

## **POLICY 7-5.11 LOCAL SCHOOL WELLNESS POLICY**

Poquoson City Public Schools is committed to the optimal development of every student. The Division believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

The School Board will ensure the following:

- Students in the Division have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the Division in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The Division establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- Superintendent's Regulation related to student wellness (7-5.11)

This policy applies to all students, staff and schools in the Division.

Under the Healthy, Hunger-Free Kids Act of 2010 and pursuant to the Final Rule the wellness policy will, at a minimum, include the following:

### Requirements

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities to promote wellness. Superintendent's Regulation related to fundraising (2-5.4)
- Standards and nutrition guidelines for all foods and beverages (F&B) sold to students consistent with:
  - School meal nutrition standards
  - Smart Snacks in School nutrition standards
- Standards for F&B provided, but not sold, to students during the school day (e.g. classroom parties, incentive foods and food brought by parents).
- Guidelines for F&B marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in school nutritional standards.
- Wellness Leadership will consist of officials that have the authority and responsibility to ensure each school is in compliance
- Broad participation to include general public parents, students, school food authority, physical education, school health professionals, school administrators and others.
- Triennial Assessment will be performed by Poquoson City Public Schools. The Wellness Policy will be reviewed and/or updated triennially based on Triennial Assessment conclusions.
- Public updates on an annual basis.

LEGAL REFERENCE: National School Lunch Program 42 U.S.C. Sec. 1751 et seq., School Breakfast Program 42 U.S.C. Sec. 1773, Child Nutrition and WIC Reauthorization Act of 2004, Healthy, Hunger-Free Kids Act of 2010 P. L. 222-296, National Food Service Programs, Title, 7, Code of Federal Regulations 7 CFR Part 210, Part 220 ;.

*Adopted: June 2006*

*Revised: November 2017, February 2022*