

Superintendent's Regulation 7-5.11: Wellness

Implementation of a Wellness Program in accordance with Policy 7-5.11

Background: The USDA created a wellness policy requirement for schools with the enactment of the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004, which was further strengthened by the Healthy Hunger-Free Kids Act of 2010 (HHFKA). On July 29, 2016 the USDA finalized regulations expanding the requirements for schools to strengthen and increase transparency for developing and maintaining and assessing the local wellness policy.

Procedures: Student and Staff Wellness

I. Public Involvement

The School Health Advisory Board (SHAB) will meet four times per year. Membership shall include all school levels (primary, elementary, middle, high) as well as, at a minimum:

One parent, PCPS School Nurse Coordinator, Director of Student Services (serving as SHAB Chairperson), Executive Director of Operations, Food Services Director, one Principal, one Health/Physical Education teacher.

Invitation for membership should be extended to no less than three external providers, such as Peninsula Health District, ECPI, Poquoson Parks and Recreation, local physicians.

The Wellness Policy Leadership team will consist of the Executive Director of Operations (EDO) and the Director of Student Services (DSS). The school's food service manager and School Nutrition Services Director in conjunction with the principal will serve as the Local Wellness leadership for each individual school.

Monitoring: The EDO and DSS will ensure that the wellness program and review of program progress are made public through use of the division website and other available resources, including the division student handbook. Quarterly updates will be provided to SHAB and communicated to the public through the division website.

II. Nutrition Education and Promotion

Schools will aim to teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion through instruction that:

- is offered K-8 and through 1 credit of Health (2 semesters) in high school as part of a sequential, comprehensive, curriculum based off of the 2015 Health Education Standards of Learning that is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- to the extent possible is integrated into other content areas when grade level or course content allows, as communicated to staff through a faculty meeting;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing, management of school Garden Tower project, visits to school gardens, the gardens at the Poquoson Museum, or other local community agricultural sites;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- teaches media literacy with an emphasis on food marketing;
- includes training for teachers and other staff; and
- provides opportunities for students to meet with the school nutrition staff regarding wellness.

Monitoring: The local wellness leadership at each school will ensure that the nutrition education and promotion activities are carried out at each school..

III. Nutrition Guidelines

a. School Meals

Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, all nutrition requirements established by local, state, and federal statutes and regulations that are in effect during any given year. The nutritional and calorie information for all menu items will be available on the school nutrition web page.

b. Celebrations

Schools should encourage celebrations that do not involve food. If food is involved, then it should meet the current standards of this procedure. The division will provide catering options for teachers and parents that are specifically designed to meet the nutritional standards of a “Smart Snack”, and will provide material on the food services web site to assist parents and teachers in selecting health options for any celebration or class event.

c. Fundraising Activities

School fundraising activities that involve food will conform to §Va. Code 22.1-207.4 Nutritional guidelines for competitive foods, and PCPS Superintendent’s Regulation 2-5.4 Fundraising by Students

d. Rewards

Schools are encouraged not to use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

e. Nutritional Content Awareness

Each year the School Nutrition Services Director will establish taste testings that will take place at each of the secondary schools. These should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. The nutritional content of meals will be available on the nutrition services website. Staff monitoring the cafeteria will be instructed to encourage students at the primary and elementary school to eat a complete breakfast and lunch each day.

Monitoring: The School Nutrition Services Director in consultation with each school principal will provide reports to the EDO of taste testings, an account of healthy snacks ordered, survey results, minutes from food/wellness meetings with student groups, and review records and audits to demonstrate adherence to food guidelines.

IV. Food and Beverage Marketing

School-based food marketing or advertising will be consistent with nutrition education and health promotion.

Schools will:

- prohibit food and beverage marketing of foods and beverages that do not meet the nutrition standards for meals or for foods and beverages sold individually;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors (and are therefore allowable) including: vending machine advertising promoting water.

Monitoring: The EDO will be responsible to ensure that Food and Beverage Marketing is in compliance with all Federal requirements.

V. Physical Activity

Schools shall meet requirements for physical activity in schools as outlined in the Board of Education’s Physical Education Program Guidelines.

Per *Code of Virginia* § 22.1-253.13:1 (D) PCPS shall implement a program of physical activity to all students in grades kindergarten through five consisting of 20 minutes per day or an average of 100 minutes per week. Those students are provided physical education on a rotating basis. Students in grade six through 12 will have a goal of at least 150 minutes per week on average during the regular school year. Physical education is provided in grades 6, 7 and 8 in middle school and for 1 total credit (2 semesters) in high school. Students in eighth through twelfth grades are eligible to participate in athletics.

Recess shall be provided to elementary school students on a daily basis. Teachers shall not restrict access to planned physical activity, such as recess, as a form of punishment and may offer physical activity as a form of reward.

Schools are encouraged to consider integrating physical activity into instructional activities such as intentional movement related to curriculum topics, classroom energizers, movement breaks, etc.

Monitoring: The Health/PE instructional staff in consultation with each school principal will provide documentation to determine status of wellness initiatives and recommend plans for improvement as needed in the following areas: nutrition and health education curriculum;

- professional development training;
- physical activity opportunities;
- staff, parental and environmental supports for healthy eating and physical activity.

V. Other School Based Wellness Activities

Per 2013 state legislation, House Bill 2028, all PCPS staff seeking initial or relicensure shall participate in training in Emergency Aid, Cardiopulmonary Resuscitation (CPR), and use of Automated External Defibrillators (AED).

Identified schools staff shall also have wellness-related professional development opportunities made available to them, such as Mental Health First Aid, or school-determined wellness activities.

Schools will encourage staff and student participation in community events that promote wellness, such as the annual 5k walk/run, Poquoson Elementary School Color Run, and any other school-sponsored activities.

Monitoring: Activities related to school based wellness will be assessed by the DSS annually.

VI. Student Health Monitoring

Hearing and vision screenings will occur within 60 administrative days of school in grades K, 3, 7 and 10 and prior to placement in any special education program.

The School Nurse Coordinator in consultation with each school nurse and the school principal will oversee height and weight measurements collected for all students in Kindergarten, and in grades 3, 7 and 10 as part of hearing and vision screenings. Blood pressure measurements shall be taken when ordered, and in grade 10. They will ensure that:

- parents/guardians are informed of screenings **through** notification in each school's bulletin and the division website, as well as the opportunity to have their child opt-out; and measurements are collected in a consistent, confidential and private manner.

Monitoring: The School Nurse Coordinator along with the Director of Student Services will oversee compliance with 8 VAC 20-25-10, Mandated School Screening.

VII. Division-wide Monitoring

The Wellness Policy Leadership Team, consisting of the Executive Director of Operations and the Director of Student Services, will ensure compliance with all aspects of the wellness program.

The Wellness Policy Leadership Team will receive updates from each school related to the wellness program.

- School-based school nutrition staff will be responsible to the School Nutrition Services Director who will communicate with the EDO on the compliance of nutritional procedures.
- The principal or designee will ensure compliance with wellness activities and student health monitoring in his/her school and will report on the school's compliance to the Director of Student Services, as chairperson of the Student Health Advisory board (SHAB);

The Wellness Policy Leadership Team will report quarterly to the School Health Advisory Board. This report will include progress updates on implementation of all aspects of the wellness program, as well as seeking input for any ongoing modifications. The EDO will post updates on progress related to all aspects of the wellness program on the food services website after each SHAB meeting for the School Board, parents and interested parties.

An annual report will be made to the School Board by the Wellness Policy Leadership Team.

Date Issued: December 1, 2017

Legal References:

Healthy Hungry Free Kids Act of 2010 (HHFKA), 8VAC20-320-10 Health Education Program, §Va. Code 22.1-207.4, House Bill 2028, § 22.1-253.13:1 (D), 8 VAC 20-250-10