generation's (AHG) model policy, many of which are included in this document. CCPS utilizes the SHAB committee to take the lead in creating the Wellness Policy, incorporating input from school staff in the process. Our weakness in the first three years is not including students or inviting parents to SHAB meetings; however, this practice will be corrected in the future.

The Wellness Policy is implemented in all schools. The policy has not been publicized very well in the past, but, as described above, CCPS will post the policy on the division and individual school websites as well as BoardDocs to allow for easy public access.

CCPS schools participate in the National School Lunch and School Breakfast Programs. Students receive instruction on nutrition via posters in the cafeterias and hallways, special themes in the cafeterias such as "Farm-to-School" week, and instruction in health classes. All cafeteria meals as well as snacks offered in both cafeteria and school vending machines during the day follow USDA nutrition guidelines. CCPS abides by many of the standards in the AHG model policy such as offering meals that are appealing to students, providing easy and stigma-free access to the free and reduced lunch program, posting menus on the district website (cafe.blogs.ccps.us/monthly-menus-nutrislice/), allowing students at least 10 minutes to each breakfast and 20 minutes to each lunch, and allowing students to carry water bottles as well as providing access to water fountains throughout the day.

CCPS provides physical activity in its schools via recess, physical education class, athletics, and fitness clubs at all levels. However, one elementary school assigns laps as punishment during recess. Elementary students receive, depending on the school, 150-190 minutes of physical activity per week. This includes 40-90 minutes per week for physical education and 20-30 per day for recess. One elementary school meets the Healthy Schools Program Silver-level for PE by offering it for at least 90 minutes per week. CCPS provides playgrounds that are in compliance with various codes, guidelines, and regulations.

Secondary students take physical education for 3 years in middle school and 2 years in high school, allowing both schools to meet the Healthy Schools Program silver-level criteria by requiring more than one year of physical education in each school. In addition, students at the high school have the option to take elective physical education classes during their junior and senior years. Essential physical education and fitness topics are covered in Health and/or PE classes at all levels.

Being a rural setting, the locations of CCPS schools do not permit promotion of active transport. Lastly, CCPS promotes wellness as much as possible through the schools, Nutrition Services department, and partnerships with groups such as the YMCA, Parks and Recreation, and Little League. The division also promotes staff wellness through activities with the YMCA, wellness checks, and wellness emails. In addition, the division and schools promote exercise, walking during work hours, and various challenges to promote health and fitness.

USDA & VIRGINIA REGULATIONS COMPLIANCE

The Supervisor of Nutrition Services reviewed the standards below to assess CCPS' compliance with both USDA and Virginia regulations.

Standards and Nutrition Guidelines for all Foods and Beverages Sold (Question IV on VDOE School Level Report Card)

| Standard/Guideline | Met | Not Met |
|--|-----|---------|
| We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day | X | |
| We have implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: a la carte offerings, items in school stores, and items in vending machines. | X | |
| We follow CCPS's policy on exempt fundraisers, not exceeding 30 exempt school-sponsored fundraisers per school year. | X | |

Standards and Nutrition Guidelines for all Foods and Beverages Sold (Question V on VDOE School Level Report Card)

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| We follow CCPS's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy. | X | |

Policy for Food and Beverage Marketing (Question VI on VDOE School Level Report Card)

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| All food and beverage marketing meets Smart Snacks standards. | X | |

Description of Public Involvement

| Standard/Guideline | Met | Not Met |
|--|-----|---------|
| CCPS permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators. | X | |

Description of Public Updates

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy. | X | |
| The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020. | X | |

Description of Policy Leadership

| Standard/Guideline | Met | Not Met |
|--|-----|---------|
| CCPS established a Wellness Policy leadership of one or more LEA's and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy. | X | |

Description of Evaluation Plan

| Standard/Guideline | Met | Not Met |
|---|-----|---------|
| Each building principal is responsible for overseeing the implementation of the Student Wellness Program and adhering to the Caroline County policy on Student Wellness. An annual report describing the activities of each school is submitted to the school board. This report is the culmination of individual wellness programs at the five CCPS schools and serves as proof of their implementation. [taken from 2017-18 Wellness Plan] | | X |

Quality of Regulation Compliance

Both CCPS as a division and all of its schools are compliant with USDA and Virginia regulations. This is a testament to the Nutrition Services supervisor and his staff, who strive to keep abreast of regulations and their amendments, and thus implement such protocols in their department.

The only "Not Met" area is regarding the annual update to the school board. This can be easily corrected by presenting a summary of school and division compliance during a summer school board meeting.

CCPS WELLNESS POLICY COMPLIANCE

Each school through the leadership of a SHAB representative assessed its compliance with provisions of the CCPS School Board’s Student Wellness Policy, adopted beginning with the 2017-18 school year. Each school developed goals around this policy to address its unique needs, and each school will addend its goals moving forward based on the Triennial Assessment.

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

| Description | Met | Not Met |
|---|-----|---------|
| Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. | X | |
| Nutrition education is offered in the school cafeteria as well as the classroom, with coordination between the food service staff and other school personnel, including teachers. | X | |
| Students receive consistent nutrition messages from all aspects of the school program. | X | |
| Division health education curriculum standards and guidelines address both nutrition and physical education. | X | |
| Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts). | X | |
| Schools link nutrition education activities with the coordinated school health program. | X | |
| Staff who provide nutrition education have appropriated training. | X | |
| Schools are enrolled as Team Nutrition Schools and they conduct nutrition education activities and promotions that involve parents, students, and the community. | X | |

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

| Description | Met | Not Met |
|---|-----|---------|
| CCPS will make a program of physical fitness available to all students for at least 150 minutes per week on average during the school year. This may include physical education, extracurricular activities, and other programs/activities. | X | |

| Description | Met | Not Met |
|--|------------|----------------|
| Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary students, and the integration of physical activity into the academic curriculum where appropriate. | X | |
| 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. | X | |
| Schools work with the community to create ways for students to walk, bike, rollerblade, or skateboard safely to or from school. | | X |
| Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. | X | |
| Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students. | X | |

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

| Description | Met | Not Met |
|--|------------|----------------|
| An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities. | | X |
| The level of student participation in the school breakfast and school lunch programs is appropriate. | X | |
| All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner. | X | |
| The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs. | X | |
| The use of locally grown and seasonal foods, school gardens and non-disposable tableware have been considered and implemented where appropriate. | X | |
| Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented. | X | |

Individual School Level Report Cards are attached in the last section of this document. These are attached alphabetically for Bowling Green Elementary, Caroline High School, Caroline Middle School, Lewis and Clark Elementary, and Madison Elementary.

Progress towards Goals

Overall, the schools in Caroline County have been effective in meeting their Wellness Policy goals, with success rates ranging between 85 and 98 percent. As a division, our lowest area of success was number III, “Other School-Based Wellness Activities,” at 89%, while the division reached 100% compliance with numbers IV and VI, “Standards and Nutrition Guidelines for All Foods and Beverages Sold” and “Policy for Food and Beverage Marketing,” respectively. Regarding “Other School-Based Wellness Activities,” schools may have missed one goal, but one school missed three goals. This is addressed in the School Level Report Card for Bowling Green Elementary. The other areas from high to low were number II (94%), I (91%), and V (80%). For number V, one school said it was not providing enough healthy snacks as incentives.

Areas of Growth

Through this assessment, only one weak area was revealed for the division. This area of weakness, which is not addressed in any school’s or the school board’s Wellness Policy, that encompassed all schools is addressing Social and Emotional Learning (SEL). Though school counselors have always helped students in this realm, it is becoming more of a focus for schools. CCPS has been working diligently over the last two years to improve the service it provides in this area. It has done this through guest speakers during professional development, adopting the VTSS model, and developing SEL via the CASEL model through teams that include counselors, teachers, school and division administrators, and community members. The goal of CCPS is to have a webpage dedicated to SEL on ccps.us for the 2020-21 school year. This work aligns with the CCPS Strategic Plan, Pathways 2022, in Goal 3: Health and Safety, 3.1: Mental Health and Wellness.

Most identified weak areas were unique to an individual school, with 1-2 specific weaknesses affecting two schools. Other than SEL described above, no single weak area was identified that impacted more than 2 schools.

Areas of Strength

A number of areas of strength for the division were identified in all schools. One of these is community involvement. Each school maintains relationships with at least several organizations such as the YMCA, Parks and Recreation, Little League, 4-H, Agriculture in the Classroom programs, the American Heart Association, and Caroline Cavaliers Youth Football. Thanks to the leadership provided by the Nutrition Services department, all schools follow USDA and DOE guidelines such as proper food being served in the cafeteria serving lines and vending machines, nutrition being promoted throughout the school year, participation in School Breakfast and Lunch Weeks, promoting My Plate, offering digital menu boards, providing milk and 100% fruit juice, and offering free and reduced lunch in a non-stigmatizing manner.

Regarding physical activity, all elementary schools offer recess and PE as well as various clubs and events such as Jump Rope Club, Dance Teams, and American Heart Association activities. At the secondary level, PE is required in grades 6 through 10, with elective options offered for grades 11 and 12; too, the secondary level offers a number of athletics opportunities for students, including 10 sports at Caroline Middle School and 19 at Caroline High. Finally, staff at all schools participates in wellness activities that are not only beneficial to them, but which they can also share with and encourage in their students.

Areas of Opportunity

One area of weakness is also an area of opportunity as CCPS develops its SEL curriculum to help students with their social and emotional needs. As mentioned in the “Areas of Weakness” section, CCPS is actively developing its SEL service according to its strategic plan. The elementary schools in particular are working to offer more healthy snacks as incentives and rewards in addition to pizza parties, candy, and ice cream socials. Other areas of opportunity are relevant to specific schools such as reconfiguring the bell schedule to better utilize time during lunch at the middle school and helping students at the high school level understand the connection between sleep and learning.

Obstacles

In adapting the SWOT Analysis, the SHAB team chose to utilize the term “obstacles” instead of “threats,” as it believes CCPS faces challenges it can work toward overcoming. One identified obstacle was motivating teens to make right choices. With the increased pressures applied by social media and peer pressure, in unison with the breakdown of the family and absolute morals, teens often struggle to make right choices. The committee’s belief is that the large majority of students know the right choice to make in most scenarios, but social influences often encourage them to act counterintuitively.

An obstacle at the high school in particular is assuring that non-cafeteria vending machines are off throughout the day and not just during lunch. Each year vendors must be reminded to set the timers so these are inaccessible during the school day.

Another identified obstacle is making the public aware of the Wellness Policy. Even if posted on school and county websites as well as promoted in school newsletters and communications, this can often be lost amidst the flood of information that parents receive on daily and weekly bases. The committee decided it must be diligent to publicize the policy in as many places as possible, occasionally reminding families that it is available in those locations for their review. Of course, advertising SHAB meetings to CCPS families, which is a new undertaking that elicited increased participation at the last meeting, will hopefully increase awareness of the policy as well as participation in its review and revision.

OTHER WELLNESS INITIATIVES, RECOGNITIONS, SUCCESSES

Our schools continuously promote a healthy school culture by supporting students' health and well-being. There are many creative programs and initiatives in our school division to highlight, including the following:

2017-2020 HIGHLIGHTS:

- The Virginia Department of Health awarded CCPS a \$6,250 grant to support updating the Wellness Policy and the purchase of WellNet, a software program that supports physical education teachers in collecting and communicating student fitness data.
- The Caroline County Public Schools Nutrition Services Department was awarded the 2018 Food for Thought Award by the VSBA. The department was recognized for providing digital menu board displays in each school cafeteria that provide nutrition education to all students in the school division.
- Each school has a Tower Garden that allows students to grow and maintain vegetables in the school as well as educate them in hydroponics.
- CCPS participates in National Farm-to-School Month each October. Penelope the Pig and other animals make an appearance in each school to educate students on animal farming. In addition, local farmers and groups are invited to schools to teach students about farming. In 2019, Wick Coleman, a local farmer, brought a few of his animals to the elementary schools to teach about livestock. A video of this year's activities can be viewed at <http://cafe.blogs.ccps.us/>.
- For 2018 Ag Day, Nutrition Services donated the book, "These Bees Count," by Alison Formento to each elementary school library, and high school Agriculture students read the book to the elementary pupils.
- Beginning with the fall 2020 semester, elementary Health and PE teachers will send students' Wellness Fitness Reports home with report cards to allow parents to be aware of their children's fitness levels.
- Schwan's Food Service sought input from middle and school students by allowing them to taste-test new food products.
- Nutrition Services updates its website with Nutrition Nuggets, Healthy Snacking Tips, and highlights from schools to promote health and wellness.
- In February 2020, the high school began offering "Grab and Go" breakfast in the gym concession stand that can service student drivers. The goal is to encourage these students to eat breakfast by offering it at a location in close proximity to their point of entry

GOALS FOR THE NEXT THREE YEARS (2020 - 2023)

CCPS will continue to stay committed to the goals outlined above that have not been fully executed, adjusting its goals according to state and federal regulations.

Goals to be completed by the next triennial report (2020-2023):

1. An annual report will be presented to the school board regarding the implementation of the Wellness Policy across schools.
2. Schools will improve updating their Wellness Plans annually to add new initiatives and remove those that are no longer feasible.
3. The SEL component of wellness will be fully developed and implemented.
4. All schools (3) will be compliant by not using physical activity (laps) as punishment. Currently, 2 out of 3 schools meet this requirement.
5. The middle school will adjust its lunch schedule to reduce the number of students at each lunch and thus permit enough time for all students to eat lunch.
6. CCPS will invite parents to all SHAB meetings via mass phone messages and emails as well as via promotion on the county website.

QUALITY OF THE CCPS WELLNESS POLICY

To fulfill the federal requirement of assessing the quality of the CCPS Wellness Policy under the *Final Rule*, CCPS utilized Appendix B: School Level Report Card Tool for the Triennial Assessment. This allowed individual schools to measure compliance with their own wellness policy as well as SHAB to determine overall division compliance. In addition, Nutrition Services completed the USDA and Virginia Regulations Compliance component to ascertain the division's compliance with various regulations. Assessments were completed during the 2019-20 school year and reviewed by SHAB on March 13, 2020. The Triennial Assessment was composed by the Coordinator of Safety and Compliance, reviewed by SHAB members (April 2020), and reviewed by the superintendent (April 2020) before being presented to the Department of Education.

REPORT PREPARATION & CONTACT INFORMATION

This report was written by the Coordinator of Safety and Compliance, Jeff Wick, and reviewed by the School Health Advisory Board, who worked in concert with school staff, as well as both the Supervisor and Field Manager of Nutrition Services. Mr. Wick can be reached at jwick@ccps.us or 804-633-5088.

Individual School Level Report Cards are attached in alphabetical order beginning on the next page.

SCHOOL LEVEL REPORT CARDS

Office of School Nutrition Programs
School Level Report Card--BGE
Tool for the Triennial Assessment

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

Division Name: **Caroline**

School Name: **Bowling Green Elementary**

Date of Evaluation: **May 21, 2020**

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

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

I. Nutrition Promotion and Education

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**
X Yes No
- **Cafeteria has a digital menu board that displays nutrition information.**
X Yes No
- **Nutrition lessons on reading food labels, healthy foods and proper portions sizes are taught in PE.**
X Yes No
- **Cafeteria displays healthy posters, the new “Choose My Plate,” and nutrition guidelines.**
X Yes No
- **Students are given adequate time to eat lunch.**
X Yes No
- **Nutrition Nuggets newsletter informs parents of new food ideas and facts about healthy choices. (On CCPS Website)**
X Yes No
- **BGE cafeteria offers the following: extra cups of water free, 1% fat free milk, whole wheat used in pizza crusts, salad, fresh fruit, 100% fruit juice, and low calorie dressing.**
X Yes No
- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**
X Yes No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**
X Yes No
- **The cafeteria provides a variety of food items for students to choose.**
X Yes No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**
X Yes No

- **Standards of Learning for Health and PE are followed**
 Yes No
- **Nutrition education is integrated into the health and core curriculum.**
 Yes No
- **Healthy snacks are encouraged daily and for parties and celebrations.**
 Yes No
- **Students are encouraged to bring water bottles and may keep in class for adequate hydration.**
 Yes No
- **Students are allowed adequate time for all meals in the cafeteria.**
 Yes No
- **Participate in National School Lunch and National School Breakfast Weeks.**
 Yes No

II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**
 Yes No
- **Recess, classroom physical activity breaks, and PE will not be withheld as punishment or used as punishment.**
 Yes No
- **Field day activities. One day of physical events in the spring for each grade level.**
 Yes No
- **Special Education classes participated in Meet in the Middle.**
 Yes No
- **Completed physical fitness tests for grades 4 and 5 with height and weight.**
 Yes No
- **Caroline Parks and Recreation activities are promoted.**
 Yes No
- **Students get 40 minutes of physical education once a week and 30 minutes of recess every day.**
 Yes No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**
 Yes No
- **Student vs teachers' basketball game fundraiser for American Heart Association.**
 Yes No
- **Running club meets once a week.**
 Yes No
- **Color run PTA fundraiser for students.**
 Yes No
- **School promotion of various walking/running events in the area.**
 Yes No
- **Brain gym activities and movement are incorporated into the day.**
 Yes No

III. Other School-Based Wellness Activities

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

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating and on wall in hallway near main restrooms.**
 Yes No
- **Hand washing and proper sanitation is encouraged.**
 Yes No
- **Farm to School Week-Introduce local farming to community.**
 Yes No
- **World School Milk Day and Mobile Dairy Truck class.**
 Yes No
- **Vision and hearing screenings are completed yearly for appropriate grades.**
 Yes No
- **Height and weight screenings are done for appropriate grades and the Pacer physical fitness test is completed in 4th and 5th grade.**
 Yes No
- **Bully Awareness program for all students.**
 Yes No

- **School nurse promotes dental health by sending home enrollment forms for the Caroline Dental clinic, calling parents to inform of local service, and making dental referrals as needed.**
 Yes No
- **School nurse identifies students without insurance and educates eligible families about children’s health insurance through FAMIS.**
 Yes No
- **Information on student medical conditions provided monthly by School Nurse at faculty meetings.**
 Yes No
- **TDAP vaccinations letters were sent home with all 5th grade students.**
 Yes No (Now done at middle school for rising 7th graders)
- **Tobacco-free 24/7 policy implemented across Caroline County Public Schools**
 Yes No

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

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

- **We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.**
 Yes No
- **We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.**
 Yes No
- **We follow the policy on exempt fundraisers as outlined in current regulation § 22.1-207.4 of the Code of Virginia: “. . . shall permit each public school to conduct on school grounds during regular school hours no more than 30 school-sponsored fundraisers per school year, during which food that does not meet the nutrition guidelines for competitive foods may be sold to students.”**
 Yes No

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

Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives):

- **We follow CCPS's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.**

Yes No

VI. Policy for Food and Beverage Marketing

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

- **All food and beverage marketing meets Smart Snacks nutrition standards.**

Yes No

- **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.**

Yes No

VII. Progress

BGE has met 41 out of 48 of its wellness goals, or 85%. BGE has included a number of initiatives to promote wellness, as seen below, but it has missed 7 of its goals. One of these involves student access to water. Although water is available, students have not been encouraged to drink water throughout the day, especially in the lower grades, to minimize the loss of instructional time due to trips to the restroom. Older students regularly access the hydration station throughout the day.

BGE uses unhealthy snacks as incentives, but this will be discouraged as it also brainstorms other snacks or incentives/rewards besides pizza, candy, and ice cream. Another area in which BGE has been deficient is by using laps as punishment. Though this can sometimes be effective, it is not a viable classroom management tool, so it will no longer be utilized to avoid creating in students an association between physical activity and punishment. Therefore, BGE will implement alternatives for classroom management purposes.

Although it appears BGE is non-compliant with the next item, the nurse is actually protecting confidentiality by not sharing student health information at faculty meetings. This goal will be removed from the wellness policy. Regarding providing FAMIS information to families without insurance, it is difficult for the nurse to monitor families without insurance and promote this service to them; however, the school shares information regarding FAMIS with all families at the beginning of the school year.

BGE has not offered a school-wide bullying program each year; however, counselors teach classroom guidance lessons to cover this topic. As part of the school division's focus on SEL, BGE, in association with the other elementary schools in the division, will identify an appropriate anti-bullying program for its students.

Additional Wellness Practices:

- ~ **Water Challenge:** Students are encouraged to review their beverage and replace less healthy drinks with water.
- ~ **Zero Sugar Challenge:** Students are encouraged to eat no sugar.
- ~ **APEX Run:** A running event through which students raise money by participating in the APEX run.
- ~ **Student vs. Teachers Basketball Game:** Students play teachers in basketball to raise money for the American Heart Association. This promotes physical activity as well as heart health. This year there was a B-team of staff to involve more staff and students.
- ~ **Dental Program:** BGE, in association with the Department of Health, provides dental care to students.
- ~ **Swim Program:** 2nd graders participate in a learn to swim program at the YMCA
- ~ **Race Through History:** Students and staff participate in this race in Bowling Green
- ~ **Big Blast Inflatable Event:** During specials, students run and play outside on inflatable obstacle courses, slides, and other physical activities.
- ~ **Hydration Station:** A water bottle filter station was added to BGE for the 2019-20 school year.

VIII. Contact

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

Name: **Emily Cox**

Position/Title: **School Nurse**

Email: **ecox@ccps.us**

Phone: **804-596-2391, option 4**

Office of School Nutrition Programs
School Level Report Card--**CHS**
Tool for the Triennial Assessment

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

Division Name: **Caroline**

School Name: **Caroline High School**

Date of Evaluation: **May 21, 2020**

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

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

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

I. Nutrition Promotion and Education

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**
X Yes No
- **Cafeteria has a digital menu board that displays nutrition information.**
X Yes No
- **Students at Caroline High School are well informed and equipped to make healthy choices when it comes to their food and personal wellness. This is done by displaying nutritional facts and information on screens in the serving lines.**
X Yes No
- **Students were introduced to the MyPlate© program; where they were shown proper portion sizes and the effects of eating certain types of foods.**
X Yes No
- **Nutrition is taught in Health 9 during the 5th week of health.**
X Yes No
- **Health teachers present information through the showing of “Super-Size Me” video with a tracking guide and discussion.**
X Yes No
- **Students compared menus of fast food restaurants and counted calories of their meals so that they can make healthier choices.**
X Yes No
- **Partners with VCE to encourage and educate teen mothers to take prenatal vitamins daily, importance of folic acid, info given on WIC program, and information on healthy meals.**
X Yes No
- **Nutrition Board advertises portion control and healthy eating. Ex: fruits, veggies, grains, protein, and dairy in addition to heart health materials.**
X Yes No
- **Students are allowed to carry water bottles to class throughout the school day.**
X Yes No
- **Students are taught nutrition guidelines in health classes re: portion sizes, food variety, and reading food labels**
X Yes No

- **Salads, fruit cups, yogurt, assorted deli sandwiches offered daily in cafeteria with low fat count/calorie count.**
X Yes No
- **Water, power aid, and fruit wave drinks offered in vending machines. Beverage supports low sugar content.**
X Yes No
- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**
X Yes No

II. Physical Activity

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

- **Physical Education is provided every other week for 90 minutes/day for 1 semester for students in 9th and 10th grades.**
X Yes No
- **PE and classroom physical activity breaks will not be withheld as punishment or used as punishment.**
X Yes No
- **Students are introduced to new activities to keep interest with student participation.**
X Yes No
- **Students are assessed 3 times per semester on fitness test.**
X Yes No
- **Every day in PE students have a warm-up and an activity that would target improvement on one or more of the fitness test.**
X Yes No
- **Strength and conditioning is offered as an elective.**
X Yes No
- **Physical training conducted on Fridays involving push-ups, sit ups, and running.**
X Yes No
- **Raiders meets every Wednesday after school.**
X Yes No
- **Girls powder puff football game is played in November.**
X Yes No
- **Afterschool sports (example: football, baseball, field hockey, basketball, soccer, tennis, wrestling, cheerleading, track, etc.)**
X Yes No

- **Step and Dance Team is offered as an extracurricular activity.**

Yes No

- **Students participate in Meet in the Middle in April.**

Yes No

III. Other School-Based Wellness Activities

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

- **School Food Service listens to feedback from staff and students regarding healthy food choices.**

Yes No

- **Blood Pressure checks for staff, and students with hypertension. Blood Pressure log is completed by nurse.**

Yes No

- **Hearing and vision checks for all 10th graders and for all newly enrolled students.**

Yes No

- **VCE offers parenting classes for teen parents with an emphasis on nutrition for mother and baby**

Yes No

- **CPR and first aid is taught to staff.**

Yes No

- **Counselors plan events to support anti-bullying.**

Yes No

- **Tobacco-free 24/7 policy implemented across Caroline County Public Schools**

Yes No

- **A variety of American Heart Association activities are offered to promote physical activity, wellness, and a healthy heart.**

Yes No

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

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

- **We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.**
X Yes No
- **We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.**
X Yes No
- **We follow the policy on exempt fundraisers as outlined in current regulation § 22.1-207.4 of the *Code of Virginia*: “. . . shall permit each public school to conduct on school grounds during regular school hours no more than 30 school-sponsored fundraisers per school year, during which food that does not meet the nutrition guidelines for competitive foods may be sold to students.”**
X Yes No

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

Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives):

- **We follow CCPS’s policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy.**
X Yes No

VI. Policy for Food and Beverage Marketing

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

- **All food and beverage marketing meets Smart Snacks nutrition standards.**
X Yes No
- **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.**
X Yes No

VII. Progress

Caroline High School has been effective in meeting its wellness goals (39/40, 98%). The only goal it did not meet relates to anti-bullying events. School counselors have promoted anti-bullying activities such as a student advisory committee, bulletin boards that promote kindness, and a “Writing Kind Notes” campaign. With a focus on the many needs of high school students in preparing them for graduation and College and Career Readiness, the counselors at CHS forego school-wide bullying events, per se, but they will continue to educate students via the types of activities listed above, especially during the anti-bullying month of October.

It is important to note that although CHS does not use a school-wide program, each year it has conducted assemblies for the student body related to bullying. Also, with the school division’s emphasis on Social-Emotional Learning, CHS will address bullying via this avenue.

Additional Wellness Practices:

- ~ **YMCA Field Trip:** Collaborate with the Caroline Family YMCA to provide a field trip for both 9th and 10th graders through Health and PE class. The trip focuses on physical activity, healthy relationships, and hands-only CPR.
- ~ **Healthy Heart Days:** CHS hosts two events per school year when instructors come from the YMCA to lead group fitness and dance activities.
- ~ **Project Impact:** Educates 10th grade students on the consequences of risky driving behaviors such as drinking and texting while driving. CHS partners with VCU, the local fire department, and the sheriff’s department to create a mock crash scene that includes rescuing victims. This is followed by an assembly where a crash victim tells his/her story to educate students on such dangers.
- ~ **Rev Your Bev:** A campaign that encourages increased water consumption in place of sugary drinks.
- ~ **Staff Wellness Initiatives:** Various activities included a Step Challenge, Water Challenge, and American Heart Association activities.
- ~ **Vape Education Assembly:** The April assembly was cancelled due to the coronavirus hysteria, but it has been rescheduled for August 2020.
- ~ **Dental Program:** CHS, in association with the Department of Health, provides dental care to students.
- ~ **Breast Cancer Awareness Week:** CHS promoted awareness through “pink outs” at football and volleyball games, announcements, and hallway decorations.
- ~ **Mental Health Tips:** Distributed via a newsletter and videos.

VIII. Contact

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

Name: **Joshua Just**

Position/Title: **Principal**

Email: **jjust@ccps.us**

Phone: **804-633-9886**

Office of School Nutrition Programs
School Level Report Card--**CMS**
Tool for the Triennial Assessment

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

Division Name: **Caroline**

School Name: **Caroline Middle School**

Date of Evaluation: **May 21, 2020**

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

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

I. Nutrition Promotion and Education

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**
X Yes No
- **Cafeteria has a digital menu board that displays nutrition information.**
X Yes No
- **Students study, learn how to use, and follow the practices of Choose My Plate and the U.S. Dietary Guidelines.**
X Yes No
- **The Nutrition Services website posts healthy tips for kids and adults monthly.**
X Yes No
- **Teachers integrate lessons on nutrition in the classroom.**
X Yes No
- **Health and physical education teachers use literacy, reading and writing in classes to teach nutrition, wellness, and physical education.**
X Yes No
- **Standards of Learning for Health and Physical Education are followed.**
X Yes No
- **Students learn how to read food labels and determine portion sizes in health classes.**
X Yes No
- **More water breaks are provided to encourage drinking water. Students are permitted to carry water bottles.**
X Yes No
- **Students are encouraged to drink more milk.**
X Yes No
- **Cross Curriculum nutrition education in the classroom is promoted.**
X Yes No
- **Nutritional values of foods served in the cafeteria are provided to nurse and are accessible on the school website.**
X Yes No
- **Students are encouraged to eat breakfast and healthy snacks.**
X Yes No

- **Vending machines are unavailable during school hours.**
 Yes No
- **Healthy juices and low calorie juices are offered in the cafeteria.**
 Yes No
- **Food Nutrition Binder in clinic as reference for diabetics, students with food allergies and carbohydrate count.**
 Yes No
- **Teachers are encouraged to use more appropriate incentives/rewards such as a "no homework" passes, talon tokens, etc. rather than candy and unhealthy food.**
 Yes No
- **The Cafeteria offers a larger variety of salads during each lunch period.**
 Yes No
- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**
 Yes No
- **Students are given adequate time to eat breakfast and lunch.**
 Yes No

II. Physical Activity

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

- **Students, parents, staff and central office staff participated in the Annual Anti-Bullying Walk.**
 Yes No
- **Hoops for Heart help raise money to support American Heart Association and encourage physical activity.**
 Yes No
- **Offer regularly scheduled physical education classes and daily warm-ups in gym.**
 Yes No
- **PE and classroom physical activity breaks will not be withheld as punishment or used as punishment.**
 Yes No
- **Field trips on Earth Day to A.P. Hill allowed students to take nature walks in various scenic areas.**
 Yes No

- **Caroline Parks and Rec flyers sent home flyers to encourage participation in physical activity.**
X Yes No
- **CMS website maintains current information on sports offered, including basketball, baseball, softball, football, and track and field.**
X Yes No
- **All students participated in fitness testing and tried to be in the healthy fitness zone.**
X Yes No

III. Other School-Based Wellness Activities

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

- **Students participated with the Agriculture teacher and worked on landscaping projects and planting vegetables.**
X Yes No
- **Hand washing and proper sanitation is encouraged.**
X Yes No
- **The students and staff collected food for Caroline Department of Social Services food pantry.**
X Yes No
- **Anti-Bullying is taught in the Health classes. Students on each grade level designed posters. Students whose posters were winning entries were recognized and the Anti-Bullying posters were made and displayed throughout the building.**
X Yes No
- **Counseling groups were offered to students on Anger Management and Healthy choices.**
X Yes No
- **Students participated on the CMS Track and Field team, Basketball, Football, Wrestling, Cheering, Softball, Baseball and Soccer.**
X Yes No
- **Students and staff participated in Meet of Special Olympics held at the High School.**
X Yes No
- **Tobacco-free 24/7 policy implemented across Caroline County Public Schools**
X Yes No

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

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

- **We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.**
X Yes No
- **We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.**
X Yes No
- **We follow the policy on exempt fundraisers as outlined in current regulation § 22.1-207.4 of the *Code of Virginia*: “. . . shall permit each public school to conduct on school grounds during regular school hours no more than 30 school-sponsored fundraisers per school year, during which food that does not meet the nutrition guidelines for competitive foods may be sold to students.”**
X Yes No

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

Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives):

- **We follow CCPS’s policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy.**
X Yes No

VI. Policy for Food and Beverage Marketing

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

- **All food and beverage marketing meets Smart Snacks nutrition standards.**
X Yes No
- **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.**
X Yes No

VII. Progress

Caroline Middle School met 95% of its goals (40/42). The biggest weakness at CMS is providing students enough time to eat lunch. The main challenge is having only two serving lines, so the hope is to determine an alternate bell schedule that will allow for an increased number of lunch periods and thus a decrease in the number of students being served at each lunch.

CMS provides many sports and clubs to promote fitness, but it will strive to again become involved in Hoops for Hearts and other American Heart Association activities.

Additional Wellness Practices:

- ~ **Dental Program:** CMS, in association with the Department of Health, provides dental care to students.

VIII. Contact

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

Name: **Darin Thompson**

Position/Title: **Principal**

Email: **dathompson@ccps.us**

Phone: **804-633-6561**

Office of School Nutrition Programs
School Level Report Card--**LCES**
Tool for the Triennial Assessment

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

Division Name: **Caroline**

School Name: **Lewis and Clark Elementary**

Date of Evaluation: **May 21, 2020**

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

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

I. Nutrition Promotion and Education

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**
 Yes No
- **Cafeteria has a digital menu board that displays nutrition information.**
 Yes No
- **All students are encouraged to make healthy food choices during breakfast and lunch.**
 Yes No
- **Lesson plans encouraging good nutrition are implemented throughout the year in PE, including hands on activities that incorporate MyPlate, food groups, building meals, and serving sizes, combined with physical activity. Students learn about calories and the energy balance.**
 Yes No
- **Nutrition charts are posted throughout the school.**
 Yes No
- **All students receive instruction on MyPlate.**
 Yes No
- **All students participate in a healthy snack day, including a visit from Penelope the Pig, which encourages them to look for healthier alternatives to poor nutritional snacks.**
 Yes No
- **All students are encouraged to create healthy snack recipes to share with peers.**
 Yes No
- **Teachers monitor their students to make sure they are eating breakfast/lunch each day.**
 Yes No
- **Teachers offer healthy snacks to their students during daily snack time.**
 Yes No
- **Nutritional information is provided to the students/parents through flyers and posters.**
 Yes No

- **100% fruit juice, one percent white milk, and flavored fat free milk, and water are offered daily.**
 Yes No
- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**
 Yes No
- **Healthy food alternatives are provided for breakfast/lunch.**
 Yes No
- **School nurse provides food counseling with students, as needed.**
 Yes No
- **School nurse helps diabetics count carbohydrates, know insulin amounts and assist in self-administration, and make good food choices to help with blood-sugar levels.**
 Yes No

II. Physical Activity

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

- **Running Club for students and staff meets twice a week for 90 minutes.**
 Yes No
- **Fitness Programs such as Zumba, Boot Camp, Yoga, and circuit stations were offered to teachers after school 2-3 times per week.**
 Yes No
- **Students participate in the Grizzly Grind 1 Mile and ½ Mile races, Anti-bullying walk, Turkey Trot, Bowling Green Festival of Feet, Great Train Race, 1-mile Hop, and Meet in the Middle.**
 Yes No
- **The Dance and Step Teams meet once per week for 60 minutes.**
 Yes No
- **All students participated in the annual “Grizzly Games” physical education field day event.**
 Yes No
- **All students receive physical education two out of every six days for a total of 90 minutes.**
 Yes No
- **All students receive recess daily for 20 minutes.**
 Yes No

- **Recess, classroom physical activity breaks, and PE will not be withheld as punishment or used as punishment.**
 Yes No
- **Students are taught fitness activities during recess.**
 Yes No
- **Staff and students use pedometers throughout the year to measure their physical activity. A Pedometer Challenge was offered for staff to increase movement during the school day.**
 Yes No
- **PE teachers utilize #LCESfitfam to promote physical activity at home. Parents can use the hashtag to post photos, and teachers build a bulletin with photos of students being active.**
 Yes No
- **3rd, 4th & 5th grade students were fitness tested using the “Fitness Gram” physical fitness test.**
 Yes No
- **Fitness tips and resources were posted on the school website for students/parents.**
 Yes No
- **Caroline Parks and Recreation flyers are posted in the gym to make students aware of community activities.**
 Yes No
- **Jump Rope for Heart implemented during the month of February for Healthy Heart Month.**
 Yes No
- **Hoops for Heart Student-Staff Basketball Game**
 Yes No
- **Five for Life program is implemented every day in PE classrooms, teaching students about health-related fitness components.**
 Yes No
- **PTA sponsored the Color Run fundraiser, which encouraged physical activity. The culminating activity was a fun run completed during school by all students.**
 Yes No
- **4H summer camp information provided to students.**
 Yes No

III. Other School-Based Wellness Activities

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

- **Vision and hearing screenings are completed for appropriate grades (pre-K, K, 3rd and new students) and students who have IEPs and 504s.**
X Yes No
- **Height and weight screenings are done for appropriate grades for the nurse and in 3rd, 4th, and 5th grades for the Pacer physical fitness test.**
X Yes No
- **Bully Awareness program for all students.**
X Yes No
- **Tobacco-free 24/7 policy implemented across Caroline County Public Schools**
X Yes No

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

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

- **We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.**
X Yes No
- **We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.**
X Yes No
- **We follow the policy on exempt fundraisers as outlined in current regulation § 22.1-207.4 of the Code of Virginia: “. . . shall permit each public school to conduct on school grounds during regular school hours no more than 30 school-sponsored fundraisers per school year, during which food that does not meet the nutrition guidelines for competitive foods may be sold to students.”**
X Yes No

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

Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives):

- **We follow CCPS's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.**

Yes No

VI. Policy for Food and Beverage Marketing

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

- **All food and beverage marketing meets Smart Snacks nutrition standards.**

Yes No

- **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.**

Yes No

VII. Progress

Lewis and Clark Elementary has reached 42/45 (93%) of its wellness goals. Two of the four can be easily corrected with the nurse offering nutrition guidance to those who need or request it and by displaying nutrition information throughout the school via posters and flyers.

The other two present greater challenges. For the first one, students creating healthy recipes to share with peers, students may be able to do so through health class; another possibility could be to make it an option in a choice menu for a Language Arts activity. Regarding teaching fitness activities during recess, though LCES fulfills this goal, it is challenging to teach fitness activities to large groups during a short period of time. Nevertheless, activities such as kickball and dodgeball are taught that allow students to play structured games, if they desire.

Additional Wellness Practices:

- ~ **Hydration Stations:** Water bottle filter stations were added to LCES for the 2019-20 school year.
- ~ **Healthy Treats:** In addition to offering treats monthly on Fridays, the PTA is adding a Healthy Treat Friday to promote healthy snacks.
- ~ **Dental Program:** LCES, in association with the Department of Health, provides dental care to students.
- ~ **Swim Program:** 2nd graders participate in a learn to swim program at the YMCA

VIII. Contact

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

Name: **Shelby Foltz**

Position/Title: **Health and PE Teacher**

Email: **sfoltz@ccps.us**

Phone: **804-448-0175**

Office of School Nutrition Programs
School Level Report Card--**MES**
Tool for the Triennial Assessment

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

Division Name: **Caroline**

School Name: **Madison Elementary**

Date of Evaluation: **May 21, 2020**

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

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

I. Nutrition Promotion and Education

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**
 Yes No
- **Cafeteria has a digital menu board that displays nutrition information.**
 Yes No
- **Nutrition education is integrated into the health education and core curriculum.**
 Yes No
- **The Wellness Policy is reviewed at faculty meetings.**
 Yes No
- **Students receive consistent nutrition messages from all aspects of the school program such as classroom teacher, principal, parents, cafeteria staff, school nurse, physical education teacher, and school counselor.**
 Yes No
- **Follow the Standards of Learning for Health and Physical Education.**
 Yes No
- **Students receive nutrition education that teaches the skills students need to adopt and maintain healthy eating habits through Physical Education and teachable moments.**
 Yes No
- **Posters on nutrition, hand washing signs, hygiene posters, and bathroom and water fountain etiquette are used by food service staff, nurse and other school personnel.**
 Yes No
- **Display and use “My Plate” information and exercises.**
 Yes No
- **The cafeteria staff posts nutritional information and encourages proper nutrition on a daily basis.**
 Yes No
- **The cafeteria uses products with no trans fats, less artificial sweeteners and flavorings, and whole wheat.**
 Yes No
- **One percent milk, 100% fruit juice, and water are offered daily in the cafeteria.**
 Yes No

- **Water is available throughout the day free of charge in each school, and students are allowed to carry water bottles for this purpose.**
 Yes No
- **Healthy rewards and healthy snacks are encouraged in the classroom.**
 Yes No
- **Participate in Nutrition and Fitness Month with bulletin boards and activities.**
 Yes No
- **Students are permitted water bottles in the gym as well as classroom.**
 Yes No
- **Students are given adequate time to eat breakfast and lunch.**
 Yes No
- **All children who participate in subsidized programs are able to obtain food in a non-stigmatizing manner.**
 Yes No

II. Physical Activity

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

- **Physical Education classes for 45 minutes once a week.**
 Yes No
- **Daily recess period for 25 minutes.**
 Yes No
- **Pedometers used in physical education class.**
 Yes No
- **Field Day in April.**
 Yes No
- **Physical Fitness Test for grade 4 and 5.**
 Yes No
- **Recess, classroom physical activity breaks, and PE will not be withheld as punishment or used as punishment.**
 Yes No
- **Parents are encouraged to support physical education through their participation in the Jump Rope for Heart.**
 Yes No
- **Running Club for grades K– 5.**
 Yes No

- **Games and lifetime activities are taught in physical education class.**
 Yes No
- **Movement CDs in the library to be checked and used with classes.**
 Yes No
- **Mental breaks provided in class through stretching and moving around.**
 Yes No
- **Integration of physical activity into the academic curriculum where appropriate.**
 Yes No
- **The gym is open after school for all staff to walk/run or exercise. Equipment is available.**
 Yes No
- **Students participate in Jump Rope for Heart via the American Heart Association to promote heart health.**
 Yes No

III. Other School-Based Wellness Activities

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

- **The Wellness Committee meets to review and update the Wellness Policy. The committee consists of teachers from different grade levels, a specialist, the nurse, the physical education teacher, the food service manager, parents, and the principal.**
 Yes No
- **There are nut free tables available for students during lunch.**
 Yes No
- **Vision and hearing screenings are completed yearly on appropriate grades. Referrals are sent home and the nurse performs follow ups on screening failures. Height and weight are done on appropriate grades.**
 Yes No
- **G.R.E.A.T. is taught to the 5th grade.**
 Yes No
- **Bully awareness program for all students.**
 Yes No
- **Tobacco-free 24/7 policy implemented across Caroline County Public Schools**
 Yes No

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

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

- **We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.**
X Yes No
- **We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including a la carte offerings and food sold in school stores and vending machines.**
X Yes No
- **We follow the policy on exempt fundraisers as outlined in current regulation § 22.1-207.4 of the Code of Virginia: “. . . shall permit each public school to conduct on school grounds during regular school hours no more than 30 school-sponsored fundraisers per school year, during which food that does not meet the nutrition guidelines for competitive foods may be sold to students.”**
X Yes No

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

Our school meets the requirements for nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives):

- **We follow CCPS’s policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy.**
X Yes No

VI. Policy for Food and Beverage Marketing

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

- **All food and beverage marketing meets Smart Snacks nutrition standards.**
X Yes No
- **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.**
X Yes No

VII. Progress

Madison Elementary School reached 40 out of 44 goals, translating to 91%. Although MES did not participate in Fitness Month, it promotes multiple activities throughout the year such as field days, Running Club, and Jump Rope for Heart. Another goal MES missed is providing movement CDs to classrooms. In its place, MES is now encouraging mental breaks throughout the school day via stretching, moving in the classroom, and brief relaxing moments spent away from instruction. Furthermore, MES incorporates “Morning Movement” for 30 minutes each morning, at which time students can go to the gym for physical activity or the music room for dance.

With an increased emphasis on instruction, data analysis, PLCs, and SEL over the last few years, the Wellness Policy is not reviewed at staff meetings. To replace this goal, the Wellness Policy will be posted on the school website.

MES has not used pedometers in PE class due to a lack of supply, so its goal is to order more pedometers if feasible or integrate their use in the core curriculum. Since movement CDs are no longer available, MES will create a section in the Media Center pertaining to indoor recess and movement in the classroom to provide resources such as books, websites, a binder with activities, and DVDs.

Additional Wellness Practices:

- ~ **Dental Program:** MES, in association with the Department of Health, provides dental care to students.
- ~ **Swim Program:** 2nd graders participate in a learn to swim program at the YMCA
- ~ **Hydration Stations:** Water bottle filter stations were added to MES for the 2019-20 school year.

VIII. Contact

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

Name: **Teresa Hicks**

Position/Title: **Principal**

Email: **thicks@ccps.us**

Phone: **804-448-2171**