

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

### **Rationale**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

### **Goal**

All students in Poquoson City Public Schools possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Poquoson City Public Schools is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Poquoson City Public Schools adopts this school wellness policy with the following commitments to nutrition education, physical activity, and other school-based activities. The policy includes nutrition guidelines for all foods available for each school campus. It provides assurance that guidelines for reimbursable school meals are in compliance with Section 10 of the Child Nutrition Act and Sections 9(f)(1) and 17 (a) of the Richard B. Russell National School Lunch Act. It establishes a plan for measuring implementation. Parents, students, representatives of the school authority, the school board, school administrators and the public were involved in the development of this plan. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff.

### **Nutrition Education**

1. Offer a sequential, comprehensive, Standards of Learning based program designed to provide students with the knowledge and skills necessary to promote and protect their health at each grade level.
2. Ensure that all students receive nutrition lessons that promote healthy eating habits both at school and in the community.
3. Knowledge so students are able to make choices supporting healthy lifestyles and healthy eating behaviors.
4. Provide resources for teaching nutrition and its contribution to healthy living and healthy lifestyles.

5. Post nutrition information wherever foods and beverages are served or sold in the school.
6. Promote healthy eating to students, parents, faculty, and staff.
7. Encourage faculty and staff to model healthy eating and activity. Offer wellness programs for faculty and staff that include instruction about healthy eating to motivate and encourage teachers to engage in healthy eating and physical activity behaviors.
8. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutritional standards.
9. Provide parents with a list of foods that meet the district snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
10. Offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.
11. The classroom, the school dining room, and other activities provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.
12. Students and staff learn to make healthy lifestyle choices not only in the classroom and the school dining room, but also at class parties, sport events and wherever they are throughout the day.

### **Physical Activity**

1. Provide physical education in accordance with Virginia Department of Education guidelines.
2. Offer a sequential, comprehensive, Standards of Learning based program designed to provide students with physical education instruction incorporating individual and group activities.
3. Integrate physical activity into the academic curriculum where appropriate.
4. Participate in a yearly fitness test for students (e.g., President's Challenge to Physical Fitness, etc.).
5. Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and parents.
6. Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
7. Create opportunities for students to voluntarily participate in before and after-school physical activity programs such as intramurals and clubs.

### **Other School-Based Activities**

1. Provide walkways at school sites when feasible.
2. Collaborate with the city to investigate grant opportunities for the construction of bus shelters and sidewalks.
3. Use locally grown and seasonal foods when feasible.
4. Establish school gardens when feasible.

5. Recycle tableware when feasible.
6. Negative consequences do not include the denial of recess.
7. Promote site-specific field days for students and faculty as well as wellness programs for students and staff.
8. Participate in the IGNITE After-school Program or similar programs.
9. Provide discreet access to subsidized food programs for eligible students.
10. Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting.
11. Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
12. Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
13. Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.
14. Work with local media, like newspaper, TV and radio, to inform the community about the health problems facing Virginian children, as well as the need for and benefits of healthy school environments.
15. Make water accessible to students throughout the day. Ensure that drinking fountains are operable, clean, and convenient for students and staff. Active children need easy access to drinking water.
16. Include “nutrition tips” in school newsletters and dining room serving areas.
17. Schedule PE or recess before lunch whenever possible.

### **Nutrition Guidelines**

1. Provide adequate time for students to receive and consume meals in a pleasant dining environment. The minimum recommended eating time for each student after being served is 10 minutes for breakfast and 20 minutes for lunch.
2. Comply with all guidelines of the National School Lunch and Breakfast Programs. Food Service will meet all federal and state requirements.
3. Ensure that all students have daily access to school meals. Barriers that directly or indirectly restrict meal access should be removed.
4. Allow students to purchase a la carte items according to established procedures.
5. Follow guidelines for consumption of competitive foods on school campuses.
6. Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.

### **Implementation**

1. Establish a plan for implementation of the school wellness policy through the Long-Range Planning Process.

2. Designate one or more persons to insure that the school wellness policy is implemented as written.
3. Support the School Health Advisory Committee that addresses all aspects of a coordinated school health program.

LEGAL REFERENCE: Code of Virginia, 1950, as amended, § 22.1-275.1.; Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004; Virginia Department of Education Superintendent's Memo Number 7 (May 20, 2005); Virginia Regulations for the School Breakfast Program, 8 VAC 20-580-10 et. seq.; National School Lunch Program, 7 C.F.R. Part 210; National School Breakfast Program, 7 C.F.R. Part 220.

Adopted: June 2006