

# Local School Wellness Policy: Triennial Assessment

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## Background Information

An assessment of the school wellness policy must be conducted at least once every three years as required by USDA regulations.

## Purpose

The purpose of this triennial assessment is to summarize information gathered during the review of the Rocky Mount Preparatory School Wellness Policy. The assessment includes:

1. Compliance with the wellness policy.
2. Comparison to model wellness policies.
3. Progress made in attaining the goals of the wellness policy.

## Results

The results of the assessment, along with the current wellness policy, will be made available to the public. These documents will be posted on the school's website at [www.rmprep.org](http://www.rmprep.org) and shared through other communication channels such as newsletters and PTA meetings.

## Recordkeeping

A copy of the most recent triennial assessment and supporting documentation will be kept on file for compliance and review as part of the General Areas of the Administrative Review every three years.

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## Section 1: General Information

- **School:** Rocky Mount Preparatory School
  - **Month and year of current assessment:** September 2024
  - **Date of last wellness policy revision:** August 2021
  - **Website address for the wellness policy:** [www.rmprep.org](http://www.rmprep.org)
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## Section 2: Compliance with the Wellness Policy and Progress Towards Goals

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School Wellness Policies are to Include	Meeting Goal	Meeting Goal Partially	Not Meeting Goal	Describe progress and next steps
<b>Wellness Coordinator:</b> Has identified at least one person responsible for facilitating the wellness policy upkeep.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Progress:</b> The Child Nutrition Coordinator, Shamika Gardner, is responsible for overseeing the wellness policy. <b>Next Steps:</b> Continue coordinating wellness activities and policy updates with the committee.
<b>Stakeholder Participation:</b> Involve parents, students, school food authority representatives, PE teachers, school health professionals, the school board, administrators, and the public in policy development, implementation, evaluation, and updates.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Progress:</b> A wellness committee meets regularly with representatives '1.0 from all stakeholder groups. <b>Next Steps:</b> Expand opportunities for more parent and community engagement.
<b>USDA Requirements for School Meals:</b> Ensure all meals meet USDA requirements.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Progress:</b> Rocky Mount Prep complies with USDA guidelines for school meals, emphasizing whole grains, fruits, vegetables, and lean proteins. <b>Next Steps:</b> Increase access to fresh, locally sourced produce.
<b>Nutritional Guidelines for All Foods and Beverages Sold:</b> Ensure foods and beverages sold on campus meet nutrition standards.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Progress:</b> Competitive foods meet Smart Snacks standards. <b>Next Steps:</b> Review and adjust snack offerings as needed.
<b>Nutritional Guidelines for Non-Sold Foods and Beverages:</b> Set guidelines for foods and beverages provided but not sold.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Progress:</b> Guidelines are in place for classroom snacks and celebrations. <b>Next Steps:</b> Further promote healthy options during school events.
<b>Food &amp; Beverage Marketing:</b> Limit marketing to foods and beverages that meet Smart Snacks standards.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Progress:</b> Marketing and advertising on campus comply with Smart Snacks standards. <b>Next Steps:</b> Continue monitoring and updating marketing practices.
<b>Nutrition Education:</b> Establish at least two goals for nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Goals:</b> 1. Integrate nutrition education into core subjects. 2. Provide hands-on learning

School Wellness Policies are to Include	Meeting Goal	Meeting Goal Partially	Not Meeting Goal	Describe progress and next steps
				experiences, such as the school garden project. <b>Progress:</b> Nutrition education is integrated into various subjects and supported by experiential learning. <b>Next Steps:</b> Expand student involvement in nutrition education through interactive workshops.
<p><b>Nutrition Promotion:</b> Establish at least two goals for nutrition promotion.</p>	☑	☐	☐	<p><b>Goals:</b> 1. Promote healthy eating through school-wide initiatives. 2. Increase student participation in school meal programs. <b>Progress:</b> The school successfully promotes healthy eating through its wellness newsletter and events like the Fall Harvest Festival. <b>Next Steps:</b> Develop more engaging promotional activities to further boost participation.</p>
<p><b>Physical Activity:</b> Establish at least two goals for physical activity.</p>	☑	☐	☐	<p><b>Goals:</b> 1. Meet state PE requirements for weekly physical activity. 2. Promote staff wellness through physical activity initiatives. <b>Progress:</b> Students participate in regular PE, and the staff enjoys a Walk Club and group exercise classes after school. <b>Next Steps:</b> Encourage more staff and student participation in these wellness initiatives.</p>
<p><b>Other Activities:</b> Establish at least two goals for other school-based activities that promote wellness.</p>	☑	☐	☐	<p><b>Goals:</b> 1. Provide a monthly wellness newsletter to staff and families. 2. Promote staff wellness through activities like the Walk Club. <b>Progress:</b> The monthly newsletter and staff wellness programs, including after-school exercise classes, are well-received. <b>Next Steps:</b> Continue growing these</p>

School Wellness Policies are to Include	Meeting Goal	Meeting Goal Partially	Not Meeting Goal	Describe progress and next steps
				programs and introducing new activities.
<b>Evaluation:</b> Evaluate the wellness policy every three years and notify the public of results.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Progress:</b> The current triennial assessment is complete, and results will be shared publicly. <b>Next Steps:</b> Implement findings and continue periodic evaluations.
<b>Communication:</b> Annually update the school community on the wellness policy and provide opportunities for stakeholder involvement.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Progress:</b> The wellness committee regularly updates the community through newsletters, meetings, and the school website. <b>Next Steps:</b> Explore additional communication channels to engage families and staff.

### Section 3: Comparison to Model School Wellness Policies

- **Model Policies Used for Comparison:**
  1. **Alliance for a Healthier Generation Model Wellness Policy.**
  2. **USDA Local Wellness Policy Model.**

#### Comparison

The Rocky Mount Preparatory School Wellness Policy aligns closely with these model policies, particularly in the areas of nutrition guidelines, physical activity, and stakeholder involvement. The school has made significant progress in promoting student and staff wellness through hands-on initiatives like the Walk Club, group exercise classes, and a comprehensive wellness newsletter. Areas for future improvement include expanding nutrition education and increasing community participation in wellness activities.

#### Conclusion

Rocky Mount Preparatory School has successfully implemented its Local Wellness Policy, making meaningful progress in nutrition promotion, physical activity, and staff wellness. The school is committed to continuous improvement and will use the results of this assessment to further enhance wellness initiatives, ensuring that students and staff maintain a healthy, supportive environment.