

FRANKLIN COUNTY PUBLIC SCHOOLS

Wellness Policy

2017-2020 Triennial Assessment

Mission

The Franklin County School Board recognizes the relationship between student wellness and learning, and therefore is committed to providing a school environment that enhances the learning and development of lifelong wellness practices.

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](#), **Franklin County Public Schools** presents the 2017-2020 Triennial Assessment which includes the timeframe from **2017-2020**. The Triennial Assessment indicates updates on the progress and implementation of **Franklin County Public Schools** Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule.

The school(s) included in this Triennial Assessment are: Boones Mill Elementary, Burnt Chimney Elementary, Dudley Elementary, Ferrum Elementary, Glade Hill Elementary, Henry Elementary, Lee M. Waid Elementary, Rocky Mount Elementary, Snow Creek Elementary, Sontag Elementary, Callaway Elementary, Windy Gap Elementary, Benjamin Franklin Middle School, The Gereau Center and Franklin County High School.

Leadership

The Franklin County Public Schools Wellness Policy, division coordinators, Brenda Muse and Heather Snead, with support from the Health and Wellness advisory committee, shall implement and ensure compliance by leading the review, update, and evaluation of the policy. Individuals are selected at each school to ensure the Wellness Policy is adhered to.

Wellness Policy

The Franklin County Public School Wellness Policy can be found at www.frco.k12.va.us. FCPS updates the Wellness Policy yearly during the initial annual Health Advisory meeting.

Annual Notification of Policy

The District will make this information available via the district website and/or district-wide communications. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact

information of the District person leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

School Wellness Committee

Franklin County Public Schools will form a subcommittee within the current Health Advisory Committee that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The wellness membership will represent all school levels (elementary and secondary schools) and include (when possible), but not be limited to members of the extended, diverse community. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed)

FCPS established a Wellness Policy leadership of one or more school officials who have the authority and responsibility to ensure each school complies with 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, representatives of the School Food Authority, teachers, school health professionals, School Board and school administrators. The Wellness Committee (Health Advisory Committee) welcomes any community member who would like to be a part of the committee. If interested, please contact the school board office at 540-483-5138.

Nutrition - School Meals

Our school district is committed to serving healthy meals to children, and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity and model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *Summer Food Service Program (SFSP)*. The District also operates additional nutrition-related programs and activities including *Farm to School programs, Breakfast in the Classroom and Grab 'n' Go Breakfast*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;

- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards.](#))

Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):

- Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- White milk is placed in front of other beverages in all coolers.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas at the high school.
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.) at the high school level.
- Student surveys and taste testing opportunities are used to inform menu development.
- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.
- *Menus will be posted on the district website or individual school websites.*
- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition program employees.](#)

These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards](#) website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during meal times.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase the consumption of healthy foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Community Involvement, Outreach and Communication

Franklin County Public Schools is committed to being responsive to community input, which begins with awareness of the wellness policy. The school district will actively communicate ways in which representatives of the health advisory committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for our district. Franklin County Public Schools will also inform parents of the improvements that have been made to school meals and compliance with school meal standards; availability of child nutrition programs and how to apply, a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents. This will ensure that all families are actively notified of the content, implementation, and updates to the wellness policy, as well as how to get involved and support. Members of the school community will receive a letter/email to join the wellness policy committee and participate in the development, implementation, review and update of the policy.

Community Partnerships

Franklin County Public Schools will continue relationships with community partners in support of this wellness policy implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

FCPS will encourage parents/guardians through sponsored events and/or through communication to support their children's participation in physical activity, to be physically active role models, and to include physical activities in family events. Franklin County Public Schools may offer health and nutrition education training and development through partnerships and community resources.

Triennial Progress Assessments

As part of the requirements outlined in the Final Rule, Franklin County Public Schools conducted the first wellness policy progress assessment for all of our 15 school sites (12 elementary schools, 1 middle school, 1 technical center and 1 high school). At least once every three years, Franklin County Public Schools will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of Franklin County are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.
- A description of the progress made in attaining the goals of the Franklin County Public Schools wellness policy.
- Franklin County Public Schools will notify households/families of the availability of the triennial progress report.

Initiatives, Recognitions and Successes

FCPS is proud to highlight some of the achievements and accomplishments of our division in promoting a healthy school culture.

Highlights in 2017-2018

- FCPS participated in an initiative with the Young Audiences for the Arts. This program incorporates kinesthetic activities for students, healthy nutrition choices, dance and integrates math.
- FCPS joined forces with the American Heart Association in which staff could assess their risk for health issues and receive information on how they can get healthy.
- Revised the Family Life curriculum as mandated by the State.
- FCPS 4th grade students participated in an all day event - Food for America. This program introduces students to the importance of growing food naturally and the process involved.

Highlights in 2018-2019

- Distribution of a Wellness newsletter to faculty and staff in conjunction with the American Heart Association.
- Faculty and staff initiative to move and be physically active. The superintendent of schools allowed staff to exercise in their school building from 3:00-3:30 p.m. daily.

Highlights in 2019-2020

- FCPS partnered with the local Virginia Cooperative Extension Agent - 4-H Youth Development to provide services and programs to students.
- FCPS partnered with FCS SNAP Education Agent (Virginia Cooperative Extension Family Nutrition Program)(another branch of the Virginia Cooperative Extension).

- FCPS partnered with Carilion Franklin Memorial to provide wellness and nutrition training and support to staff.

Highlights in 2020-2021

- Alternative breakfast and lunch modules
- Breakfast in the Classroom - Students eat breakfast in the classroom with their teacher and classmates. Students pick up their breakfast in a central location at each school and return to their class for consumption.
- Grab-and-go-Breakfast - Students pick up their breakfast upon arrival at school and eat in the classroom.
- Second Chance Breakfast - During a morning break, students who did not have the opportunity to eat breakfast upon arrival are given the chance to pick up something in a central location to consume.
- Free breakfast and lunch for all students for the 2020-2021 school year

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- Classroom snacks brought by parents. The District will provide parents with a [list of foods and beverages that meet Smart Snacks nutrition standards](#) as an option for parents.
- Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#).

Fundraising

- Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].
- Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. Fundraisers outside of school hours may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
- Additional promotion techniques that the District and individual schools may use are available: <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

- Links with school meal programs
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole-grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders

[The Dietary Guidelines for Americans](#)

- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behaviors
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁵ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, the division recommends that students be offered periodic opportunities to be active or to stretch throughout the day at teacher discretion.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through <https://www.healthiergeneration.org/>

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing periodic professional development opportunities and resources

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of programs/services. The District will encourage students to be physically active before and after school by: Options include:

- variety of sports including: basketball, football, soccer, track and field, tennis, swimming, golf, cross country etc.
- open gym at the middle and high school
- walking clubs

Franklin County Public Schools may integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Franklin County Public Schools may coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Franklin County Public Schools are encouraged to coordinate content across curricular areas that promote student health.

Staff Wellness and Health Promotion

- Employees are offered a \$20 rate deduction per month when obtaining a yearly physical.
- Employees are also offered a discounted rate for YMCA memberships. Other health incentives are being considered and will be added.
- Employees are encouraged to participate in a physical activity at the end of the school day at each school.

Professional Learning

When feasible, Franklin County Public Schools may offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Franklin County Public Schools staff understand the connections between academics and health and the ways in which health and wellness are integrated

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. **FCPS does reference areas of this policy into our Wellness policy.**

Progress towards Goals

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

Description	Met	Not Met
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<p>Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.</p> <p>The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:</p> <ul style="list-style-type: none"> • Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and • Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at http://www.foodplanner.healthiergeneration.org/. 	X	
<p>The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> • Is designed to provide students with the knowledge and skills necessary to promote and protect their health. • Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, • science, language arts, social sciences and elective subjects. • Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens. • Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods. • Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise). 	X	

<ul style="list-style-type: none"> • Links with school meal programs. • Teaches media literacy with an emphasis on food and beverage marketing. • Includes nutrition education training for teachers and other staff. 		
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Progress towards Physical Activity Goals

(Question II on VDOE School Level Report Card)

Description	Met	Not Met
<p>Franklin County Public Schools recommend that students should participate in at least 20 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through comprehensive health and physical education programs.</p> <p>To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.</p> <p>Physical Education</p> <p>The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "<i>Essential Physical Activity Topics in Health Education</i>" subsection). The curriculum will support the essential components of physical education.</p> <p>All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.</p>	X	

<p>A recommended guide for FCPS elementary students in each grade is to receive physical education for at least 60-89 minutes per week throughout the school year.</p> <p>All FCPS secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.</p> <p>The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or Wellnet software program).</p> <p><i>All physical education teachers in FCPS will periodically participate in professional development.</i></p> <ul style="list-style-type: none"> • <i>All physical education classes in FCPS are taught by licensed teachers who are certified or endorsed to teach physical education.</i> • <i>Waivers, exemptions, or substitutions for physical education classes are rarely granted, unless special circumstances arise. All requests must be submitted and approved by the building principal..</i> 		
<p>Essential Physical Activity Topics in Health Education</p> <p>Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 of the essential topics on physical activity: (See the VDOE website at: doe.virginia.gov)</p> <p>Recess (Elementary)</p> <p>It is recommended that all elementary schools offer recess daily as deemed appropriate. Recess will complement, not substitute, physical education class. Recess encourages students to be active and promote physical activity.</p> <p>Classroom Physical Activity Breaks (Elementary and Secondary)</p> <p>The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can</p>	X	

<p>be physically active or stretch. Thus, the division recommends that students be offered periodic opportunities to be active or to stretch throughout the day at teacher discretion.</p> <p>The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through https://www.healthiergeneration.org/</p> <p>Active Academics</p> <p>Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.</p> <p>The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing periodic professional development opportunities and resources</p> <p>Professional Development has occurred at the middle school level via faculty meetings and emails. Focus areas have included brain breaks and other active ideas classroom teachers can use while teaching in the classroom.</p>		
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Progress towards other School-Based Wellness Activity Goals

(Question III on VDOE School Level Report Card)

Description	Met	Not Met
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As a way to promote physical fitness, faculty and staff have the opportunity to participate in exercise for 30 minutes at the end of the school day twice a week. This may include walking, jogging, or participating in any other physical activity. This is solely voluntary.	X	
Faculty and staff are sent a newsletter from the Alliance from a Healthier generation which promotes physical activity and good nutritional habits.	X	
Wellness weight loss for staff.	X	
Walking clubs and 5K run clubs	X	
Family Fitness Nights	X	
Hoops for Heart and Jump Rope for Heart	X	

Standards and Nutrition Guidelines for all Foods and Beverages Sold

(Question IV on VDOE School Level Report Card)

Standard/Guideline	Met	Not Met
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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 FCPS's policy on exempt fundraisers as outlined in our Division's Wellness Policy.	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 FCPS'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 One school served cake during lunch.

		This error has been addressed.
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Description of Public Involvement

Standard/Guideline	Met	Not Met
FCPS 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 by visiting the division website.	X	

Description of Policy Leadership

Standard/Guideline	Met	Not Met
FCPS 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
Franklin County Public Schools will form a subcommittee in the current Health Advisory Committee that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).	X	

Division Wellness Goals

Franklin County Public Schools recognizes the importance of health and wellbeing for students’ academic and future success in addition to the staff. In supporting the whole child and meeting the needs of staff, we are initiating the following goals

GOALS	PROGRESS
Completion of the Healthy School Assessment by the Alliance for Healthier Generation.	Completed yearly by all schools
Increase awareness for staff members on physical activity/fitness.	Ongoing - evaluated yearly - Monthly newsletter shared with faculty and staff. Staff are encouraged to exercise daily.
Increase awareness for staff members on healthy eating	Ongoing- evaluated yearly - Tips shared with faculty and staff via newsletter with a partner agency
Increase awareness for students on physical activity/fitness	Ongoing through Health and PE classes
Increase awareness for students on stress management	A monthly newsletter is being planned for the school year 2021-2022
Increase community partnerships in school health initiatives	Involvement with community agencies is ongoing

School Level Contacts - 540-483-5138

- Brenda Muse, Director of K-12 Curriculum
- Heather Snead, Coordinator of Food Services