

STUDENT WELLNESS

Nottoway County Public Schools Student Wellness Policy

I. Policy Statement

The Nottoway County School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in division students.

II. Goals

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

A. Nutrition Education

Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.

Nutrition standards and guidelines, which are integrated into the health education, address both nutrition and physical education.

The level of student participation in the school breakfast and school lunch programs is appropriate.

B. Physical Activity

Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.

Students are given opportunities for physical activity through a range of before – and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. Gymnasiums are also in place to encourage physical activities.

School work with the community to create ways for students to walk and bike safely to and from school.

Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

C. Other school-based activities

An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.

All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.

Environmentally friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate.

D. Nutrition Guidelines

Nutrition guidelines have been selected by the division for all foods available on every school campus during the school day. The objectives of the guidelines are to promote student health and reduce childhood obesity.

Nutritional standards for the school breakfast and school lunch programs that meet or exceed state and federal standards are in place.

Outreach strategies to encourage families to reinforce and support healthy eating and physical activity are in place.

III. Implementation

The Coordinator of Nursing and Food Service Supervisor will be responsible for overseeing the implementation of the policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success.

Adopted: March 9, 2006

Revised: January 13, 2011

Legal Refs: 42 U.S.C. & 1751 Note