

STUDENT WELLNESS

I. Policy Statement

The Charles City County School Board recognizes that schools play a critical role in promoting student health and combating problems associated with poor nutrition and physical inactivity. Charles City Public Schools are committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity.

II. Goals

The Charles City County School Board has established the following goals to promote student wellness.

A) **Nutrition Education**

The Charles City County School Board aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Health Education Standards of Learning for Virginia Public Schools. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- The Division teaches students nutrition education using scientifically based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The Division will include in the health education curriculum the following essential topics on healthy eating:
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

B) School Meals

The Charles City County School Board is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Both schools within the Division participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). These schools are committed to offering school meals through the NSLP and SBP programs.

- 1) During the School Breakfast Program and the National School Lunch Program, schools will provide the following:
 - All school meals are accessible to all students.
 - The Division offers reimbursable school meals that meet USDA nutrition standards.
 - Drinking water will be available to all students throughout the school day and throughout each school campus, including during mealtimes.
 - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.
 - Lunch will follow the recess period to better support learning and healthy eating whenever possible.
 - All school nutrition staff will meet the hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

- 2) Other food items served at school
 - The foods and beverages sold outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
 - All foods offered on the school campus will meet the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
 - The Division will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Healthy Party Ideas);
 - The Division will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and
 - The Division will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
 - Only foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

C) Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The Division will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques.
- Each school will implement at least one of the following four Farm to School activities:
 - o Local and/or regional products are incorporated into the school meal program;
 - o School hosts a school garden;
 - o School hosts field trips to local farms; and
 - o School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following:
 - o Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
 - o Displays, such as on vending machine exteriors.
 - o Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
 - o Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trashcans, and other food service equipment.

D) Physical Education

The Division will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All Division students will participate in physical education that meets state standards.
 - A program of physical activity will be available to all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the regular school year.
 - A program of physical activity will be available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the regular school year.
 - All Division high school students must earn two health and physical education credits to earn a standard or advanced diploma.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes in the Division are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are not granted.

I) Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be required or withheld** as punishment for any reason.
- All elementary schools will offer at least 20 minutes of recess on all or most days during the year.
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.
 - In the event that the school or Division must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.

- The Division offers opportunities (e.g., including activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.

2) Other Activities that Promote Student Wellness

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

- The Division will continue relationships with its community partners, including the Virginia Extension Agency, in support of this wellness policy's implementation.
- The Division will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- The Division promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, the Division will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

III. Policy Monitoring/Implementation

The Division will convene a Division wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the wellness policy.

- The Division wellness committee consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.
- The Supervisor of Operations will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the policy, including indicators that will be used to measure its success.
- The Division will actively notify households/families of the availability of the annual report through the Division newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as Division priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**

Adopted:

Legal Refs: 42 U.S.C. § 1758b.

7 C.F.R. Pt. 210, App. B.

Code of Virginia, 1950, as amended, § 22.1-253.13:1.D.14.

Cross Refs:	EFB	Free and Reduced Price Food Services
	IGAE/IGAF	Health Education/Physical Education
	JL	Fund Raising and Solicitation
	JHCH	School Meals and Snacks
	KQ	Commercial, Promotional, and Corporate Sponsorships and Partnerships