



Chesterfield County Public Schools

2016 - 2019 Triennial Assessment

First Edition



OVERVIEW & PURPOSE

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



AUTHORITY & RESPONSIBILITY DESIGNEE(S)

Responsibility of creating a culture of well-being and supporting the *whole child* is shared among all students, parents, staff, departments, schools, and leaders within Chesterfield County. However, the *Final Rule* requires specific designee(s) identified to help lead the oversight, implementation, and progress assessments of the wellness policy and its requirements. Broad oversight of the policy in Chesterfield County is provided by the School Health Advisory Board (SHAB), with direct responsibilities overseen by the Student Wellness Specialist. Additionally, the Employee Wellness Coordinator, Health & Physical Education Curriculum Specialist, and the Nutritionist are critical persons in the guidance and implementation of the wellness policy.

WELLNESS POLICY

The Chesterfield County Public Schools Student Wellness Policy (4190) includes all the identified regulations outlined in the [Healthy, Hunger Free Kids Act of 2010](#) as well as important division level expectations for our schools. The [policy](#) can be found on the [CCPS website](#) under School Board Policies. The Student Wellness Policy has been through multiple revisions over the past few years. Revisions were triggered by the introduction of the Healthy, Hunger Free Kids Act of 2010 *Proposed Rule*, *Final Rule*, and state regulation changes.

Dates of Revisions:

Current Policy- Approved June 12, 2018

Past Revisions: June 13, 2017, July 1, 2016, June 23, 2015

Originally Adopted: December 8, 2009

PUBLIC INVOLVEMENT: WELLNESS POLICY UPDATES PROCESS

Our School Health Advisory Board (SHAB) has been a strong group of engaged appointed citizens, experts in various areas of health and wellbeing, and important internal leaders and stakeholders for many years. Because of the group's focus and authority as a guiding/advisory body for the School Board, the overall process of policy updating and revisions is maintained by this body. However, we felt that there were viewpoints and



individuals that were underrepresented. To ensure we had diverse representation and engaged the community in the process, we invited all parents and staff members, via [email](#) to participate in the updating process at our regular SHAB meeting during the 2016-17 school year. SHAB meetings are always open meetings and are publicly shared with the community via CCPS website as well.

During the SHAB meeting on [March 13, 2017](#), SHAB and other internal and external stakeholders interested in participating in the review and updating of the policy went through a Strengths, Weaknesses, Opportunities, and Threats (SWOT) process. We had 36 individuals participate in the March 13th meeting, with 20 community representatives in addition to our typical SHAB members. Participants were asked to review the current policy and overview of new regulations ([Final Rule Summary](#)) beforehand and identify strengths, weaknesses, opportunities, and threats they saw as it related to the content of the policy. The accumulated information was reviewed and prioritized, then updates were made according to group recommendations and consensus as well as mandatory changes prompted by the *Final Rule*. The [updated policy](#) was approved by the board in June 2017. As mentioned above, the most updated and [current policy](#) (approved in June 2018) can be found on the CCPS website and is linked here and above. Small updates were made in June 2018 to reflect 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.

PUBLIC INVOLVEMENT: ANNUAL COMMUNICATION OF WELLNESS POLICY

In addition to the policy being available on our CCPS website under [BoardDocs](#), the policy was also shared in our [2017 - 2018 Parent Handbook](#) that went to all families at the beginning of the school year and can be found on the CCPS website. Lastly, our CCPS website has a new [student wellness page](#) that provides a wealth of information, resources, initiatives and a link to our wellness policy.

For the 2018 - 2019 school year, the wellness policy continues to be available on our CCPS website in the same locations ([BoardDocs](#), [2018 - 2019 Parent Handbook](#), and [student wellness page](#)).



SCHOOL WELLNESS COUNCILS & SCHOOL WELLNESS ACTION PLANS

All schools were charged with creating school wellness councils (SWC) under the leadership of the individual school's administration and the identified school wellness champion. The goal was for secondary schools were to have a SWC by the end of the 2016 - 2017 school year and elementary schools by the end of the 2017 - 2018 school year. The councils acted as the school leadership group around student and staff wellness. School councils vary in size and membership, however, the ideal council consists of an administrator, grade level teachers, physical education teacher, nurse, other staff (i.e. counselors, nutrition staff, instructional assistants, coaches, etc.) and student and PTA/(O) representation. Councils are charged with helping to create goals for an annual [School Wellness Action Plans \(SWAP\)](#). Plans are approved by the principal and should be shared with the school staff and community. Goals should be created by the school so that forward movement is made based on the individual school need. Additionally, division goals may be incorporated into the plan to ensure all schools align with the our Strategic Plan goals and federal requirements. Goals should also be aligned with our wellness policy and best practices in school wellness.

Wellness Policy Progress Assessment

As part of the requirements outlined in the *Final Rule*, Chesterfield County conducted the first wellness policy progress assessment for all of our 63 school sites (38 elementary Schools, 12 middle schools, 11 high schools, and 2 technical centers). This initial assessment will act as our baseline and will be used to look at future goals and opportunities for our schools individually and collectively as a school division.

Chesterfield County used the *Healthy Schools Assessment* provided by the Alliance for a Healthier Generation. This 8 module assessment has been developed utilizing the Centers for Disease Control and Prevention's School Health Index (SHI) and best practices for healthy schools. The Alliance for a Healthier Generation was founded by the American Heart Association and the William J. Clinton Foundation and works to reduce childhood obesity and to empower kids to develop lifelong, healthy habits.

While the assessment does not include all aspects of a student's well-being, it does align well with the focus of the USDA's *Final Rule* and regulations related to the wellness policy. The 8 modules included in the assessment are:



1. School Health and Safety Policies & Environment*
2. Health Education*
3. Physical Education and other Physical Activity*
4. Nutrition Services*
5. Health Services
6. Counseling, Psychological & and other Social Services
7. Health Promotion for Staff*
8. Family and Community Engagement*

*Required module of the Healthy School Assessment

School wellness champions and the school wellness councils led the completion of the *Healthy School Assessment* for their respective school. All 63 schools completed the assessment during the 2017 - 2018 school year. A division level report was generated by the Alliance for a Healthier Generation. The division report can be found [here](#).

It is important to note that the report indicates there are 66 schools in the division. From the division perspective, we look at Matoaca Middle School (east and west campus) as one school. Additionally, Thomas Dale's campuses were also combined for the assessment. Lastly, CCPS Online Learning is not an actual site and therefore did not complete an assessment.

While there is an action plan component on the Alliance for a Healthier Generation portal, our CCPS schools are not currently using this tool to capture their wellness goals/action plans. The action plans on the portal act as opportunities and possible goals that they can utilize as they complete their annual School Wellness Action Plans.

PROGRESS ASSESSMENT FOR IMPLEMENTATION

The assessment data in addition to other division data was used to assess baseline progress of our Student Wellness Policy implementation. The main areas of our policy and the baseline data from the division level (based on 63 schools when applicable) are provided below. Please note that the policy encourages additional healthy practices that are not indicated below. Additionally, our policy may not align exactly to the questions within the *Healthy School Assessment*. As such, we utilized our policy language to assess our progress. Please see the policy (4190) for more details.



WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
Nutrition Services & Food & Beverages		
All schools participate in the National School Lunch and breakfast program (no breakfast at the CCPS technical centers)	X	
Free, safe, unflavored drinking water is available to all students throughout the school day	X	
All food sold outside of the reimbursable school meals, including a la carte items and vending options by Nutrition Services meet the USDA Smart Snacks in Schools nutrition standards	X	
All food and beverages outside of the reimbursable school meal programs that are sold to students on the school campus during the school day must meet or exceed the USDA Smart Snacks nutritional standards		X 51/63
Encourage food and beverages that are offered during the school day meet the USDA Smart Snacks nutritional standards		X
Nutrition Standards are provided to the community within the nutrition policy (Policy 7020- Sale of Food Items on School Premises)	X	
Nutrition Education		
Nutrition education essential topics are taught by health and physical education teachers (secondary) and physical education teachers (elementary)	X	
Health, wellness, and nutrition information, including menus and nutritional information will be posted on the division's website	X	
Nutrition Promotion		
Applications for free and reduced priced meals will be made available at the beginning of each year and will be available on the division's website and upon request.	X	
Will host periodical food-tasting opportunities to gain feedback on food choices offered as part of the school breakfast and lunch programs	X	



Food & beverage fundraisers <i>during</i> the school day must meet the Smart Snacks standards		21/63
Advertising and marketing of food and beverages are permitted only if those items maintain the nutritional standards of Smart Snacks in Schools		X
Encourage healthy and non-food choices for celebrations, treats and rewards	X	
Physical Education & Physical Activity		
Promotes and offers opportunities for physical activity in a variety of ways including: before/after school programs, athletics, intramurals, brain boosters/breaks and active lessons/kinesthetic learning in the classroom.	X	
Promotes active transport including walking and biking (where such activities can be conducted in a safe manner)		X
Recess is provided for at least 30 minutes (including transition time) most days during the school year (elementary only)		X
Prohibits taking away recess as a means of punishment for an individual or whole class (if make-up work is necessary only ½ of recess time can be used for the make-up session)		X 15/38
Physical activity should not be imposed as a consequence for misbehavior		X
Physical education will use age-appropriate, sequential curriculum consistent with national and state standards		X 59/61
Provide a program of physical activity for elementary students consisting of at least 30 minutes each day of physical activity - or an average of 150 minutes per week	X	
Strive for at least 150 minutes of physical activity per week on average during the regular school year for secondary students (middle and high)		X
Evidence-based essential topics on physical activity will be included the health education curriculum	X	
Community Engagement		



When practicable, schools' indoor/outdoor facilities are available to students, families, community and other organizations	X	
Actively seek community involvement for updating and maintaining the wellness policy	X	
Annual notification to families/community on the basic information of the policy	X	
Conducting and producing a triennial report (every three years)	X	
Other Wellness Components		
All schools will have school wellness councils	61/63	
Schools will create an annual School Wellness Action Plan	62/63	

DIVISION WELLNESS GOALS

Chesterfield County Public Schools recognizes the importance of health and wellbeing on students' academic and future success. We have created structures and initiatives to ensure we are supporting the *whole child*. Initial wellness goals were identified in our [Design for Excellence 2020 Strategic Plan](#) and supported by our updated wellness policy.

The main goals and the current progress for the past 5 years (2013 - 2018) are indicated below in the chart.

GOALS	PROGRESS
Develop a Wellness Council to create recommendations to support student, family, and employee wellness	Completed June 2014 Wellness Council Recommendations . Recommendations were provided to the School Board.
Expand Wellness Integration through community partnerships & develop future plans for expanding Wellness Integration within our division*	Completed/continuous. Through partnership with Greater Richmond Fit4Kids, four schools have been fully integrated and are sustaining the Wellness Integration model.



	<p>Bellwood Elementary (ES) (2012 - 2014) Elizabeth Scott ES (2013 - 2015) Marguerite Christian ES (2014 - 2016) Falling Creek ES(2016 - 2018)</p> <p>Future plans are to hire 5 wellness integrators to support all five magisterial districts in Chesterfield County Public Schools.</p> <p>Successfully hired two CCPS Integrators for Student Wellness for the 2017 - 2018 school year to support the Clover Hill and Bermuda Magisterial Districts. Harrowgate Elementary and Reams Road Elementary were the first schools to receive full time integrators for the two year model implementation.</p> <p>Successfully hired one additional CCPS integrator for the 2018 - 2019 school year to support the Matoaca District with the integrator positioned at Grange Hall Elementary for the next two years.</p>
<p>Develop Social Emotional Standards (SEL) for elementary schools.</p> <p>Implement and expand SEL curriculum/model*</p> <p>Develop and receive approval for middle school SEL standards*</p>	<p>Completed 2015 - 2016</p> <p>CCPS ES Social Emotional Learning Standards</p> <p>Completed pilot 2016 - 2017 Pilot School: Ecoff ES</p> <p>2017 - 2018 SEL Implementation: Crenshaw ES Crestwood ES Curtis ES Enon ES Grange Hall ES Hening ES Marguerite Christian ES</p>



	<p>2018 - 2019 SEL Expansion: Beulah ES Chalkley ES Evergreen ES Alberta Smith ES CC Wells ES Salem Church ES</p> <p>Middle School Standards- Anticipated 2018 - 2019</p>
<p>Create a Student Wellness Coordinator/Specialist position to help lead wellness initiatives, policy, and recommendations in CCPS</p>	<p>Completed 2016 - 2017</p>
<p>Establish School Wellness Councils at all schools in the division</p>	<p>61 of 63 schools have created councils by the end of 2017 - 2018 school year. All schools will have councils by the end of 2018 - 2019 school year.</p>
<p>All schools will complete the Healthy School Assessment by the Alliance for Healthier Generation</p>	<p>Completed 2017 - 2018</p>
<p>Change school start times to reflect current research and recommendations related to health and safety of students</p>	<p>Effective 2018 - 2019</p>
<p>Ensure there is a full time nurse in every school building</p>	<p>5 year plan</p> <p>Anticipated completion 2020 - 2021</p>

Current and past goals have helped to establish a framework and foundation to implement the updated wellness policy. Division and individual school goals around wellness will continue to adapt as we move forward with the implementation of the wellness policy and wellness recommendations. Additionally, 2018 - 2019 begins the implementation of our new strategic plan, *Imagine Tomorrow*. *Imagine Tomorrow* continues to support students' health and wellbeing through Goal #2 - *Character for Tomorrow*, Objective 2.1 - *Improve student health, social readiness, and well-being*.



GOALS FOR NEXT 3 YEARS (2019 - 2022)

Chesterfield County Public Schools will continue to stay committed to the goals outlined above that have not been fully executed. Additionally, division goals have been created based on the identified opportunities of the progress assessment completed during the 2017 - 2018 school year and the requirements outlined in the federal regulations. All schools will continue to have their own individual goals as well and will be captured in their School Wellness Action Plans.

Goals to be completed by the next triennial report (2021 - 2022):

1. All schools will have functioning School Wellness Councils
2. **Nutrition Goal:** 75% of schools will be fully compliant with fundraising with only healthy items (meets Smart Snacks in Schools Nutrition Standards) or non-food items *during* school hours. Currently 33% of schools indicate current compliance.
3. **Physical Activity Goal:** 75% of schools will be fully compliant with prohibiting recess being withheld due to punishment. Currently 39% of schools indicate current compliance.

QUALITY OF OUR CCPS WELLNESS POLICY

To fulfill the federal requirement of assessing the quality of the wellness policy under the *Final Rule*, we used the [WellSAT 2.0](#) tool, which measures the quality of written wellness policies including content comprehensiveness and strength of the policy language as it relates to the requirements under the Healthy, Hunger Free Kids Act of 2010. Please note, that there may be common practices in CCPS that are not indicated in the policy. This assessment only recognizes items explicitly indicated in the policy and does not take into account common practices that aren't identified or described in the policy.

An assessment was completed in June 2016 by Virginia Department of Health on an earlier policy. Here is the [report](#). The overall comprehensiveness score was 72 and the overall strength score was 56.

Another assessment was completed in July 2018 by the CCPS Student Wellness Specialist on the newest and current wellness policy that was approved by the School Board in June 2018. Here is the [report](#). The overall comprehensiveness score was 82 and the overall strength score was 68.



Due to important updates of the policy, CCPS wellness policy comprehensiveness score increased by 10 points and the overall strength score increased by 12 points.

OTHER WELLNESS INITIATIVES, RECOGNITIONS & SUCCESSES

Our schools and division are leading the way on creating a healthy school culture and environment and supporting our students' health and well-being. There are too many great programs, partnerships, and highlights across our county to recognize within this report, however, here are a few successes to mention.

HIGHLIGHTS 2016 - 2017

- Successfully created and hired a student wellness leader to support the development and expansion of student wellness initiatives
- Chesterfield County Public Schools proudly accepted the [Virginia School Board Association's Food for Thought Award](#) under their Wellness and Physical Activity category for school divisions with enrollment over 10,001 students for our work in creating school wellness councils in all of our schools.
- The Virginia Department of Health awarded CCPS a \$6,250 grant to support the updating of the wellness policy and the purchase of WelNet, a software system that supports physical education teachers and programs in collecting and communicating student fitness data.

HIGHLIGHTS 2017 - 2018

- Successfully created positions and hired two Integrators for Student Wellness to support the expansion of Wellness Integration in our county. Harrowgate ES (Bermuda magisterial district) and Reams Road ES (Clover Hill magisterial district) were the first schools to receive the full time support.
- Celebrated our 3rd annual Fruit and Veggie Week in October 2017 at 15 of our Title 1 elementary schools.
- Successfully implemented our annual CCPS Food Fair that invites our families to participate in making decisions on new products for our cafeteria menus.
- The Virginia Department of Health awarded CCPS a \$7000 grant to support the implementation and assessment of the CCPS Wellness Policy. The grant provided 23 schools with funding to support their school wellness action plan goals and other wellness initiatives. Money was also used to purchase another module of WelNet, a resources for all school's Health and Physical Education programs.



- CCPS received the *Trailblazer Award* from Greater Richmond Fit4Kids, a local non-profit that focuses on improving children’s health and reducing the prevalence of childhood obesity through programs and partnerships. The *Trailblazer Award* “recognizes someone making a positive, long-term impact in the health and wellness of children in the Richmond region.” CCPS was chosen due to our longstanding commitment to promoting student health and wellness.
- Our very own Bermuda School Board representative, Ms. Carrie Coyner, received the honor of being a *Healthy School Hero* by the Action for Healthy Kids. Only 12 heros are chosen each year for their exceptional efforts and contributions to create healthier learning environments for our children.

HIGHLIGHTS 2018 - 2019

- Hired an additional Integrator for Student Wellness to support the Matoaca Magisterial District. Integrator will be stationed at Grange Hall Elementary from 2018 - 2020.

PREPARATION OF THIS REPORT & ADDITIONAL INFORMATION

This report was written by the Student Wellness Specialist, Rachel C. Bulifant, MSNW, RD. and reviewed by the School Health Advisory Board and Wellness Policy committee as well as the Nutrition Services Department. For additional information, please send email to student_wellness@ccpsnet.net