



Colonial Heights Public Schools

Triennial Assessment of the Local Wellness Policy



Students tending to raised beds in High Tunnel with the CHHS AgriProject team.

Overview:

Colonial Heights Public Schools, in accordance with the Final Rule of the Healthy, Hunger Free Kids Act, is pleased to report on the triennial assessment of our local Wellness Policy. The triennial assessment has given our division the opportunity to revisit policies, improve for the future and celebrate victories that have contributed to improvements in the overall health and wellness of our school community.

Responsibility:

Every administrator, teacher, student and support staff member plays a part in contributing to the culture of wellness that is integral to the Colonial Heights Public Schools (CHPS) mission. This report is compiled by the Food Service Director with direct support from members of the CHPS School Health Advisory Board (SHAB). The SHAB is chaired by the Director of the Office of Student Support Services and includes school division staff and members of the community. Included among the members are School Nurses, a student representative, a Virginia Department of Health representative, a Colonial Heights Office on Youth representative and the Food Service Director.

I. Wellness Policy: Policy Statement

The Colonial Heights School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in division students.

II. Goals

Based on review and consideration of evidence-based strategies and techniques, the Colonial Heights School Board has established the following goals to promote student wellness.

A. Nutrition Promotion and Education

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

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

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

Nutrition is integrated into the health education or core curricula [e.g.], math, science, language arts.

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

Staff who provide nutrition education have appropriate training.

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

B. Physical Activity

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

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.

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

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.

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

C. Other School-Based Activities

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

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

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

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

D. Nutrition Standards and Guidelines

The superintendent is responsible for creating

- regulations to develop and implement standards for all foods and beverages provided, but not sold, to students on the school campus during the school day; and
- 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.
- The district encourages foods offered on the school campus that 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. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

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.

III. Implementation

The School Board encourages parents, students, representatives of the Health Advisory Board, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy by public posting of policy and encouraging electronic and in person comments at open session meetings.

Superintendent, the Assistant Superintendent of Business Services, and the Director of Food

Services is responsible for implementing and enforcing this policy. The implementation of this policy is measured by NSLP related metrics and reports as well as input from SNP and instructional staff as well as local Health Advisory Board.

The public is informed about the content and implementation of the policy via public electronic posting and open session reports generated by Health Advisory Board.

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.

The School Board retains the following records to document compliance with [7 C.F.R. § 210.31](#):

- the policy;
- documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and
- Documentation of the triennial assessment of the policy.

Public Involvement & Communication:

The Colonial Heights School Board holds public meetings every fourth Tuesday of the month. During those meetings, key SHAB members attend and offer updates, recommendations and clarifications. The School Board also reserves space for public comment from community members at each meeting about all items, including presentations related to the Colonial Heights Public Schools Wellness Policy.

Parents are regularly sent home supplemental materials related to health and wellness with their school update packets. Among those packets, supplemental items from the USDA's *Myplate* program have been added recently including; *Myplate Guide to School Lunch for Families* and *Myplate at Home*.

This document, known as the Triennial Assessment of the Colonial Heights Public Schools, will be made available publicly on the division website, smartphone application and presented publicly at a CHPS School Board meeting upon its completion.

The assessment should be interpreted as the compliance of all schools in the division including:

Lakeview Elementary, Tussing Elementary, North Elementary, Colonial Heights Middle School and Colonial Heights High School.

CHPS Wellness Policy History & Updates:

Adopted
May 22, 2006

Last Revised
November 17, 2020

Prior Revised Dates

August 26, 2008; April 23, 2013; May 23, 2017; August 28, 2018; August 27, 2019

Nutrition Standards & Promotion:

CHPS Wellness Policy Standard	Division Implementation	Comments
Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.	100 % Complete	Key health concepts, Mental/social/emotional learning. Nutrition education k-12. MyPlate, whole grain identification. Allergen awareness. Dietary needs and effects of nutrition on daily performance.
Superintendent creates 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	100 % Complete	No vending machines available to students at any grade level. DOE & USDA nutrition/lifestyle signage prominently displayed throughout student areas.
Division health education curriculum standards and guidelines address both nutrition and physical education.	100% Complete	<i>All Health Education Standards of Learning for Virginia Pubic Schools (1/2020) are strictly followed.</i>
Nutrition is integrated into the health education or core curricula [e.g.], math, science, language arts.	100% Complete	Students use concepts from MyPlate across subjects. Math concepts are applied to nutrition label reading and menu planning. Students explore Physically Active Lifestyle concepts across curricula.

Nutrition Education & Promotion:

CHPS Wellness Policy Standard	Division Implementation	Comments
Schools link nutrition education activities with the coordinated school health program.	YES	K-10 classroom exploration of MyPlate, whole grains, and using that knowledge to choose nutritious options in school and at home.
Staff who provide nutrition education have appropriate training.	YES	Health/Wellness staff utilize 20 Staff Development days per year for training.
The level of student participation in the school breakfast and school lunch programs is appropriate.	YES	Lunch participation shows steady annual growth and is commiserate w/ national average. Breakfast participation is being addressed w/ alternate models, in school marketing and bus arrival locations.

Physical Activity:

CHPS Wellness Policy Standard	Division Implementation	Comments
Students are given opportunities for physical activity during the school day through physical education [PE] classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.	YES	Physical activity is made a part of many classes at each grade level in CHPS. Incorporating scavenger hunts, nature walks and mindfulness/stretching exercises into various grade levels.
Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.	YES	SwimRVA CHMS Running Club Health Occupations Students of America (HOSA) CHMS Fly fishing Club
Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.	YES	School "Walk Zones" clearly delineated and improved by city. VDOT Safe Routes to Schools program. Bike racks are provided at CHHS and CHMS.
Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.	YES	Parents and students are sent suggestions for outdoor activity before breaks including places to hike, swim, bike, etc.
Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.	YES	Teachers, counselors and administrators work with students to create individualized fitness programs that students can maintain for life. Fitness offerings are tailored to suit all fitness levels and abilities.

Wellness Policy Assessment/Other School Based Wellness Directives:

CHPS Wellness Policy Standard	Division Implementation	Comments
<p>The School Board encourages parents, students, representatives of the Health Advisory Board, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy by public posting of policy and encouraging electronic and in person comments at open session meetings.</p>	<p>YES</p>	<p>Policy presented w/ invited public comment at School Board meetings May 23, 2017, August 28, 2018 and August 27, 2019</p> <p>Comments are also solicited from CHPS employees & community members @: https://www.colonialhts.net/departments/office_of_support_services/health_advisory_board</p>
<p>The public is informed about the content and implementation of the policy via public electronic posting and open session reports generated by Health Advisory Board. 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>YES</p>	<p>CHPS created its Wellness Policy in 2006. It was presented to the public and approved by the board on May 22, 2006. Policy updates to the CHPS Wellness policy have been made August 26, 2008; April 23, 2013; May 23, 2017; August 28, 2018; August 27, 2019 and November 17, 2020.</p> <p>Updates are made based on USDA best practices, new federal and state laws, CHPS staff suggestions, local government input and community feedback elicited through public meetings and submitted comments.</p> <p>The results of this triennial assessment will be presented by the SHAB to the community and feedback from stakeholders will be the basis of the next update.</p>
<p>An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.</p>	<p>YES</p>	<p>Lunchrooms are set up to encourage socialization and streamline the students' meal selection process. Recent upgrades to the CHMS cafeteria have increased student participation and allowed for additional menu variety. Funding for cafeteria redesigns remain a priority in CHPS' CIP fund.</p>

Wellness Policy Assessment/Other School Based Wellness Directives:

CHPS Wellness Policy Standard	Division Implementation	Comments
All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.	YES	<p>*Every effort is made to protect student eligibility status. Coded numbers are used in POS to ensure discretion.</p> <p>*MOU's are required for the sharing of student data w/ administrators and student support persons.</p> <p>*The CHPS Office Of Technology and the CHPS Data Privacy Officer enforce strict rules including password protection 2 factor identification when communicating student eligibility status.</p>
Environmentally friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate.	YES	<p>*USED Green Ribbon School designation for CHHS.</p> <p>*Green Seal Certified sanitation materials in all school kitchens.</p> <p>*AgriProject featured produce/herbs in CHHS.</p> <p>*Disposable cups discontinued for reusable bottles, all water fountains replaced w/ 'bottle-fill' capability.</p> <p>*Virginia grown produce is served in all schools for every week of the school year.</p>
Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.	YES	<p>*Mindfulness training incorporated into professional development activities for staff.</p> <p>*Weekly messaging on mental health awareness and open workshops and private counseling for CHPS employees.</p>

Quality of the CHPS Wellness Policy:

Using resources from the Alliance for a Healthier Generation and the Wellsat 3.0, the CHPS wellness policy is able to measure itself against a 'Model Policy'. The Wellsat 3.0 scoring tool measures both comprehensiveness and strength as compared to an exhaustive policy. It should be noted that many items, although not explicit in the CHPS Wellness Policy, are contained in other School Board policies. Items including, but not limited to, free drinking water, unpaid meals and "student privacy" are addressed in other policy sections.

A Wellsat 3.0 assessment was completed March 2021 by CHPS with an overall comprehensiveness score of 74 and a total strength score of 32.

The results have led the CHPS School Health Advisory Board to explore ways to integrate all health and wellness related policies into our local wellness policy. The SHAB will examine the efficacy of both linking policies in the School Board Policy Manual and underscoring related policies within the Wellness Policy. Public input will be sought as well to create a policy that balances conciseness with thoroughness. The goal of the SHAB is a policy that is as accessible and user-friendly to all stakeholders, regardless of their scope of impact on each element.

Selected Highlights:

2016/17

CHPS Sponsored Annual Regional Heroin and Opiate Summit



Captain Dann Ferguson of the Colonial Heights Police Department sits on the panel of the CHPS sponsored Annual Regional Heroin and Opiate Summit at Colonial Heights High School. [File Photo/progress-index.com]



CHPS School Board Chairman Mike Yates with CHHS principal Kristin Janssen cutting the ribbon on the CHHS Agriproject high tunnel greenhouse that will provide student-grown produce for Culinary Arts and CHHS students.

2017/18



Colonial Heights Public Schools hosted its fifth annual Little Feet Meet on May 6 at Colonial Heights Middle School. Created by Special Olympics of Virginia, the Little Feet Meet is designed to provide fun athletic activities to young children with intellectual disabilities.

2018/19



The Colonial Heights High School band department hosted a health and wellness fair on Saturday, April 30 to give back to the community as well as raise money for the department's use.

Goals:

1. An annual report will be presented to the school board regarding the implementation of the Wellness Policy across schools.
2. An increased push to solicit comments and suggestions for the Wellness Policy from stakeholders outside of CHPS employees including parents, community leaders and local organizations focused on health and nutrition.
3. Expand alternative breakfast models to increase access and ensure that all students have an opportunity to start the day with nutritious food.
4. Work diligently to ensure that the CHPS Wellness Policy will be a cornerstone of our Division's welcome exit from Covid-related restrictions and a healthy and safe return to all the students of Colonial Heights.

Report Compiled and Prepared by:

Colonial Heights Schools Health Advisory Board, CHPS Administrators and Wellness Leaders across the division. Questions, comments, and suggestions can be sent to:

https://www.colonialhts.net/departments/office_of_support_services/health_advisory_board