

BATH COUNTY PUBLIC SCHOOLS

Wellness Policy

2017-2020 Triennial Assessment

Overview & Purpose

In accordance with the Final Rule of the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code 8VAC20-740, Bath County Public Schools completed a Triennial Assessment for the period 2017- 2020. The Triennial Assessment provides updates on the implementation and progress of Bath County Public School's Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The schools included in the Triennial Assessment are Bath County High School, Millboro Elementary School, and Valley Elementary School.

Wellness Policy

The Bath County Public School's Wellness Policy can be found on the division's website at <http://www.bath.k12.va.us/wp-content/uploads/2019/07/JHCF.pdf> . Bath County Public School updates or modifies the Wellness Policy as necessary. Bath County Public Schools is a member of the Virginia School Board Association that provides policy services updates to comply with state and federal statutes. Periodic review and updates occur at least twice per year, but occur more frequently as necessary.

School Wellness Committee

Bath County Public Schools established a Wellness Policy leadership of one or more school officials who has the authority and responsibility to ensure each school complies with the Wellness Policy. The Wellness Policy committee meets at least twice a year for periodic review and update of the Wellness Policy. The general public and the school community are allowed and encouraged to participate in the Wellness Policy process. This may include parents, students, and representatives of the School Food Authority, teachers, school health professionals, and the School Board and school administrators. The School Health Advisory Board (SHAB) serves as the Wellness Team collectively meeting under the direction of the School Superintendent. School Wellness teams consist of a faculty member, principal, school nurse, athletic director, student, parent, and a School Board member.

Wellness Policy Compliance

Bath County Public School must conduct an assessment of the Wellness Policy every three years, at a minimum. The Final Rule requires state agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the administrative review every three years.

Bath County Public Schools are in in compliance with USDA and Virginia Wellness Policy requirement. There is room for improvement with respect to being more intentional in inviting parents and other community members to become involved with school wellness initiatives. Summer 2021 parent handbook revisions will highlight the opportunities for parents/guardians and

community members to serve as volunteers and members of advisory committees, including the School Health Advisory Board (SHAB).

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

Standard/Guideline	Met	Not Met
Federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day are followed.	✓	
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 are followed.	✓	
The division Wellness Policy, including exempt fundraisers, is followed. Guideline: Up to five exemptions for fundraising events where foods sold do not meet federal regulations will be allowed per school year as approved by the division Superintendent. Fundraising groups are encouraged to consider non-food fundraising options. Fundraising groups may not sell foods or beverages during any breakfast or lunch periods. Foods or beverages that are sold outside of meal periods, but during the school day through 30 minutes following dismissal, must meet the same nutritional standards as a la carte items sold through the School Nutrition Program as regulated by the federal Healthy, Hunger-Free Kids Act of 2010.	✓	
Brands that promote predominantly low-nutrition foods and beverages will not be marketed on school grounds.	✓	

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

Standard/Guideline	Met	Not Met
The division policy on standards for all foods and beverages provided, but not sold and outlined in our division’s Wellness Policy, is followed.	✓	
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.	✓	

**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.	✓	
School breakfast, lunch and snack programs will model healthy eating habits and provide healthy food choices necessary to meet the federal nutritional guidelines.	✓	

Description of Public Involvement

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

Description of Public Updates

Standard/Guideline	Met	Not Met
The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to the Wellness Policy.	✓	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2021.	✓	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Bath County Public Schools established a Wellness Policy leadership team of school administrators who have the authority and responsibility to ensure each school complies with policy.	✓	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
The division-wide Wellness Team, SHAB, was established for the purpose of monitoring and implementing the division's Wellness Policy and regulations, reporting to the Superintendent, and providing guidance for the school wellness teams. The SHAB assesses and recommends changes to the wellness policy contingent upon: <ul style="list-style-type: none"> • Changes in school health assessments and triennial assessments; • Changes in division, state or federal priorities; • Changes in community needs; 	✓	

Standard/Guideline	Met	Not Met
<ul style="list-style-type: none"> • The degree that previous health and wellness goals have been met; • New evidence-based research regarding health and wellness (Ex. concussions, vaping); and • New federal or state guidance, standards or standards 		

Quality of Wellness Policy

Thoroughly reviewed by 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.

Bath County Public Schools will revise parent handbooks to invite parents/guardians, staff and community members to become a part of the Wellness Team. Our division website will include a link to our Wellness Policy, Triennial Assessment and an invitation to become involved in SHAB, our Wellness Team.

In 2021, the American Alliance for a Healthier Generation’s Ten Essential Components Checklist was used to evaluate the divisions Wellness Policy prior to completing the WellSat 3.0 and the Triennial Assessment. In 6 of the 10 components of the WellSat 3.0 the division’s Wellness Policy received the highest score for including all of the required language. The Wellness Policy had a Total Comprehensiveness score of 84 and a Total Strength score of 64, and it included most of the key components of the model policy by the Alliance for a Healthier Generation. Triennial Assessment results will be used to help strengthen the division’s Wellness Policy for adoption by September 2021.

School administrators led the completion of the VDOE School Level Report Cards which were used in the completion of the Triennial Assessment of the Wellness Policy.

Progress towards Goals

- ✓ Bath County offers Second Chance Breakfast division wide to increase access of nutritious meals to all students and began to provide local produce periodically, as available.
- ✓ To ensure all students have access to nutritious meals, students received free breakfasts and lunches through Provision 2, August 2019. Pandemic impacts initiated Community Eligibility Provision in Bath County beginning August 2020 for another year of free meals for enrolled students.
- ✓ Another pandemic impact created an opportunity to have distribution of meals through Grab ‘n Go Breakfast (high school) and breakfast and lunch delivery to elementary classrooms.
- ✓ The School Health Advisory Board met twice a year to discuss goals and progress of the school wellness policy.
- ✓ Bottle filling water fountains were installed, or water fountains were retrofitted with bottle fillers. Parent/guardians and students are strongly encouraged to bring school provided water bottles or their own water bottles.
- ✓ While working on school wellness, it has become apparent we need to be more intentional about inviting community members to participate in local wellness initiatives.

- ✓ Bath County Public Schools continue to pursue wellness activities across the division, not just in the cafeteria, but with other food and beverage venues and physical activity promotion.
- ✓ Bath County Public Schools integrate initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary and work toward the same set of goals and objectives to promote student well-being, optimal development, and strong educational outcomes.
- ✓ The division encourages school personnel to promote student health and wellness.

Progress towards Nutrition Promotion and Education Goals

Description	Met	Not Met
School breakfast, lunch and snack programs will model healthy eating habits and provide healthy food choices necessary to meet the federal nutritional guidelines	✓	
Teachers and support staff responsible for nutrition education will be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition education.	✓	

Progress towards Physical Activity Goals

Description	Met	Not Met
Physical education, PK-10, will be regular, age appropriate*, and designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. (*Age appropriate physical education is activity that utilizes movement concepts, motor skills, and intensity appropriate for a child's stage of development.) The health risks associated with a sedentary lifestyle will be specifically addressed.	✓	
All physical education classes will be taught by properly licensed and endorsed teachers that participate in professional development.	✓	

Progress towards other School-Based Wellness Activity Goals

Description	Met	Not Met
All students will be encouraged to participate in school meal programs, and the identity of students who are eligible for free and reduced lunch will be protected.	✓	
When scheduling meals, adequate seated time (minimum of 10 minutes for breakfast and 20 minutes for lunch) will be provided, and lunch will be scheduled with a minimum of wait time and as close to mid-day as possible.	✓	



Office of School Nutrition Programs
School Level Report Card
2017-2020 Triennial Assessment

Division Name: Bath County Public Schools
School Name: Bath County High School

Date of Evaluation: 5/25/2021

Select all grade levels in your school or select N/A if ungraded: GRADES 8 – 12

I. Nutrition Promotion and Education

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

- Parents and students will be informed of all meals being served at school.
- School will be supportive in keeping unhealthy items unavailable during the school day.
- Student will have instant access to nutritional information.
- Provide consistent messages about healthy eating options.

Yes

II. Physical Activity

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

- Help students (and parents) recognize outside activities in the community that can help with staying fit.
- Aerobic exercise will be incorporated into each PE class.
- Group sports will be offered regularly in PE class.
- Students will identify lifetime skills and activities that will lead to their overall wellbeing in daily life.

Yes

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 will be offered a variety of healthy options for lunch and/or breakfast.
- Community resources will be incorporated into the school year.

- Students will not associate candy as a reward.
 - Promote Farm to School awareness and benefits of local produce.
- Yes**

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**
- 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**
- We follow Bath County Public School policy on exempt fundraisers as outlined in our Division's Wellness Policy pursuant to current regulations § 22.1-207.4 of the *Code of Virginia*.
- Yes**

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 Bath County Public School policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.
- Yes**

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**

VII. Progress

- Successfully implemented COVID-19 Health Mitigation Protocol
 - Zero cases of school-related transmission recorded for the entire year.
- Offered COVID Vaccinations to all faculty/staff and students 12+ years old.
 - Approximately 60 % of staff fully vaccinated
 - 21 students have received or are scheduled to receive vaccination

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 **Bath County High School**

Name: Dr. Michael L. Perry

Position/Title: Principal

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Phone: 540-839-2431



Office of School Nutrition Programs
School Level Report Card
2017-2020 Triennial Assessment

Division Name: Bath County Public Schools
School Name: Millboro Elementary School

Date of Evaluation: 5/26/21

Select all grade levels in your school or select N/A if ungraded: GRADES PRESCHOOL – 7

I. Nutrition Promotion and Education

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

- Millboro Elementary School will provide nutrition and health education to all of our students.
Yes

II. Physical Activity

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

- Millboro will provide daily physical activity for all students.
Yes
- Physical Fitness testing for grades 4 – 7 will be completed 3X yearly.
Yes

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:

- Millboro Elementary School will provide nutrition education to all students to promote student health, learning, and reduction of childhood obesity.
Yes

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
- 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
- We follow Bath County Public School's policy on exempt fundraisers as outlined in our Division's Wellness Policy pursuant to current regulations § 22.1-207.4 of the *Code of Virginia*.
Yes

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 Bath County Public School's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.
Yes

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

VII. Progress

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

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 **Millboro Elementary School**.

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Office of School Nutrition Programs
School Level Report Card
2017-2020 Triennial Assessment

Division Name: Bath County Public Schools
School Name: Valley Elementary

Date of Evaluation: **5.26.2021**

Select all grade levels in your school or select N/A if ungraded: **GRADES PRESCHOOL – 7**

I. Nutrition Promotion and Education

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

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

Nutrition Promotion and Education

- Nutrition education, PK-12, will include instruction that helps students learn more about the various food groups; caloric, sugar and fat intake; healthy cooking methods, the recognition of the role media plays in marketing and advertising foods and beverages; health body images along with the meaning of BMI (Body Mass Index); and the value of a balanced diet to a healthy lifestyle.
- Nutrition concepts will be reinforced by all school personnel and integrated into various and appropriate subject areas.
- School breakfast, lunch and snack programs will model healthy eating habits and provide healthy food choices necessary to meet the federal nutritional guidelines.
- The school division will provide educational information and encourage healthy eating and physical activities for families. Parents and family members will be encouraged to be a part of the team responsible for teaching children about health and nutrition.
- Teachers and Support Staff responsible for nutrition education will be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition 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.
- Schools link nutrition education activities with the coordinated school health program.
- Instructional personnel who provide nutrition education will have appropriate training.
- Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students and the community.

Yes

II. Physical Activity

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

- Physical education, PK-10, will be regular, age appropriate*, and designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. (*Age appropriate physical education is activity that utilizes movement concepts, motor skills, and intensity appropriate for a child's stage of development.) The health risks associated with a sedentary lifestyle will be specifically addressed.
- Safe and satisfying physical activity will be provided for all students, including those with special needs.
- Elementary schools will try to provide daily recess to encourage physical activity.
- Parents and family members will be encouraged to promote and incorporate physical activity into their children's lives.
- All physical education classes will be taught by licensed/endorsed teachers that participate in professional development.
- Schools will ensure students have adequate space and equipment to participate in structured physical education. Physical activity facilities, grounds, and equipment will be safe and well-maintained.
- Before-school and/or after-school programs will include supervised, age-appropriate physical activities which appeal to a variety of interests.
- 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 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. Other school-based activities Other school-based activities
- Schools are encouraged to utilize available community resources to promote increased physical activity.

Yes

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:

- Elementary schools will participate in The Virginia Wellness Program for Schools.
- All students will be encouraged to participate in school meal programs, and the identity of students who are eligible for free and reduced lunch will be protected.
- When scheduling meals, adequate seated time (minimum of 10 minutes for breakfast and 20 minutes for lunch) will be provided, and lunch will be scheduled with a minimum of wait time and as close to mid-day as possible.
- Hand washing before meals will be encouraged and practiced.
- The dining environment will be clean, safe, and enjoyable and provide sufficient seating in an appropriate arrangement. A source of drinking water will be available.
- Food and candy will not be used as rewards.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.
- 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.

Yes

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

- 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

- We follow Bath County Public Schools policy on exempt fundraisers as outlined in our Division's Wellness Policy pursuant to current regulations § 22.1-207.4 of the *Code of Virginia*.

Yes

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 Bath County Public Schools policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.

Yes

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

VII. Progress

Include any additional wellness practices taking place and describe progress made in attaining the goals of your Wellness Policy:

- Valley Elementary School (VES) purchased and installed new padding on the beams, walls, and basketball goals of the gym.
- VES new P.E. equipment to replace unsafe/outdated equipment.
- New water bottle filler/fountains/attachments purchased and installed in the central and north sections of the building.
- Student specific education and training for special medical needs of students.
- Instruction for and practice of safety measures necessary for pandemic awareness.

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 **Valley Elementary School**

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