



**Accomack County Public Schools  
Wellness Policy  
2017-2020 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: 8VAC20-740, Accomack County Public Schools (ACPS) presents the 2017-2020 Triennial Assessment. The Triennial Assessment indicates updates on the progress and implementation of Accomack 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 this Triennial Assessment are: Accawmacke Elementary School, Arcadia High School, Arcadia Middle School, Chincoteague Elementary School, Chincoteague Combined School, Kegotank Elementary School, Metompkin Elementary School, Nandua High School, Nandua Middle School, Pungoteague Elementary School and Tangier Combined School.

## **AUTHORITY & RESPONSIBILITY DESIGNEE(S)**

Accomack County School District is committed to the optimal development of every student. The 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 Accomack County. In addition, the *Final Rule* requires specific designees identified to help lead the oversight, implementation, and progress assessments of the wellness policy and its requirements. The district has a School Health Advisory Board that oversees and meets at least four times per year to establish goals and to oversee the Wellness Policy including development, implementation, and periodic review and update of the district-level wellness policy. Direct responsibilities are overseen by the School Health Advisory Board (SHAB), school health coordinator, the school nurse, the food services supervisor, the principals, and the nutritionist (Virginia Cooperative Extension) which are critical persons in the guidance and implementation of the Wellness Policy.

## **WELLNESS POLICY**

The Accomack County Public Schools Student Wellness Policy includes all the identified regulations outlined in the **Healthy, Hunger Free Kids Act of 2010**. The policy can be found on the ACPS website under School Board Policies. The Student Wellness Policy was developed after the introduction of the Healthy, Hunger Free Kids Act of 2010 *Proposed Rule, Final Rule* and state regulation changes.

Current Policy- JHCF-STUDENT WELLNESS Approved August 21, 2018  
JHCF-R-WELLNESS POLICY Approved January 2, 2018

Book: Accomack County Public Schools Policy Manual

Title: JHCF-R WELLNESS POLICY

URL: <http://www.boarddocs.com/vsba/accomack/Board.nsf/goto?open&id=AV3KQG523EAE>

## **PUBLIC INVOLVEMENT: WELLNESS POLICY UPDATES PROCESS**

The School Health Advisory Board (SHAB) has been a strong group of 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.

During the SHAB meeting on 05-16-2018, SHAB reviewed the policy. We had 8 individuals participate in the meeting. Participants were asked to review the current policy and give feedback. The proposed changes were shared with the superintendent, instructional team, and administration staff. The proposed changes were presented to the Accomack County School Board via the Power Point below in August 2018.

Power Point Link:

<https://www.accomack.k12.va.us/ourpages/auto/2018/8/16/47680357/Policy%20changes%20for%20school%20board2.pptx?rnd=1622130540000>

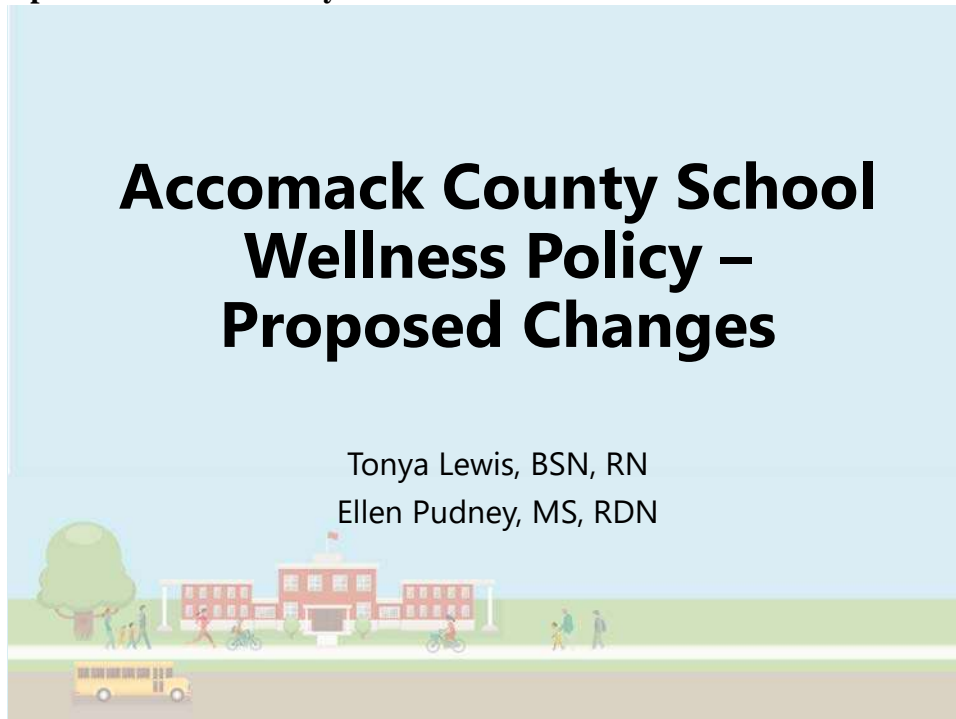
The updated policy was approved by the board in August 2018. The most updated and current policy can be found on the ACPS website and is linked here:

Book: Accomack County Public Schools Policy Manual

Title: JHCF-R WELLNESS POLICY

URL: <http://www.boarddocs.com/vsba/accomack/Board.nsf/goto?open&id=AV3KQG523EAE>

## Updates Wellness Policy



Each school year, the Wellness policy has been implemented by the school nurse, food service director, principal, and school health coordinator.

The school nurse at each school in the District acts as a School Health Champion (SHC). The SHC provides trainings to the school staff on the Wellness Policy and supports the school with implementation efforts.

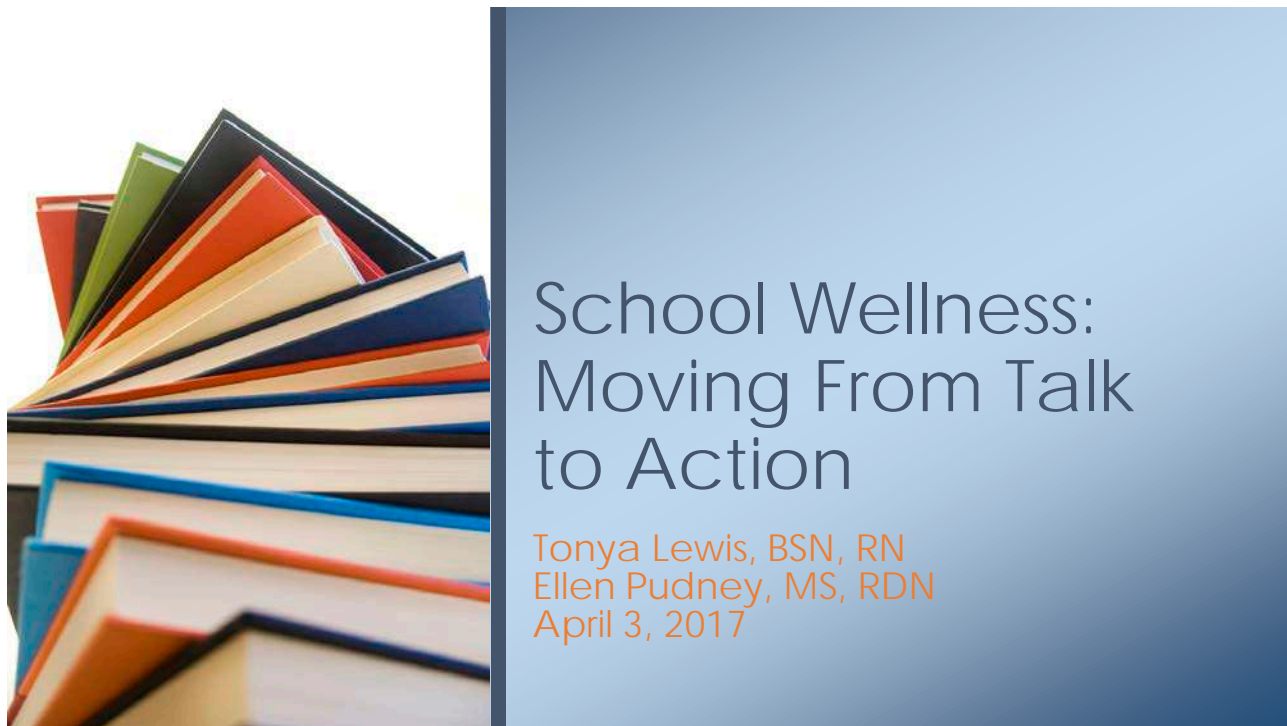
The food service director and food service staff at each school ensured compliance with the school meal requirements.

Each school principal ensures overall compliance with the school meal requirements. Each school principal ensures overall compliance with the Wellness Policy.

The school health champion's, food service director, and school principals provide documentation of compliance to the school health coordinator, who reports to the superintendent.

### **Public Involvement:**

***School Wellness: Moving from Talk to Action*** presented at the Weight of the State, 2017 by Tonya Lewis BSN, RN (School Health Coordinator ACPS) and Ellen Pudney MS, RDN (Family Nutrition Program) provides the steps taken to involve public input to develop and implement the Wellness Policy.



<https://www.accomack.k12.va.us/ourpages/auto/2018/8/16/47680357/Pudney%20and%20Lewis%20WOS%202017.pptx?rnd=1622130532000>

## **PUBLIC INVOLVEMENT: ANNUAL COMMUNICATION OF WELLNESS POLICY**

The ACPS Wellness Policy is available in two locations:

[https://www.accomack.k12.va.us/apps/pages/index.jsp?uREC\\_ID=265997&type=d&termREC\\_ID=&pREC\\_ID=702029](https://www.accomack.k12.va.us/apps/pages/index.jsp?uREC_ID=265997&type=d&termREC_ID=&pREC_ID=702029) and

URL: <http://www.boarddocs.com/vsba/accomack/Board.nsf/goto?open&id=AV3KQG523EAE>.

This allows community access via the Health Services webpage as well as on the ACPS School Board's BoardDocs page. In addition to the Wellness Policy, the Triennial Assessment will also be posted on the Health Services website.

## **SCHOOL WELLNESS PROGRAMS**

All ACPS recognize the connection between student wellness and learning, therefore, each school created a comprehensive student wellness program to promote healthy eating, physical activity, and healthy life choices. All schools were charged with creating a school wellness team under the leadership of the individual school's administration and the identified school wellness

champion. The school team acted as the school leadership group around student and staff wellness. The programs were developed to comply with the ACPS Student Wellness Policy Current Policy- JHCF-STUDENT WELLNESS Approved August 21, 2018 and JHCF-R-WELLNESS POLICY Approved January 2, 2018 and implemented beginning with the 2017-2018 school year. Furthermore, the programs are encapsulated within the VDOE's goals including: Nutrition Promotion and Educational Goals, Physical Activity Goals, and School-Based Wellness Activity Goals.

Each school incorporates the following components:

- A. Nutrition Education
- B. Physical Activity
- C. Nutrition Guidelines
- D. Initiatives
- E. Healthy Life Choices

In conjunction with the triennial assessments, schools will also re-evaluate their goals and make adjustments deemed beneficial to their students.

## **WELLNESS POLICY COMPLIANCE & ASSESSMENT**

Accomack County Public Schools must conduct an assessment of the Wellness Policy every three years, at minimum. The *Final Rule* requires state agencies to assess compliance with Wellness Policy requirements as part of the general areas of the Administrative Review every three years. ACPS conducted the first Wellness Policy Progress Assessment for its eleven schools during the 2019-2020 school year. This initial assessment will act as our baseline and will be used to look at future goals and opportunities both for our schools individually and collectively as a school division.

Accomack County used the WellSAT 2.0 provided by the Alliance for a Healthier Generation to obtain guidance on improving the previous policy. Accomack's policy was evaluated with 14 other school division's written wellness policies using the Wellness School Assessment Tool 2.0. The WellSAT 2.0 tool utilizes a standardized method which aids in the quantitative assessment of school wellness policies. Upon cocompletion of the assessment, two scores were generated. These scores cover the areas of policy comprehensiveness and policy strength. Accomack County scored an overall score of 76 for comprehensiveness and 50 for strength. After the scores were generated, WellSAT provided Recommended Wellness Policy Language which was reviewed by SHAB team.

ACPS used the School Level Report Card Tool for the Triennial Assessment to gauge each school's compliance with the Wellness Policy. This tool was used at each school by either the school health champion, principal, or PE teacher to accumulate data from their respective school. These were then reviewed and scored, based on these results the team determined the school division's compliance with the Wellness Policy as stipulated in School Board Policy JHCP, which is itemized in the chart below. School Level Report Cards are inserted and expounded upon later in the document under "School Level Report Cards."

Regarding compliance with federal and state regulations, these were reviewed and assessed by the Supervisor of Nutrition Services and are summarized in a later section titled, "USDA & Virginia Regulations Compliance."

## **WELLNESS POLICY 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 are provided below.

### **Nutrition Service and Food and Beverages**

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
All schools participate in the National School Lunch and breakfast program.	<b>FULLY IN PLACE</b>	
Free, safe, unflavored drinking water is available to all students throughout the school day.	<b>FULLY IN PLACE</b>	
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.	<b>FULLY IN PLACE</b>	
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.		<b>PARTIALLY IN PLACE</b>
Encourage food and beverages that are offered during the school day meet the USDA Smart Snacks nutritional standards.	<b>FULLY IN PLACE</b>	
Nutrition Standards are provided to the community within the nutrition policy ( <b>Policy 7020- Sale of Food Items on School Premises</b> ).	<b>FULLY IN PLACE</b>	

**Nutrition Education**

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
Nutrition education essential topics are taught by health and physical education teachers (secondary) and physical education teachers (elementary).	<b>FULLY IN PLACE</b>	
Health, wellness, and nutrition information, including menus and nutritional information will be posted on the division's website.	<b>FULLY IN PLACE</b>	
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.	<b>CEP</b>	
Will host periodical food-tasting opportunities to gain feedback on food choices offered as part of the school breakfast and lunch programs.	<b>FULLY IN PLACE</b>	
Food and beverage fundraisers <i>during</i> the school day must meet the Smart Snacks standards.	<b>FULLY IN PLACE</b>	
Advertising and marketing of food and beverages are permitted only if those items maintain the nutritional standards of Smart Snacks in Schools.	<b>FULLY IN PLACE</b>	
Encourage healthy and non-food choices for celebrations, treats, and rewards.	<b>FULLY IN PLACE</b>	

**Nutrition Education and Physical Activity**

<b>WELLNESS POLICY LANGUAGE</b>	<b>FULLY IN PLACE</b>	<b>PARTIALLY IN PLACE</b>
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.	<b>FULLY IN PLACE</b>	
Promotes active transport including walking and biking (where such activities can be conducted in a safe manner).		<b>PARTIALLY IN PLACE</b>
Recess is provided for at least 30 minutes (including transition time) most days during the school year (elementary only).		<b>PARTIALLY IN PLACE</b>
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).	<b>FULLY IN PLACE</b>	
Physical activity should not be imposed as a consequence for misbehavior.	<b>FULLY IN PLACE</b>	
Physical education will use age-appropriate, sequential curriculum consistent with national and state standards.	<b>FULLY IN PLACE</b>	
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.	<b>FULLY IN PLACE</b>	
Strive for at least 150 minutes of physical activity per week on average during the	<b>FULLY IN PLACE</b>	



WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
regular school year for secondary students (middle and high).		
Evidence-based essential topics on physical activity will be included in the health education curriculum.	FULLY IN PLACE	

#### Community Engagement

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
When practicable, schools' indoor/outdoor facilities are available to students, families, community and other organizations.	FULLY IN PLACE	
Actively seek community involvement for updating and maintaining the wellness policy.	FULLY IN PLACE	
Annual notification to families/community on the basic information of the policy.	FULLY IN PLACE	
Conducting and producing a triennial report (every three years).	FULLY IN PLACE	

#### USDA & VIRGINIA REGULATIONS COMPLIANCE

The Supervisor of Nutrition Services reviewed the standards below to assess ACPS's compliance with both USDA and Virginia Regulations.

*Use the charts below to assess whether requirements are being met. Indicate that requirements are met by adding a checkmark to the "Met" column. If requirements are not met at all schools, indicate which schools are out of compliance in the "Not Met" column.*

#### 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 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.	√	
We follow Accomack County Public School's policy on exempt fundraisers as outlined in our Division's Wellness Policy. <i><b>This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.</b></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 Accomack 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)

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	√	

### Description of Public Involvement

Standard/Guideline	Met	Not Met
Accomack 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 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, 2021.	√	

#### Description of Policy Leadership

Standard/Guideline	Met	Not Met
Accomack County Public Schools 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.	√	

### Community Engagement

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
When practicable, schools' indoor/outdoor facilities are available to students, families, community and other organizations.	FULLY IN PLACE	
Actively seek community involvement for updating and maintaining the wellness policy.	FULLY IN PLACE	
Annual notification to families/community on the basic information of the policy.	FULLY IN PLACE	
Conducting and producing a triennial report (every three years).	FULLY IN PLACE	

### Other Wellness Components

WELLNESS POLICY LANGUAGE	FULLY IN PLACE	PARTIALLY IN PLACE
All schools will have school wellness councils.	FULLY IN PLACE	
Schools will create an annual School Wellness Action Plan		PARTIALLY IN PLACE

Individual School Level Report Cards are attached in the last section of this document.

### DIVISION WELLNESS GOALS

Accomack 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*.

The main goals and the current progress for the last 3 years (2017-2020) are indicated in the chart below.

GOALS	PROGRESS
Policy to Action: Making the Case for Healthier Schools	March, 2017, School Health Coordinator training on Final Rule.

	April 3, 2017, School Wellness: Moving from Talk to Action presented at the Weight of the State by Tonya Lewis, BSN, RN and Ellen Pudney, MS, RDN
School Health Advisory Boards	May, 2017, Introduced Final Rule guidelines to SHAB
Panel Discussion: Sustainability Through Partnerships	March 2017, Family Nutrition Program, VDH, Virginia Cooperative Extension, VDOE, Alliance for a Healthier Generation, CDC, Action for Healthy Kids
WellSat 2.0	Completed January, 2016
Student's Input on Wellness Policy	Student Poll regarding input on healthy options Completed June, 2017
Train School Health Champions	Each school nurse is now a School Health Champion. They were trained by Ellen Pudney, MS, RDN August 23, 2016 regarding Smart Snacks, Rewards and Punishments, Celebrations, Staff Wellness
Train School Health Champions and Principals to their new roles	Completed January, 2018

Current 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.

Goals to be completed by the next triennial report (2020-2023)

### **GOALS FOR NEXT 3 YEARS (2020-2023)**

1. All schools will have functioning Wellness Teams
2. WellSat3.0 will be completed.
3. Address and include Social and Emotional Learning
4. An annual report will be presented to the school board regarding the implementation of the Wellness Policy across schools.
5. Schools will improve updating their Wellness Plans annually to add new initiatives and remove those that are no longer feasible.

### **QUALITY OF THE ACPS WELLNESS POLICY**

To fulfill the federal requirement of assessing the quality of the ACPS Wellness Policy under the *Final Rule*, ACPS utilized Appendix B: School Level Report Card Tool for the Triennial Assessment. This allowed individual schools to measure compliance with their own wellness policy. In addition, Nutrition Services completed the USDA and Virginia Regulations Compliance component to ascertain the division's compliance with various regulations.

**REPORT PREPARATION & CONTACT INFORMATION**

The report was written by the Coordinator of School Health, Tonya Martin. Tonya Martin can be reached at [tonya.martin@accomack.k12.va.us](mailto:tonya.martin@accomack.k12.va.us) or 757-787-4968.

**SCHOOL LEVEL REPORT CARD**



Office of School Nutrition Programs  
**School Level Report Card**  
**Tool for the Triennial Assessment**

*This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.*

Division Name: Accomack County Public Schools

School Name: AES, CES, KES, MES, PES, TCS

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |                                       |                                       |                             |
|---------------------------------------|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A          |                                       |                             |
| <input type="checkbox"/> Pre-K        | <input checked="" type="checkbox"/> 5 |                             |
| <input checked="" type="checkbox"/> K | <input type="checkbox"/> 6            |                             |
| <input checked="" type="checkbox"/> 1 | <input type="checkbox"/> 7            | <input type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> 2 | <input type="checkbox"/> 8            | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> 3 |                                       | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 4 |                                       | <input type="checkbox"/> 12 |



## I. Nutrition Promotion and Education

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
6 ☐ Yes      0 ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
5 ☐ Yes      1 ☐ No
- **Cafeteria displays healthy posters, the new “Choose My Plate,” and nutrition guidelines.**  
6 ☐ Yes      0 ☐ No
- **Students are given adequate time to eat.**  
6 ☐ Yes      0 ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
6 ☐ Yes      0 ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
6 ☐ Yes      0 ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
6 ☐ Yes      0 ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
6 ☐ Yes      0 ☐ No
- **Standards of Learning for Health and PE are followed.**  
6 ☐ Yes      0 ☐ No



- **Nutrition education is integrated into health and core curriculum.**

6 ☐ Yes      0 ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

6 ☐ Yes      0 ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

6 ☐ Yes      0 ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

6 ☐ Yes      0 ☐ No

- **Field day activities. One day of physical events in the spring for each grade level.**

6 ☐ Yes      0 ☐ No

- **Special Education classes participated in field day activities.**

6 ☐ Yes      0 ☐ No

- **Completed physical fitness tests for grades 4 and 5.**

6 ☐ Yes      0 ☐ No

- **Accomack Parks and Recreation activities are promoted.**

5 ☐ Yes      1 ☐ No

- **Students get 40 minutes of PE once a week and 30 minutes recess every day.**

6 ☐ Yes      0 ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

6 ☐ Yes      0 ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

0 ☐ Yes      6 ☐ No

- **Running club meets once a week.**

0 ☐ Yes      6 ☐ No

- **School promotion of various walking/running events in the area.**

3 ☐ Yes      3 ☐ No

- **Brain gym activities and movement are incorporated into the day.**

5 ☐ Yes      1 ☐ No

### 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**

4 ☐ Yes      2 ☐ No

- **Hand washing and proper sanitation is encouraged**

6 ☐ Yes      0 ☐ No

- **Farm to School Week-Introduce local farming to community. (3<sup>rd</sup> Grade)**

3 ☐ Yes      3 ☐ No

- **Vision and hearing screenings are completed yearly for appropriate grades.**

6 ☐ Yes      0 ☐ No

- **Bully Awareness program for all students.**

6 ☐ Yes      0 ☐ No

- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**

5 ☐ Yes      1 ☐ No

- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**

6 ☐ Yes      0 ☐ No

- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**

6 ☐ Yes      1 ☐ No

- **Tdap vaccination letters were sent home with rising 5<sup>th</sup> graders.**

6 ☐ Yes      0 ☐ No

#### **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.**

6 ☐ Yes      0 ☐ No

- **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.**

6 ☐ Yes      0 ☐ No

- **We follow **Accomack County**'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*.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

6 ☐ Yes      0 ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

6 ☐ Yes      0 ☐ No

**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.

6 ☐ Yes      0 ☐ No

**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 Kegotank Elementary School.

Name: Tonya Martin

Position/Title: School Health Coordinator

Email: [tonya.martin@accomack.k12.va.us](mailto:tonya.martin@accomack.k12.va.us)

Phone: 757-787-4968

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

*This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.*

Division Name: Accomack County Public Schools

School Name: AMS, CCS, NMS, TCS

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |                                |                                       |                             |
|--------------------------------|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A   | <input type="checkbox"/> 5            | <input type="checkbox"/> 9  |
| <input type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 6 | <input type="checkbox"/> 10 |
| <input type="checkbox"/> K     | <input checked="" type="checkbox"/> 7 | <input type="checkbox"/> 11 |
| <input type="checkbox"/> 1     | <input checked="" type="checkbox"/> 8 | <input type="checkbox"/> 12 |
| <input type="checkbox"/> 2     |                                       |                             |
| <input type="checkbox"/> 3     |                                       |                             |
| <input type="checkbox"/> 4     |                                       |                             |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
4 ☐ Yes      0 ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
4 ☐ Yes      0 ☐ No
- **Cafeteria displays healthy posters, the new “Choose My Plate,” and nutrition guidelines.**  
4 ☐ Yes      0 ☐ No
- **Students are given adequate time to eat.**  
4 ☐ Yes      0 ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
4 ☐ Yes      0 ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
4 ☐ Yes      0 ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
4 ☐ Yes      0 ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
4 ☐ Yes      0 ☐ No
- **Standards of Learning for Health and PE are followed.**  
4 ☐ Yes      0 ☐ No
- **Nutrition education is integrated into health and core curriculum.**

4 ☐ Yes      0 ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

4 ☐ Yes      0 ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

4 ☐ Yes      0 ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

4 ☐ Yes      0 ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

4 ☐ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

3 ☐ Yes      1 ☐ No

- **Running club meets once a week.**

1 ☐ Yes      3 ☐ No

- **School promotion of various walking/running events in the area.**

3 ☐ Yes      1 ☐ No

- **Brain gym activities and movement are incorporated into the day.**

3 ☐ Yes      1 ☐ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
4 ☐ Yes      0 ☐ No
- **Hand washing and proper sanitation is encouraged**  
4 ☐ Yes      0 ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
4 ☐ Yes      0 ☐ No
- **Bully Awareness program for all students.**  
4 ☐ Yes      0 ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
3 ☐ Yes      1 ☐ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
4 ☐ Yes      0 ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
4 ☐ Yes      0 ☐ No

**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.**  
4 ☐ Yes      0 ☐ No



- **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.**

4 ☐ Yes      0 ☐ No

- **We follow Accomack County'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.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

4 ☐ Yes      0 ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

4 ☐ Yes      0 ☐ No

**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.**

4 ☐ Yes      0 ☐ No

**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 Kegotank Elementary School.

Name: Tonya Martin

Position/Title: School Health Coordinator

Email: [tonya.martin@accomack.k12.va.us](mailto:tonya.martin@accomack.k12.va.us)

Phone: 757-787-4968

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

***This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.***

Division Name: Accomack County Public Schools

School Name: AHS, CCS, NHS, TCS

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |                                |                            |  |
|--------------------------------|----------------------------|--|
| <input type="checkbox"/> N/A   | <input type="checkbox"/> 5 | <input checked="" type="checkbox"/> 9  |
| <input type="checkbox"/> Pre-K | <input type="checkbox"/> 6 | <input checked="" type="checkbox"/> 10 |
| <input type="checkbox"/> K     | <input type="checkbox"/> 7 | <input checked="" type="checkbox"/> 11 |
| <input type="checkbox"/> 1     | <input type="checkbox"/> 8 | <input checked="" type="checkbox"/> 12 |
| <input type="checkbox"/> 2     |                            |  |
| <input type="checkbox"/> 3     |                            |  |
| <input type="checkbox"/> 4     |                            |  |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
4 ☐ Yes      0 ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
4 ☐ Yes      0 ☐ No
- **Cafeteria displays healthy posters, the new “Choose My Plate,” and nutrition guidelines.**  
4 ☐ Yes      0 ☐ No
- **Students are given adequate time to eat.**  
4 ☐ Yes      0 ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
4 ☐ Yes      0 ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
4 ☐ Yes      0 ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
4 ☐ Yes      0 ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
4 ☐ Yes      0 ☐ No
- **Standards of Learning for Health and PE are followed.**  
4 ☐ Yes      0 ☐ No
- **Nutrition education is integrated into health and core curriculum.**

4 ☐ Yes      0 ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

4 ☐ Yes      0 ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

4 ☐ Yes      0 ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

4 ☐ Yes      0 ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

3 ☐ Yes      1 ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

1 ☐ Yes      3 ☐ No

- **Running club meets once a week.**

1 ☐ Yes      3 ☐ No

- **School promotion of various walking/running events in the area.**

3 ☐ Yes      1 ☐ No

- **Brain gym activities and movement are incorporated into the day.**

1 ☐ Yes      3 ☐ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
4 ☐ Yes      0 ☐ No
- **Hand washing and proper sanitation is encouraged**  
4 ☐ Yes      0 ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
4 ☐ Yes      0 ☐ No
- **Bully Awareness program for all students.**  
4 ☐ Yes      0 ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
3 ☐ Yes      1 ☐ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
4 ☐ Yes      0 ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
4 ☐ Yes      0 ☐ No

**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.**  
4 ☐ Yes      0 ☐ No

- **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.**

4 ☐ Yes      0 ☐ No

- **We follow **Accomack County**'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*.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

4 ☐ Yes      0 ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

4 ☐ Yes      0 ☐ No

**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.**

4 ☐ Yes      0 ☐ No

**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 Kegotank Elementary School.

Name: Tonya Martin

Position/Title: School Health Coordinator

Email: [tonya.martin@accomack.k12.va.us](mailto:tonya.martin@accomack.k12.va.us)

Phone: 757-787-4968

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***





Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

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Division Name: Accomack County Public Schools

School Name: Accawmacke Elementary School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |   |                                       |                             |
|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A              | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> Pre-K | <input type="checkbox"/> 6            | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K     | <input type="checkbox"/> 7            | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1     | <input type="checkbox"/> 8            | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2     |                                       |                             |
| <input checked="" type="checkbox"/> 3     |                                       |                             |
| <input checked="" type="checkbox"/> 4     |                                       |                             |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Field day activities. One day of physical events in the spring for each grade level.**

☒ Yes      ☐ No

- **Special Education classes participated in field day activities.**

☒ Yes      ☐ No

- **Completed physical fitness tests for grades 4 and 5.**

☒ Yes      ☐ No

- **Accomack Parks and Recreation activities are promoted.**

☒ Yes      ☐ No

- **Students get 40 minutes of PE once a week and 30 minutes recess every day.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☐ Yes ☒ No

- **Running club meets once a week.**

☐ Yes ☒ No

- **School promotion of various walking/running events in the area.**

☐ Yes ☒ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes ☐ No

### 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**

☒ Yes ☐ No

- **Hand washing and proper sanitation is encouraged**

☒ Yes ☐ No

- **Farm to School Week-Introduce local farming to community. (3<sup>rd</sup> Grade)**

☒ Yes ☐ No

- **Vision and hearing screenings are completed yearly for appropriate grades.**

☒ Yes ☐ No

- **Bully Awareness program for all students.**

☒ Yes ☐ No

- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**

☒ Yes ☐ No

- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**

☒ Yes ☐ No

- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**

☒ Yes ☐ No

- **Tdap vaccination letters were sent home with rising 5<sup>th</sup> graders.**

☒ Yes ☐ No

#### 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 ☐ No
- **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 ☐ No
- **We follow Accomack County'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.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

#### **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 ☐ No

#### **VII. Progress**

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

For students:

- Followed wellness guidelines for limiting fundraisers that also included non-food choices
- Class parties were planned according to wellness policy and offered healthy food options
- Increased physical activity by offering afterschool dances
- Participated in jump rope for heart
- Had a REV your Bev day to help inform students how water is healthy part of daily practices and was given opportunities to try healthy water options infused with fruits
- Invited Virginia Cooperative Extension to come in and provide information on nutrition to several grade levels
- Offered student participants to join Girls on the run club
- All students participated in field day each year
- Extra recess and gym passes were given as rewards
- Students were able to participate in staff student volleyball game to help with promote being active

For employees:

- Incorporated more water options in soda machines although water was available free of charge
- No vending snack machines available
- Offered salads
- Employees participated in Ship Shape on the Shore tracking good diet choices and exercises over several weeks
- Employees given pedometers to track steps to become more aware and active
- Had an open invitation for employees to do aerobics, Zumba, and other cardio tapes after school

- Group for weight challenges and healthy weight loss
- Group rate for county employees to join the YMCA

#### **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 Kegotank Elementary School.

Name: Pam Killmon

Position/Title: School Nurse

Email: pam.killmon@accomack.k12.va.us

Phone: 757-787-8013

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

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Division Name: Accomack County Public Schools

School Name: Chincoteague Elementary

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |   |                                       |                             |
|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A              | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> Pre-K | <input type="checkbox"/> 6            | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K     | <input type="checkbox"/> 7            | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1     | <input type="checkbox"/> 8            | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2     |                                       |                             |
| <input checked="" type="checkbox"/> 3     |                                       |                             |
| <input checked="" type="checkbox"/> 4     |                                       |                             |



**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Field day activities. One day of physical events in the spring for each grade level.**

☒ Yes      ☐ No

- **Special Education classes participated in field day activities.**

☒ Yes      ☐ No

- **Completed physical fitness tests for grades 4 and 5.**

☒ Yes      ☐ No

- **Accomack Parks and Recreation activities are promoted.**

☒ Yes      ☐ No

- **Students get 40 minutes of PE once a week and 30 minutes recess everyday.**

☐ Yes      ☒ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☐ Yes ☒ No

- **Running club meets once a week.**

☐ Yes ☒ No

- **School promotion of various walking/running events in the area.**

☒ Yes ☐ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes ☐ No

### 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**

☒ Yes ☐ No

- **Hand washing and proper sanitation is encouraged**

☒ Yes ☐ No

- **Farm to School Week-Introduce local farming to community. (3<sup>rd</sup> Grade)**

☒ Yes ☐ No

- **World School Milk Day ad Mobile Dairy Truck class.**

☐ Yes ☒ No

- **Vision and hearing screenings are completed yearly for appropriate grades.**

☒ Yes ☐ No

- **Bully Awareness program for all students.**

☒ Yes ☐ No

- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**

☒ Yes ☐ No

- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**

☒ Yes      ☐ No

- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**

☒ Yes      ☐ No

- **Tdap vaccination letters were sent home with rising 5<sup>th</sup> graders.**

☒ Yes      ☐ No

#### 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      ☐ No
- **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      ☐ No
- **We follow **Accomack County**'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*.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes      ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

#### **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 ☐ No

#### **VII. Progress**

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

For students:

- All students participated in Field Day each year.
- Had a REV your BEV day to help inform students how water is a healthy part of daily practices and were given opportunities to try healthy water options (water infused with fruit).
- Participated in Jump Rope for Heart.
- Participated in Red Ribbon Week.
- Roller Skating Program
- Followed wellness guidelines for student snacks, parties, and fundraisers.

For employees:

- Employees participated in Ship Shape on the Shore tracking diet choices and exercise over several weeks.
- Group weight loss challenges.

#### **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 **Accomack County Public Schools**.

Name: Dawn McIntosh

Position/Title: School Nurse

Email: dawn.mcintosh@accomack.k12.va.us

Phone: 757-336-6166

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

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Division Name: Accomack County Public Schools

School Name: Kegotank Elementary

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |   |                                       |                             |
|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A              | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> Pre-K | <input type="checkbox"/> 6            | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K     | <input type="checkbox"/> 7            | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1     | <input type="checkbox"/> 8            | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2     |                                       |                             |
| <input checked="" type="checkbox"/> 3     |                                       |                             |
| <input checked="" type="checkbox"/> 4     |                                       |                             |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☐ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☐ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**



☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Field day activities. One day of physical events in the spring for each grade level.**

☒ Yes      ☐ No

- **Special Education classes participated in field day activities.**

☒ Yes      ☐ No

- **Completed physical fitness tests for grades 4 and 5.**

☒ Yes      ☐ No

- **Accomack Parks and Recreation activities are promoted.**

☐ Yes      ☐ No

- **Students get 40 minutes of PE once a week and 30 minutes recess every day.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☐ Yes ☒ No

- **Running club meets once a week.**

☐ Yes ☒ No

- **School promotion of various walking/running events in the area.**

☐ Yes ☒ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes ☐ No

### 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**

☐ Yes ☒ No

- **Hand washing and proper sanitation is encouraged**

☒ Yes ☐ No

- **Farm to School Week-Introduce local farming to community. (3<sup>rd</sup> Grade)**

☐ Yes ☒ No

- **Vision and hearing screenings are completed yearly for appropriate grades.**

☒ Yes ☐ No

- **Bully Awareness program for all students.**

☒ Yes ☐ No

- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**

☒ Yes ☐ No

- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**

☒ Yes ☐ No

- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**

☒ Yes ☐ No

- **Tdap vaccination letters were sent home with rising 5<sup>th</sup> graders.**

☒ Yes ☐ No

#### 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 ☐ No
- **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 ☐ No
- **We follow Accomack County'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.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

#### **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 ☐ No

#### **VII. Progress**

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

Classroom parties could provide students with healthy choices. Fundraisers were limited. We included non-food items as an option during our fundraiser events.

#### **Additional Wellness Practices:**

- Encouraged healthier drink options such as choosing water over sugary beverages by participating in REV YOUR BEV DAY!
- Educated students and staff on the importance of proper hand washing through classroom visiting to talk with students and the use of videos and coloring page handouts
- Helped organize and run multiple weight loss challenges for staff
- Educated staff and students on healthy eating habits and health food choices
- Educated staff on healthier food options or non- food ideas for students for class parties through the use of handouts and websites.
- Educated staff and students on the importance of being mindful of students with food allergies and ideas for safe foods or non- food ideas during parties through the use of education websites.

#### **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 Kegotank Elementary School.

Name: Teresa Ibarra

Position/Title: Principal

Email: [teresa.ibarra@accomack.k12.va.us](mailto:teresa.ibarra@accomack.k12.va.us)

Phone: 757-824-4756

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

*This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.*

Division Name: Accomack County Public Schools

School Name: Metompkin Elementary School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |   |                                       |                             |
|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A              | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> Pre-K | <input type="checkbox"/> 6            | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K     | <input type="checkbox"/> 7            | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1     | <input type="checkbox"/> 8            | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2     |                                       |                             |
| <input checked="" type="checkbox"/> 3     |                                       |                             |
| <input checked="" type="checkbox"/> 4     |                                       |                             |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes ☐ No

- **Field day activities. One day of physical events in the spring for each grade level.**

☒ Yes ☐ No

- **Special Education classes participated in field day activities.**

☒ Yes ☐ No

- **Completed physical fitness tests for grades 4 and 5.**

☒ Yes ☐ No

- **Accomack Parks and Recreation activities are promoted.**

☒ Yes ☐ No

- **Students get 40 minutes of PE once a week and 30 minutes recess every day.**

☒ Yes ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**



☐ Yes ☒ No

- **Running club meets once a week.**

☐ Yes ☒ No

- **School promotion of various walking/running events in the area.**

☒ Yes ☐ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes ☐ No

### 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**

☒ Yes ☐ No

- **Hand washing and proper sanitation is encouraged**

☒ Yes ☐ No

- **Farm to School Week-Introduce local farming to community. (3<sup>rd</sup> Grade)**

☒ Yes ☐ No

- **Vision and hearing screenings are completed yearly for appropriate grades.**

☒ Yes ☐ No

- **Bully Awareness program for all students.**

☒ Yes ☐ No

- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**

☒ Yes ☐ No

- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**

☒ Yes ☐ No

- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**

☒ Yes ☐ No

- **Tdap vaccination letters were sent home with rising 5<sup>th</sup> graders.**

☒ Yes ☐ No

#### 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 ☐ No
- **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 ☐ No
- **We follow Accomack County'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.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

#### **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 ☐ No

#### **VII. Progress**

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

Things that were done to help transition and comply with the wellness policy:

- Our cafeteria posted materials that were showing students healthier choices
- The cafeteria offered two dispensers of water daily- one regular water and one with flavored water, (fresh slices of cucumber, apples, lemons, etc)
- The cafeteria offered more fresh fruits and vegetables.
- Class parties were planned accordingly with better food choices due to Wellness Policy healthier lists provided.
- Student reward/recognition was changed to allowing more recess play or healthier snacks being given.
- Ms. Pilchard put together an inside the classroom series of videos for children to participate with during days that they had to be inside.
- There was an indoor game bag provided to the school to use on days they were not able to go outside.
- The Food bank came in and did a program on eating habits and vegetables for the lower elementary grades.
- There were adult aerobic classes after school for teachers.
- Teachers and staff participated in the weight loss challenge at school.
- There was a dental curriculum we were able to obtain, taught by Ms. Pilchard, also allowing us to give out free toothbrushes and toothpaste.
- Rev your Bev was done to promote drinking more water to the students by showing them and letting them taste flavored waters created.
- Students participated in the fundraiser Jump rope for Heart.
- Ms. Pilchard planned a color run marathon that students and their families participated in.
- Ms. Pilchard planned more dances for students to attend.
- Accomack County Public Schools staff participated in Ship Shape.

- Accomack County Public Schools has a field day for each elementary school where students are able to enjoy playing outside, participating in bouncing house, games and relays.

#### **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 Kegotank Elementary School.

Name: Janice Sloan

Position/Title: School Nurse

Email: Janice.sloan@accomack.k12.va.us

Phone: 757-665-1299

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

***This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.***

Division Name: Accomack County Public Schools

School Name: Pungoteague Elementary

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |   |                                       |                             |
|---|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A              | <input checked="" type="checkbox"/> 5 | <input type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> Pre-K | <input type="checkbox"/> 6            | <input type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K     | <input type="checkbox"/> 7            | <input type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1     | <input type="checkbox"/> 8            | <input type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2     |                                       |                             |
| <input checked="" type="checkbox"/> 3     |                                       |                             |
| <input checked="" type="checkbox"/> 4     |                                       |                             |

**IX. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☐ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☐ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☐ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

#### **X. Physical Activity**

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Field day activities. One day of physical events in the spring for each grade level.**

☒ Yes      ☐ No

- **Special Education classes participated in field day activities.**

☒ Yes      ☐ No

- **Completed physical fitness tests for grades 4 and 5.**

☒ Yes      ☐ No

- **Accomack Parks and Recreation activities are promoted.**

☒ Yes      ☐ No

- **Students get 40 minutes of PE once a week and 30 minutes recess every day.**

☐ Yes      ☒ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☐ Yes ☒ No

- **Running club meets once a week.**

☐ Yes ☒ No

- **School promotion of various walking/running events in the area.**

☐ Yes ☒ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes ☐ No

#### **XI. 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**

☐ Yes ☒ No

- **Hand washing and proper sanitation is encouraged**

☒ Yes ☐ No

- **Farm to School Week-Introduce local farming to community. (3<sup>rd</sup> Grade)**

☒ Yes ☐ No

- **Vision and hearing screenings are completed yearly for appropriate grades.**

☒ Yes ☐ No

- **Bully Awareness program for all students.**

☒ Yes ☐ No

- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**

☒ Yes ☐ No

- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**



☒ Yes ☐ No

- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**

☒ Yes ☐ No

- **Tdap vaccination letters were sent home with rising 5<sup>th</sup> graders.**

☒ Yes ☐ No

## **XII. 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 ☐ No
- **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 ☐ No
- **We follow Accomack County'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.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

## **XIII. 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 Accomack County's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.**

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

**XIV. 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 ☐ No

**XV. Progress**

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

PES faculty and staff have adapted to the ACPS Wellness policy. We continue to teach and reinforce the policy as needed. Parents are still learning to send in healthy choices for classroom gatherings. Instead of food for birthday celebrations, we allow non-food related treats. The nurse has participated in Rev Your Bev to promote choosing healthy beverages and infusing water with fruit and vegetables. The students are able to bring water bottles to refill, as necessary, throughout the day. Our PE teacher has participated in Jump Rope for Heart incorporating the whole student body. This teaches students about keeping fit to promote healthy bodies. We continue to improve on being better role models for our students.

**XVI. 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 Pungoteague Elementary.

Name: Michelle Styke

Position/Title: School Nurse

Email: michelle.styke@accomack.k12.va.us

Phone: 757-787-4032

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

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Division Name: Accomack County Public Schools

School Name: Tangier Combined School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |   |                                       |  |
|---|---------------------------------------|--|
| <input type="checkbox"/> N/A              | <input checked="" type="checkbox"/> 5 | <input checked="" type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 6 | <input checked="" type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K     | <input checked="" type="checkbox"/> 7 | <input checked="" type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1     | <input checked="" type="checkbox"/> 8 | <input checked="" type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2     |                                       |  |
| <input checked="" type="checkbox"/> 3     |                                       |  |
| <input checked="" type="checkbox"/> 4     |                                       |  |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Field day activities. One day of physical events in the spring for each grade level.**

☒ Yes      ☐ No

- **Special Education classes participated in field day activities.**

☒ Yes      ☐ No

- **Completed physical fitness tests for grades 4 and 5.**

☒ Yes      ☐ No

- **Accomack Parks and Recreation activities are promoted.**

☐ Yes      ☐ No

- **Students get 40 minutes of PE once a week and 30 minutes recess every day.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☐ Yes ☒ No

- **Running club meets once a week.**

☐ Yes ☒ No

- **School promotion of various walking/running events in the area.**

☐ Yes ☒ No

- **Brain gym activities and movement are incorporated into the day.**

☐ Yes ☒ No

### 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**

☒ Yes ☐ No

- **Hand washing and proper sanitation is encouraged**

☒ Yes ☐ No

- **Farm to School Week-Introduce local farming to community. (3<sup>rd</sup> Grade)**

☐ Yes ☒ No

- **Vision and hearing screenings are completed yearly for appropriate grades.**

☒ Yes ☐ No

- **Bully Awareness program for all students.**

☒ Yes ☐ No

- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**

☐ Yes ☒ No

- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**

☒ Yes ☐ No

- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**

☒ Yes ☐ No

- **Tdap vaccination letters were sent home with rising 5<sup>th</sup> graders.**

☒ Yes ☐ No

#### 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 ☐ No
- **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 ☐ No
- **We follow Accomack County'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.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

**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 ☐ No

**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 Tangier Combined School.

Name: Tracy Pruitt

Position/Title: School Nurse

Email: tracy.pruitt@accomack.k12.va.us

Phone: 757-891-2234 Fax: 757-891-2572

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***





Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

***This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.***

Division Name: Accomack County Public Schools

School Name: Arcadia Middle School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |                                |                                       |                             |
|--------------------------------|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A   | <input type="checkbox"/> 5            | <input type="checkbox"/> 9  |
| <input type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 6 | <input type="checkbox"/> 10 |
| <input type="checkbox"/> K     | <input checked="" type="checkbox"/> 7 | <input type="checkbox"/> 11 |
| <input type="checkbox"/> 1     | <input checked="" type="checkbox"/> 8 | <input type="checkbox"/> 12 |
| <input type="checkbox"/> 2     |                                       |                             |
| <input type="checkbox"/> 3     |                                       |                             |
| <input type="checkbox"/> 4     |                                       |                             |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☒ Yes      ☐ No

- **Running club meets once a week.**

☐ Yes      ☐ No

- **School promotion of various walking/running events in the area.**

☒ Yes      ☐ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes      ☐ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
☒ Yes      ☐ No
- **Hand washing and proper sanitation is encouraged**  
☒ Yes      ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
☒ Yes      ☐ No
- **Bully Awareness program for all students.**  
☒ Yes      ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
☒ Yes      ☐ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
☒ Yes      ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
☒ Yes      ☐ No
- **Tdap vaccination letters were sent home with rising 7<sup>th</sup> graders.**  
☒ Yes      ☐ No

#### **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 ☐ No

- 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 ☐ No

- We follow **Accomack County'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*.

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

#### 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 ☐ No

#### VII. Progress

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

- School lunches benefit students because they give students a variety of nutrition for their meals.

- Encourage students to eat breakfast.
- Encourage students to drink plenty of water and clear liquid.
- Encourage teachers and staff to eat school lunch also so students can see the importance of school lunches.
- Encourage students to eat a variety of fruits and vegetables.
- Encouraging students and staff to eat healthy food tends to make them feel better and ready to take on the day.
- Encourage healthy snacks to be served during lunch time.

#### **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 Kegotank Elementary School.

Name: Tammie Townsend

Position/Title: School Nurse

Email: tammie.townsend@accomack.k12.va.us

Phone: 757-824-4862

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

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Division Name: Accomack County Public Schools

School Name: Chincoteague Combined School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |                                |                                       |                             |
|--------------------------------|---------------------------------------|-----------------------------|
| <input type="checkbox"/> N/A   | <input type="checkbox"/> 5            | <input type="checkbox"/> 9  |
| <input type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 6 | <input type="checkbox"/> 10 |
| <input type="checkbox"/> K     | <input checked="" type="checkbox"/> 7 | <input type="checkbox"/> 11 |
| <input type="checkbox"/> 1     | <input checked="" type="checkbox"/> 8 | <input type="checkbox"/> 12 |
| <input type="checkbox"/> 2     |                                       |                             |
| <input type="checkbox"/> 3     |                                       |                             |
| <input type="checkbox"/> 4     |                                       |                             |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**



☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☒ Yes      ☐ No

- **Running club meets once a week.**

☒ Yes      ☐ No

- **School promotion of various walking/running events in the area.**

☒ Yes      ☐ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes      ☐ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
☒ Yes      ☐ No
- **Hand washing and proper sanitation is encouraged**  
☒ Yes      ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
☒ Yes      ☐ No
- **Bully Awareness program for all students.**  
☒ Yes      ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
☒ Yes      ☐ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
☒ Yes      ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
☒ Yes      ☐ No
- **Tdap vaccination letters were sent home with rising 7<sup>th</sup> graders.**  
☒ Yes      ☐ No

#### **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 ☐ No

- 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 ☐ No

- We follow **Accomack County**'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*.

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

**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 ☐ No

**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 Kegotank Elementary School.

Name: Harold Holmes

Position/Title: Principal

Email: Harold.holmes@accomack.k12.va.us

Phone: 757-824-4862

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

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Division Name: Accomack County Public Schools

School Name: Nandua Middle School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

Attachment B  
Superintendent's Memo #275-19  
November 22, 2019

☐ N/A

☐ Pre-K

☐ K

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☒ 6

☒ 7

☒ 8

☐ 9

☐ 10

☐ 11

☐ 12

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☒ Yes      ☐ No

- **Running club meets once a week.**

☐ Yes      ☐ No

- **School promotion of various walking/running events in the area.**

☒ Yes      ☐ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes      ☐ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
☒ Yes      ☐ No
- **Hand washing and proper sanitation is encouraged**  
☒ Yes      ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
☒ Yes      ☐ No
- **Bully Awareness program for all students.**  
☒ Yes      ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
☒ Yes      ☐ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
☒ Yes      ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
☒ Yes      ☐ No
- **Tdap vaccination letters were sent home with rising 7<sup>th</sup> graders.**  
☒ Yes      ☐ No

#### **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 ☐ No

- 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 ☐ No

- We follow **Accomack County**'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*.

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

**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 ☐ No

**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 Kegotank Elementary School.

Name: John Killmon

Position/Title: Principal

Email: john.killmon@accomack.k12.va.us

Phone: 757-824-4862

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

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Division Name: Accomack County Public Schools

School Name: Tangier Combined School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |   |                                       |  |
|---|---------------------------------------|--|
| <input type="checkbox"/> N/A              | <input checked="" type="checkbox"/> 5 | <input checked="" type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 6 | <input checked="" type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K     | <input checked="" type="checkbox"/> 7 | <input checked="" type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1     | <input checked="" type="checkbox"/> 8 | <input checked="" type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2     |                                       |  |
| <input checked="" type="checkbox"/> 3     |                                       |  |
| <input checked="" type="checkbox"/> 4     |                                       |  |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☐ Yes      ☒ No

- **Running club meets once a week.**

☐ Yes      ☒ No

- **School promotion of various walking/running events in the area.**

☐ Yes      ☒ No

- **Brain gym activities and movement are incorporated into the day.**

☐ Yes      ☒ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
☒ Yes      ☐ No
- **Hand washing and proper sanitation is encouraged**  
☒ Yes      ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
☒ Yes      ☐ No
- **Bully Awareness program for all students.**  
☒ Yes      ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
☐ Yes      ☒ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
☒ Yes      ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
☒ Yes      ☐ No
- **Tdap vaccination letters were sent home with rising 7<sup>th</sup> graders.**  
☒ Yes      ☐ No

#### **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      ☐ No

- **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 ☐ No

- **We follow **Accomack County**'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*.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

**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 ☐ No

**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 Tangier Combined School.

Name: Tracy Pruitt

Position/Title: School Nurse

Email: tracy.pruitt@accomack.k12.va.us

Phone: 757-891-2234 Fax: 757-891-2572

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***





Office of School Nutrition Programs  
School Level Report Card  
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Division Name: Accomack County Public Schools

School Name: Arcadia High School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |                                |                            |  |
|--------------------------------|----------------------------|--|
| <input type="checkbox"/> N/A   | <input type="checkbox"/> 5 | <input checked="" type="checkbox"/> 9  |
| <input type="checkbox"/> Pre-K | <input type="checkbox"/> 6 | <input checked="" type="checkbox"/> 10 |
| <input type="checkbox"/> K     | <input type="checkbox"/> 7 | <input checked="" type="checkbox"/> 11 |
| <input type="checkbox"/> 1     | <input type="checkbox"/> 8 | <input checked="" type="checkbox"/> 12 |
| <input type="checkbox"/> 2     |                            |  |
| <input type="checkbox"/> 3     |                            |  |
| <input type="checkbox"/> 4     |                            |  |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☒ Yes      ☐ No

- **Running club meets once a week.**

☐ Yes      ☐ No

- **School promotion of various walking/running events in the area.**

☒ Yes      ☐ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes      ☐ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
☒ Yes      ☐ No
- **Hand washing and proper sanitation is encouraged**  
☒ Yes      ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
☒ Yes      ☐ No
- **Bully Awareness program for all students.**  
☒ Yes      ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
☒ Yes      ☐ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
☒ Yes      ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
☒ Yes      ☐ No

**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      ☐ No

- **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 ☐ No

- **We follow Accomack County'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.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

**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 ☐ No

**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 Kegotank Elementary School.

Name: Shaun O'Shea

Position/Title: Principal

Email: shaun.oshea@accomack.k12.va.us

Phone: 757-824-4862

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

***This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.***

Division Name: Accomack County Public Schools

School Name: Chincoteague Combined School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |                                |                                       |  |
|--------------------------------|---------------------------------------|--|
| <input type="checkbox"/> N/A   | <input type="checkbox"/> 5            | <input checked="" type="checkbox"/> 9  |
| <input type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 6 | <input checked="" type="checkbox"/> 10 |
| <input type="checkbox"/> K     | <input checked="" type="checkbox"/> 7 | <input checked="" type="checkbox"/> 11 |
| <input type="checkbox"/> 1     | <input checked="" type="checkbox"/> 8 | <input checked="" type="checkbox"/> 12 |
| <input type="checkbox"/> 2     |                                       |  |
| <input type="checkbox"/> 3     |                                       |  |
| <input type="checkbox"/> 4     |                                       |  |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**



☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☒ Yes      ☐ No

- **Running club meets once a week.**

☒ Yes      ☐ No

- **School promotion of various walking/running events in the area.**

☒ Yes      ☐ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes      ☐ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
☒ Yes      ☐ No
- **Hand washing and proper sanitation is encouraged**  
☒ Yes      ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
☒ Yes      ☐ No
- **Bully Awareness program for all students.**  
☒ Yes      ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
☒ Yes      ☐ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
☒ Yes      ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
☒ Yes      ☐ No

**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      ☐ No

- **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 ☐ No

- **We follow **Accomack County**'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*.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

**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 ☐ No

**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 Kegotank Elementary School.

Name: Harold Holmes

Position/Title: Principal

Email: Harold.holmes@accomack.k12.va.us

Phone: 757-824-4862

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

***This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.***

Division Name: Accomack County Public Schools

School Name: Nandua High School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |                                |                            |  |
|--------------------------------|----------------------------|--|
| <input type="checkbox"/> N/A   | <input type="checkbox"/> 5 | <input checked="" type="checkbox"/> 9  |
| <input type="checkbox"/> Pre-K | <input type="checkbox"/> 6 | <input checked="" type="checkbox"/> 10 |
| <input type="checkbox"/> K     | <input type="checkbox"/> 7 | <input checked="" type="checkbox"/> 11 |
| <input type="checkbox"/> 1     | <input type="checkbox"/> 8 | <input checked="" type="checkbox"/> 12 |
| <input type="checkbox"/> 2     |                            |  |
| <input type="checkbox"/> 3     |                            |  |
| <input type="checkbox"/> 4     |                            |  |

**I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**

☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☒ Yes      ☐ No

- **Running club meets once a week.**

☐ Yes      ☐ No

- **School promotion of various walking/running events in the area.**

☒ Yes      ☐ No

- **Brain gym activities and movement are incorporated into the day.**

☒ Yes      ☐ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**  
☒ Yes      ☐ No
- **Hand washing and proper sanitation is encouraged**  
☒ Yes      ☐ No
- **Vision and hearing screenings are completed yearly for appropriate grades.**  
☒ Yes      ☐ No
- **Bully Awareness program for all students.**  
☒ Yes      ☐ No
- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**  
☒ Yes      ☐ No
- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**  
☒ Yes      ☐ No
- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**  
☒ Yes      ☐ No
- **Tdap vaccination letters were sent home with rising 7<sup>th</sup> graders.**  
☒ Yes      ☐ No

#### **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 ☐ No

- **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 ☐ No

- **We follow **Accomack County**'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*.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

#### **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 ☐ No

#### **VII. Progress**

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

Rev your Bev. Students were able to taste different fruit infused waters. This encourages them to choose healthy, no sugary drinks instead of sodas. Dodgeball games between

students and students and then with students and teachers. Basketball games, tug of war between teachers and students. Promotes heart health and physical strength. Changed out the vending machines to healthy snacks and drinks. Our school has a swim team that practices at the local YMCA and goes to other schools for swim meets.

#### **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 Kegotank Elementary School.

Name: Crystal Parks

Position/Title: School Nurse

Email: crystal.parks@accomack.k12.va.us

Phone: 757-787-4514

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***



Office of School Nutrition Programs  
School Level Report Card  
Tool for the Triennial Assessment

*This tool is intended to help schools track their degree of compliance to regulations and progress towards attaining the goals of their school division's Local School Wellness Policy. Complete this tool at the school level by entering the requested information and selecting "Yes" or "No" in sections I-VI to indicate whether goals were obtained and/or guidelines were met. Return the completed tool to the designee to assist in the completion of the Triennial Assessment.*

Division Name: Accomack County Public Schools

School Name: Tangier Combined School

Date of Evaluation: May 21, 2020

Select all grade levels in your school or select N/A if ungraded:

- |   |                                       |  |
|---|---------------------------------------|--|
| <input type="checkbox"/> N/A              | <input checked="" type="checkbox"/> 5 | <input checked="" type="checkbox"/> 9  |
| <input checked="" type="checkbox"/> Pre-K | <input checked="" type="checkbox"/> 6 | <input checked="" type="checkbox"/> 10 |
| <input checked="" type="checkbox"/> K     | <input checked="" type="checkbox"/> 7 | <input checked="" type="checkbox"/> 11 |
| <input checked="" type="checkbox"/> 1     | <input checked="" type="checkbox"/> 8 | <input checked="" type="checkbox"/> 12 |
| <input checked="" type="checkbox"/> 2     |                                       |  |
| <input checked="" type="checkbox"/> 3     |                                       |  |
| <input checked="" type="checkbox"/> 4     |                                       |  |

## **I. Nutrition Promotion and Education**

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

- **Meals served in the school cafeteria follow the state nutrition guidelines as well as federal guidelines outlined by the Healthy Hunger Free Kids Act of 2010 (HHFKA), meeting or exceeding the state and federal guidelines.**  
☒ Yes      ☐ No
- **Nutrition lessons on reading food labels, healthy foods, add proper portions sizes are taught in PE.**  
☒ Yes      ☐ No
- **Cafeteria displays healthy posters, the new "Choose My Plate," and nutrition guidelines.**  
☒ Yes      ☐ No
- **Students are given adequate time to eat.**  
☒ Yes      ☐ No
- **Water is available throughout the school day free of charge in each school, and students are allowed to carry water bottles for this purpose.**  
☒ Yes      ☐ No
- **Cafeteria uses products with no Trans fats, less artificial sweeteners, flavorings and whole wheat.**  
☒ Yes      ☐ No
- **The cafeteria provides a variety of food items for students to choose.**  
☒ Yes      ☐ No
- **The physical education, classroom teachers, and school nurse promote making healthy choices.**  
☒ Yes      ☐ No
- **Standards of Learning for Health and PE are followed.**  
☒ Yes      ☐ No
- **Nutrition education is integrated into health and core curriculum.**  
☒ Yes      ☐ No

- **Healthy snacks are encouraged daily and for parties and celebrations.**

☒ Yes      ☐ No

## II. Physical Activity

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

- **Physical education classes are provided weekly as mandated.**

☒ Yes      ☐ No

- **Recess, classroom physical activity breaks and PE will not be withheld as punishment or used as a punishment.**

☒ Yes      ☐ No

- **Kids Heart Challenge encourages children to exercise daily in order to keep a healthy heart.**

☒ Yes      ☐ No

- **Student vs teacher's basketball game fundraiser for American Heart Association.**

☐ Yes      ☒ No

- **Running club meets once a week.**

☐ Yes      ☒ No

- **School promotion of various walking/running events in the area.**

☐ Yes      ☒ No

- **Brain gym activities and movement are incorporated into the day.**

☐ Yes      ☒ No

## 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:

- **Hand sanitizer dispenser located at entry to lunch line for student use prior to eating.**

☒ Yes      ☐ No

- **Hand washing and proper sanitation is encouraged**

☒ Yes ☐ No

- **Vision and hearing screenings are completed yearly for appropriate grades.**

☒ Yes ☐ No

- **Bully Awareness program for all students.**

☒ Yes ☐ No

- **School nurse promotes dental health by sending home enrollment forms for the Eastern Shore Rural Health Dental clinics and making dental referrals as needed.**

☐ Yes ☒ No

- **Tobacco-free 24/7 policy implemented across Accomack County Public Schools.**

☒ Yes ☐ No

- **School nurse identifies students without insurance and educates eligible families about children's health insurance through FAMIS.**

☒ Yes ☐ No

#### **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 ☐ No

- **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 ☐ No

- **We follow **Accomack County**'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*.**

*This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.*

☒ Yes ☐ No

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

*This language may be replaced with the requirements stated in your Wellness Policy.*

☒ Yes ☐ No

**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 ☐ No

**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 Tangier Combined School.

Name: Tracy Pruitt

Position/Title: School Nurse

Email: tracy.pruitt@accomack.k12.va.us

Phone: 757-891-2234 Fax: 757-891-2572

***Return this completed report card to your Wellness Policy designee or other individual responsible for completing the Triennial Assessment.***

