



## About the Richmond County Local Wellness Policy and Triennial Assessment

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. This Triennial Assessment will document the development, implementation, and completion of the LWP goals taking place in Richmond County Schools. The Richmond County District Wellness Committee will use this as an action plan to guide the implementation and assessment of the Richmond County LWP.

### WELLNESS GOALS

The Richmond County LWP will provide procedures for goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. Richmond County is required to convene a representative district wellness committee that meets to establish goals and oversee the LWP. The District Wellness Committee will request for all Richmond County schools to complete and submit a Wellness Policy Evaluation Form in order to monitor the implementation of the LWP.

<b>COMPONENT 1 GOALS: NUTRITION PROMOTION &amp; EDUCATION</b> <i>Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.</i>	<b>Year 1</b> (2020-2021) # Schools in District: 53		<b>Year 2</b> (2021-2022) # Schools in District: 52		<b>Year 3</b> (2022-2023) #Schools in District: 51	
	# Evals Submitted	# Schools Compliant	# Evals Submitted	# Schools Compliant	# Evals Submitted	# Schools Compliant
Students receive nutrition education, to include food safety, that is integrated into health education curriculum or core curriculum.	48	47	48	47	51	51
Students receive, to the extent possible, messages regarding nutrition throughout the school environment.	48	48	48	48	51	51
School conducts nutrition education activities and promotions that involve parents, students, teachers, and the community.	48	41	48	42	51	49
School participates in at least one planned Nutrition Promotion event or activity per year. (Example: World School Milk Day in September, National School Lunch Week in October, and many other Nutrition Promotions that are offered throughout the year by Nutrition Services).	48	48	48	48	51	51
The Nutrition Services staff will schedule the cafeteria to serve as a learning lab for nutrition education activities at least once per year (Example: creating Nutrition Advisory Council student groups, scheduling taste testing's or kitchen tours, offering nutrition educational flyers/signage in cafeteria, etc.).	48	43	48	44	51	38
Each Nutrition Services manager will supply his/her school's faculty and staff with one nutrition education resource at least once per year via email, morning announcement, or faculty meeting presentation.	48	44	48	44	51	43

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Each school will promote the consumption of fresh fruits and vegetables with promotional signage and/or modified and attractive product display at breakfast or lunch at least once per year.	48	47	48	46	51	49
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<b>COMPONENET 2 GOALS: PHYSICAL ACTIVITY</b> <i>Incorporating regular physical activity is an important contributor to student wellness. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels.</i>	<b>Year 1</b> (2020-2021)		<b>Year 2</b> (2021-2022)		<b>Year 3</b> (2022-2023)	
	# Schools in District: 53		# Schools in District: 52		#Schools in District:	
	# Evals Submitted	# Schools Compliant	# Evals Submitted	# Schools Compliant	# Evals Submitted	# Schools Compliant
Physical activity or recess is not being used as a reward or punishment.	48	40	48	40	51	51
Physical education instruction is included in activities and team sports.	48	46	48	47	51	51
Students participate in periodic fitness assessments.	48	45	48	45	51	51
School environment provides safe and enjoyable physical activities for all students.	48	48	48	48	51	51
School promotes after school physical activities.	48	43	48	44	51	47
Patterns of physical activity are encouraged in students' lives outside of physical education.	48	48	48	48	51	51
School works with families and communities to assist them in incorporating safe physical activity into their lives and community infrastructure, respectively.	48	44	48	44	51	40
School promotes school physical activities at least once per year via signage and/or announcements.	48	43	48	44	51	47
Physical fitness activities are promoted outside of scheduled physical education or recess time at least once per year.	48	40	48	40	51	51

<b>COMPONENT 3 GOALS: OTHER SCHOOL BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS</b>	<b>Year 1 (2020-2021)</b>		<b>Year 2 (2021-2022)</b>		<b>Year 3 (2022-2023)</b>	
	# Schools in District: 53		# Schools in District: 52		#Schools in District:	
	# Evals Submitted	# Schools Compliant	# Evals Submitted	# Schools Compliant	# Evals Submitted	# Schools Compliant
<i>Schools should value the health and well-being of the school community by planning and implementing activities and procedures that support personal efforts to maintain a healthy lifestyle.</i>						
School has a health committee/council for the purpose of evaluating the school environment pertaining to areas addressed in policy and procedures.	48	37	48	38	51	27
School health committee/council develops action steps for the purpose of implementing the policy and procedures.	48	36	48	37	51	27
Teachers and other appropriate school staff are provided with assistance in detecting student health problems that may impact learning and attendance.	48	47	48	47	51	43
School takes reasonable steps to provide a safe, clean and hygienic environment.	48	48	48	48	51	51
School provides information and/or opportunities that promote staff wellness at least once per year (Examples: brochures, letters, pamphlets, announcements at staff meetings, health fair, school walk, school garden involvement, classroom-based physical activity breaks for faculty and students, healthy eating program or challenge, etc.)	48	43	48	44	51	48
School provides information and/or opportunities that promote family wellness activities at least once per year (Examples: brochures, letters, pamphlets, announcements at PTA meetings, health fair, Parent Day/Grandparent Day healthy celebration at lunch, school walk, healthy eating program or challenge, etc.)	48	42	48	43	51	43

<b>COMPONENT 4 GOALS: NUTRITION STANDARDS &amp; GUIDELINES FOR ALL FOODS &amp; BEVERAGES AVAILABLE ON CAMPUS DURING THE SCHOOL DAY</b>	<b>Year 1 (2020-2021)</b>		<b>Year 2 (2021-2022)</b>		<b>Year 3 (2022-2023)</b>	
	# Schools in District: 53		# Schools in District: 52		#Schools in District:	
	# Evals Submitted	# Schools Compliant	# Evals Submitted	# Schools Compliant	# Evals Submitted	# Schools Compliant
<i>School meal standards should meet Meal Pattern requirements. Competitive foods &amp; beverages are those foods that are sold outside of and in competition with the federally reimbursable meal programs. Richmond County is to ensure all foods &amp; beverages sold on campus during the school day will meet the USDA Smart Snack guidelines for grades K-12.</i>						
School staff does not use foods or beverages as rewards for academic performance or good behavior, particularly those foods with minimal nutrition value.	48	43	48	44	51	48
School prohibits the withholding of food or beverages, including food served through school meals as punishment.	48	47	48	46	51	51
School encourages fundraisers that promote positive health habits.	48	47	48	48	51	49
All food offered to students outside of the School Nutrition Program should meet state and federal nutritional guidelines.	48	45	48	45	51	51
Organizations only use non-food items or foods designed for delivery and consumption as fundraisers after school hours.	48	43	48	43	51	46

<b>COMPONENT 5 GOALS: DEVELOPMENT, IMPLEMENTATION AND PERIODIC EVALUATION OF THE SCHOOL WELLNESS PROGRAM</b>	<b>Year 1 (2020-2021)</b>		<b>Year 2 (2021-2022)</b>		<b>Year 3 (2022-2023)</b>	
	# of Schools in District: 53		# of Schools in District: 52		#Schools in District:	
	YES	NO	YES	NO	YES	NO
<b><i>System-wide Implementation and Periodic Evaluation</i></b>	✓		✓		✓	
Superintendent, or designee, is responsible for overseeing the implementation of the Wellness Program and compliance with the Policy.	✓		✓		✓	
The Superintendent, or designee, incorporates input on such procedures, goals and evaluation of the Program from a Wellness Committee. Such Committee members may include, but are not limited to: Superintendent, or designee, Local Board Member, School Nutrition Program representative, teachers, parents, community members, health care representatives or other stakeholders.	✓		✓		✓	
Committee members will be asked to serve on the committee for at least two (2) years. The Wellness Committee will take nominations for those wishing to serve on the Committee.	✓		✓		✓	
The Wellness Committee meets no less than two times per year.	✓		✓		✓	
Annually, the Wellness Committee will develop and Evaluation Plan for each Component of the Wellness Program. The Evaluation Plan will identify objectives, information to collect, responsibilities for data collection and the method of analysis.	✓		✓		✓	
The Wellness Committee uses the annual Evaluation Results to create action plans for Program improvement and ongoing evaluation priorities.	✓		✓		✓	
Evaluation Results and a Triennial Assessment are made available to the public on the System’s website.	N/A		N/A		N/A	
The Wellness Committee meets no less than two times per year.	✓		✓		✓	
The public has an opportunity to provide input regarding development, implementation and periodic review of the policy to the Committee by way of survey on the System’s website.	N/A		N/A		N/A	

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<b><i>School Level Implementation and Periodic Evaluation</i></b>						
The Principal, or designee, is responsible for overseeing the implementation and compliance of the Wellness Program at the school level, including the oversight of the implementation of goals and conducting the evaluation.	48	48	48	48	51	51
The Principal, or designee, forms and supports a School Health Council. Such School Council members may include, but are not limited to: Principal, or designee, School Nutrition Program representative, teachers, school nurse, parents, community members, health care representatives or other stakeholders.	48	39	48	40	51	35
Council members are asked to make a commitment to serve on the Council for at least two (2) years. At the end of a member's service term, the School Health Council takes nominations for those wishing to serve on the Committee.	48	36	48	37	51	35
The School Health Council meets no less than two times per year.	48	35	48	35	51	35
The School Health Council reviews goals and objectives provided by the System Wellness Committee, as well as methods for measuring Components of the Wellness Program.	48	37	48	37	51	35
Annually, the School Health Council reviews the Evaluation Plan for each Component of the Wellness Program.	48	35	48	35	51	35
School Council oversees the implementation of the school level evaluation process by collecting such information or data requested by the Wellness Committee and will provide said information when requested by the Wellness Committee.	48	35	48	35	51	35
School Council utilizes the annual Evaluation Results to create action plans for Program improvement and ongoing evaluation priorities on a school level.	48	35	48	35	51	31
School Council provides to the System Wellness Committee such other information relative to the Components or helpful to the implementation or evaluation of the Wellness Program. The School Council may also provide recommendations for implementation, evaluation or revision of the Wellness Program.	48	37	48	38	51	51
School Council data information are provided by the Wellness Committee to the general public.	48	48	48	48	51	51

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