

# **DINWIDDIE COUNTY PUBLIC SCHOOLS**

## **Wellness Policy Triennial Assessment 2021-2024**



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DINWIDDIE COUNTY  
PUBLIC SCHOOLS

DEEP ROOTS • GREAT HEIGHTS

**Dinwiddie County Public Schools**

Wellness Policy

## 2021-2024 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, **Dinwiddie County Public Schools** presents the **2021-2024** Triennial Assessment which includes the timeframe from **July 1, 2021 to June 30, 2024**. The Triennial Assessment indicates updates on the progress and implementation of **Dinwiddie 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: **Dinwiddie County High School, Dinwiddie County Middle School, Dinwiddie Elementary, Midway Elementary, Sunnyside Elementary, Southside Elementary, and Sutherland Elementary School.**

### Wellness Policy

The **Dinwiddie County Public Schools** Wellness Policy can be found at <https://www.dinwiddie.k12.va.us/departments/nutrition-services/>

Updates or modifications to the Wellness Policy will be posted as appropriate. The policy is made available to the public through **the website shown above.**

### School Wellness Committee

**Dinwiddie 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 **annually** 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 division will use electronic mechanisms, such as the division's website and non-electronic mechanisms, such as sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.** Interested parties can contact **Mr. Charles Wells (cwells@dcpsnet.org), Benefits Coordinator, at 804-469-4190** or **Mrs. Marion Elder (melder@dcpsnet.org), Director of School Nutrition, at 804-469-4190.**

### Wellness Policy Compliance

**Dinwiddie County Public Schools** must conduct an assessment of the Wellness Policy every three years, at a minimum. The final rule requires State Agencies to assess compliance with the

Wellness Policy requirements as a part of the general areas of the Administrative Review every three years.

The Dinwiddie County Public Schools Wellness Policy includes all the identified regulations outlined in the **Healthy, Hunger Free Kids Act of 2010**. Our Wellness Policy can be found on our website <https://www.dinwiddie.k12.va.us/departments/nutrition-services/>. The Wellness Policy has been through multiple revisions over the past few years. Revisions were prompted by the introduction of the Healthy, Hunger Free Kids Act of 2010 *Proposed Rule, Final Rule*, and state regulation changes.

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

| Standard/Guideline   | Met | Not Met |
|--|-----|---------|
| We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.  | ✓   |         |
| 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.   | ✓   |         |
| We follow Dinwiddie County Public School’s policy on exempt fundraisers as outlined in our Division’s Wellness Policy, ( <i>not to exceed 30 exempt school-sponsored fundraisers per school year</i> ) pursuant to current regulations § 22.1-207.4 of the <i>Code of Virginia</i> . | ✓   |         |

**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 Dinwiddie County Public School’s policy on standards for all foods and beverages provided, but not sold, as outlined in our Division’s Wellness Policy. | ✓   |         |

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

| <b>Standard/Guideline</b>   | <b>Met</b> | <b>Not Met</b> |
|---|------------|----------------|
| All food and beverage marketing meets Smart Snacks standards.   | ✓          |                |
| DCPS is committed to ensuring that all foods and beverages available to students “during the school day” support healthy eating. 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 the USDA Smart Snacks nutrition standards, at a minimum. 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, a la carte options in cafeterias, vending machines, school stores, and snack or food carts. | ✓          |                |

### **Description of Public Involvement**

| <b>Standard/Guideline</b>   | <b>Met</b> | <b>Not Met</b> |
|---|------------|----------------|
| Dinwiddie 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**

| <b>Standard/Guideline</b>   | <b>Met</b> | <b>Not Met</b> |
|---|------------|----------------|
| 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.       | ✓          |                |
| The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2024. | ✓          |                |

### Description of Policy Leadership

| Standard/Guideline   | Met | Not Met |
|--|-----|---------|
| <b>Dinwiddie County Public Schools</b> 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. | ✓   |         |

### Description of Evaluation Plan

| Standard/Guideline  | Met | Not Met |
|---|-----|---------|
| The School Nutrition Director and Benefits Coordinator will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the policy, including indicators that will be used to measure its success. | ✓   |         |

### 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.

**The Alliance for a Healthier Generation's model wellness policy was used in updating Dinwiddie County Public School's Wellness Policy. To promote healthy eating habits, suggestions for healthy snack items allowed to be served or sold during the school day was compiled and shared with school administrators.**

### Progress towards Goals

**Dinwiddie County Public Schools continues to strive to maintain compliance with all state and federal wellness regulations in a variety of ways to include but not limited to a minimum of 20 minutes to eat meals in a clean, safe, enjoyable meal environment; non-stigmatizing manners that allow students who receive free and reduced meals same as students who pay full price; hand washing facilities that are convenient to all cafeterias for student access; water fountains are accessible to students to consume water during their meal time; ( bottled water served when access to water fountains is restricted ) not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; lunch time as near the middle of the school day as possible; schedule morning bus routes to allow students to arrive at school in time to eat breakfast; encouragement and opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.**

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

| Description  | Met | Not Met |
|--|-----|---------|
| Dinwiddie County Public Schools aims to teach, model, encourage, and support healthy eating habits by students. Nutrition Education is designed to provide students with the knowledge and skills needed to promote a healthy life style.  | ✓   |         |
| Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. DCPS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. | ✓   |         |
| 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  | ✓   |         |

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

| Description   | Met | Not Met |
|---|-----|---------|
| DCPS will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education. It is the goal of the wellness policy to emphasize the importance of student involvement in physical activity                                     | ✓   |         |
| Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason; however, this does not include participation on sports teams that have specific academic requirements. | ✓   |         |

| Description   | Met | Not Met |
|---|-----|---------|
| All elementary schools will offer at least 20 minutes of recess on all days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play.   | ✓   |         |
| DCPS promotes participation in extra-curricular activities and team sports of all levels. DCPS offers opportunities for students to participate in physical activity after the school day through a variety of methods including, but not limited to, intramurals, interscholastic athletics and physical activity clubs. | ✓   |         |
| 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.  | ✓   |         |

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

| Description  | Met | Not Met |
|--|-----|---------|
| DCPS will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. DCPS will 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. | ✓   |         |
| DCPS will continue relationships with its community partners in support of this wellness policy's implementation.  | ✓   |         |
| DCPS will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.   | ✓   |         |
| DCPS will educate parents and guardians on the relationship between student health and academic performance and address the need for consistent health messages between the home and   | ✓   |         |

| Description  | Met | Not Met |
|--|-----|---------|
| the school environments. Consistent health education will be provided to parents and families, including but not limited to nutrition and physical activity (e.g., through the school/district newsletter, informational handouts, parent meetings, the school/district website, etc.) |     |         |
| DCPS staff will be encouraged to serve as role models for healthy lifestyle behaviors in order to create a stronger wellness community.  | ✓   |         |
| When feasible, DCPS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.  | ✓   |         |
| Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.  | ✓   |         |