

Book	Regulations
Section	3000 - Teaching and Learning
Title	Student Wellness
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PURPOSE: To promote healthy lifestyle choices

It is the intent of the school board that a policy be developed and published to provide guidance on the implementation of nutrition, physical education, and other related school-based activities in order to promote student wellness and healthy lifestyle choices.

I. POLICY STATEMENT

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

A. NUTRITION AND NUTRITION EDUCATION

The division's meal programs aim to improve the diet and health of school children, mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the division participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Feeding Program (CACFP), and the Summer Food Service Program (SFSP). The school division also operates Breakfast in the Classroom and Grab-and-Go Breakfast. All schools within the division are committed to offering school meals that:

- are accessible to all students;
- meet or exceed current nutrition requirements established by the Healthy Hunger-Free Kids Act of 2010, as specified in the Code of Federal Regulations (7CFR210.10 and 7CFR220.8);
- provide breakfast through at least one alternative breakfast service model, in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student; alternative

breakfast models include Breakfast in the Classroom, Grab-and-Go Breakfast, and Second Chance Breakfast;

- offer five different fruits and five different vegetables over the course of a week;
- include fresh fruits and vegetables procured from local farmers, when practical;
- offer low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA);
- give students at least 10 minutes to eat breakfast and 20 minutes to eat lunch, counting from the time they have received their meal and are seated;
- encourage access to hand-washing or hand-sanitizing before meals or snacks; students with food allergies should have access to hand washing after eating;
- promote healthy food and beverage choices using the following Smarter Lunchroom techniques:
 - whole fruit options are displayed in an attractive or appealing manner;
 - daily fruit options are displayed in a location in the line of sight and reach of students;
 - all staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal;
 - a reimbursable meal can be created in any service area available to students (e.g., sandwich line, express lunch line, etc.);
 - student surveys and taste testing opportunities are used to inform menu development, dining space décor, and promotional ideas;
 - student artwork is displayed in the service and/or dining areas;
 - daily announcements are used to promote and market menu options.

Nutrition education is offered in the school cafeteria and the classroom, with coordination between the food service staff and other school personnel, including teachers. The school cafeteria has several posters displayed depicting the USDA MyPlate Guide, calorie information, and portion size.

The level of student participation in the school breakfast and lunch programs is appropriate at the elementary level. The high school and middle school breakfast participation is much lower than desired; therefore, new breakfast participation incentives are being developed for implementation.

Schools conduct nutrition education activities and promotions involving parents, students, and the community. Each school has a Cafeteria Advisory Committee that has monthly meetings. The committee comprises the cafeteria manager, school administrator, teachers, instructional assistants, and parent volunteers. The advisory committee collaborates with the food service operation and the school community to offer suggestions, ideas, and concerns.

The division will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education (VDOE) Health Standards of

Learning (SOLs) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year.

B. NUTRITION GUIDELINES

These guidelines aim to promote student health and reduce childhood obesity.

Guidelines are in place for maximizing nutritional value by decreasing fat and added sugars and moderating the portion size of each individual food or beverage offered within the school environment.

All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010 ([7CFR210.10](#) and [7CFR220.8](#)).

Food and beverages included in a la carte sales in the food service program on school campuses will adhere to the Smart Snacks in School standards for calorie and nutrient guidelines. These guidelines will be based on nutrition goals, not profit motives.

Free food items will no longer be used as incentives for increasing school breakfast and/or school lunch participation. Other marketing tools will be used.

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

Foods or beverages will not be used, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, nor will the food served through school meals be withheld as a means of punishment.

Beverages sold throughout the school shall be limited to water, flavored water without caloric or non-caloric sweeteners, 100% fruit and vegetable juice, and unflavored or flavored low-fat or fat-free milk. All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in School (Smart Snacks) rule (<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smartsnacks>).

Only refrigerated vending machines will be accessible to students for their use after school and will contain fruits, yogurts, vegetables, and other perishable food items. No other vending machine items will be made available to students at any time throughout the school day.

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snack) rule.

Celebrations that involve food during the school day will be limited to one event per class per month. Each activity should include no more than one food or beverage that

does not meet the nutritional standards for foods and beverages sold individually. Parents providing these foods are strongly encouraged to follow this policy.

Schools are permitted to allow 30 school-sponsored fundraisers per site during the school day to be exempt from Smart Snack standards. The school principal tracks and monitors these exempt fundraisers, and records are kept on file in the main office. *Any fundraiser that sells food or beverages may not be conducted during school meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period.*

Organizations that sell/offer foods and beverages at school-sponsored events outside the school day will be required to meet the nutrition standards of the Division.

Our Nutrition Promotion goal is to offer the students two options at breakfast at the grab-and-go carts to increase participation.

C. STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT:

All school nutrition program directors, managers, and staff meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for School Nutrition Professionals.

D. OTHER SCHOOL-BASED ACTIVITIES

Enough time is allowed for students to eat meals in adequate lunchroom facilities.

All children who participate in School Meal Programs can obtain food in a non-stigmatizing manner. All four of our schools have computerized point-of-service sales lines, where there is no overt identification of a student's eligibility status.

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

Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and implemented to the extent practical. Schools offer diet clubs, walking clubs, and aerobics to benefit staff.

The district/school will support parents' efforts to provide their children with a healthy diet and daily physical activity. The district/school will offer healthy eating seminars for parents, send home nutrition information (in the form of a newsletter), post nutrition tips on school websites, and provide nutrient analyses of school menus. The district/school will provide parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

E. PHYSICAL ACTIVITY

Students are given opportunities for daily physical activity during the school day through physical education (PE) classes, daily 30-minute recess periods for elementary school students, and integrating physical activity into the academic curriculum where appropriate.

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

Schools should work with the community to create opportunities for students to participate in physical activities such as Northampton County Parks and Recreation.

Schools should 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.

Schools should provide training and facilities to enable staff to promote and model enjoyable, lifelong physical activity among students.

Teachers will be encouraged to integrate physical activity across the curricula throughout the school day. Movement can be made part of science, math, social studies, and language arts.

Policies ensure the school's physical education classes have a student/teacher ratio like other classes.

By Virginia law, daily recess must be provided and not used as punishment or a reward. Consider planning a recess before lunchtime since research indicates that physical activity before lunch can increase nutrient intake, increase metabolism, and reduce food waste.

Each student should have equipment made available to them that meets safety guidelines to participate adequately in a given capacity.

Information will be provided to families to help them incorporate physical activity into their student's lives.

Guidance on Implementing Physical Education-Related School-Based Activities:

- Regularly scheduled and age-appropriate experiences should be provided for students through grade 10.
- Quality electives should be available for students in grades 11 and 12 to build interest and proficiency in the skills, knowledge, and attitudes essential to a lifelong, physically active lifestyle.
- Instruction should provide information, foster a positive atmosphere, encourage self-discipline, develop motor skills, honor student diversity, be delivered equitably, and promote lifelong physical activity.
- Safe and satisfying physical activity should be available for all students, including those with special needs.
- Certified physical education teachers shall teach classes.
- Daily recess for elementary students, including 30 minutes of physical activity, should be provided.

- Provide regular integrated physical activities into academic instruction. For example, brain break opportunities during class to re-energize and refocus elementary students.
- Prohibit the exclusion of students from recess for disciplinary reasons or academic performance in the classroom.
- Adequate space and safe, well-maintained equipment should support structured programs/activities.
- Information should be available for parents to facilitate incorporating physical activity into their child's life.
- Health education emphasizes teaching essential health topics and skills necessary to adopt, practice, and maintain healthy behaviors, such as choosing nutritious foods and engaging in regular physical activity.
- Utilize a planned, sequential, and comprehensive health education curriculum that:
 - is culturally and developmentally appropriate;
 - addresses a clear set of behavioral outcomes that promote healthy eating and physical activity behaviors; and
 - provides opportunities for students to practice the following skills: analyzing influences, accessing information, interpersonal communications, decision-making, goal-setting, self-management, and advocacy.
- All high school students will receive training in basic first aid, CPR, and AED use to fulfill the graduation requirement to receive a Virginia diploma.

F. RELATED SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

- The school division will use the Collaborative for Academic, Social, and Emotional Learning (**CASEL**) framework; schools will provide students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.
- Coordinated bus schedules should allow time for breakfast.
- Appropriate safeguards for free and reduced-priced meals students' confidentiality should be guaranteed.
- Adoption of methods/procedures to decrease fat, calories, and sodium levels as appropriate should be required.
- Clubs - elementary, middle, and high school
- Intramurals - elementary and middle school
- Student-led organizations - high school
- After-school programs will encourage physical activity and healthy habit formation.
- Support for the health of all students will be demonstrated by hosting health clinics and health screenings and helping eligible students enroll in dental programs, Medicaid, and other state health insurance programs for children.

III. IMPLEMENTATION

The division will invite a diverse group of stakeholders from the list below and the public to participate in the development, implementation, periodic review, and update of the Wellness Policy activities. This group may include parents, students, teachers, school health professionals, the school board, school administrators, and representatives of the school food authority. The public will be notified on the division website.

School-organized wellness committees comprised of cafeteria staff member(s), teacher(s), administrator(s), parents, and students will be put in place to plan, implement, and improve nutrition and physical activity in the school environment.

- A member from each school will be asked to serve on the School Health Advisory Board (**SHAC**). Additionally, a Northampton County School Board member will be asked to serve on this School Health Advisory Board.

A copy of the Wellness Policy must be in the student handbook to inform parents and students of our policy and expectations.

The Superintendent or an assigned designee will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success.

The division will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school follows the policy, a description of the progress made in attaining the goals of the Wellness Policy, and how the policy compares to a model policy.

01/25/24 Revised by Superintendent with input by the School Board

Leg. Ref: 42 U.S.C. §1751; 8VAC20-580-10 et seq. and 8VAC20-290-10