

STUDENT WELLNESS

I. Policy Statement

The Colonial Heights 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

Based on review and consideration of evidence-based strategies and techniques, the Colonial Heights School Board has established the following goals to promote student wellness.

A. Nutrition Promotion and Education

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

Students receive consistent nutrition messages from all aspects of the school program.

Division health education curriculum standards and guidelines address both nutrition and physical education.

Nutrition is integrated into the health education or core curricula [e.g.], math, science, language arts.

Schools link nutrition education activities with the coordinated school health program.

Staff who provide nutrition education have appropriate training.

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.

Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard 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.

Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

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.

Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

D. Nutrition Standards and Guidelines

The superintendent is responsible for creating

- regulations to develop and implement standards for all foods and beverages provided, but not sold, to students on the school campus during the school day; and
- standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that promote student health and reduce childhood obesity and are consistent with the applicable standards and requirements in 7 C.F.R. §§ 210.10, 210.11 and 220.8.

Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.

III. Implementation

The School Board encourages parents, students, representatives of the Health Advisory Board, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy by public posting of policy and encouraging electronic and in person comments at open session meetings.

The Superintendent, the Assistant Superintendent of Business Services, and the Director of Food Services is responsible for implementing and enforcing this policy. The implementation of this policy is measured by NSLP related metrics and reports as well as input from SNP and instructional staff as well as local Health Advisory Board.

The public is informed about the content and implementation of the policy via public electronic posting and open session reports generated by Health Advisory Board.

Implementation procedures include measuring and making available to the public, at least once every three years, an assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to

model school wellness policies, and a description of the progress made in attaining the goals of the policy. The results of the triennial assessment are considered in updating the policy.

The School Board retains the following records to document compliance with 7 C.F.R. § 210.31:

- the policy;
- documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and
- documentation of the triennial assessment of the policy.

Adopted: May 22, 2006

Amended: August 26, 2008; April 23, 2013; May 23, 2017; August 28, 2018; August 27, 2019.

Legal Refs:

42 U.S.C § 1758b.
7 C.F.R. 210.31.

Code of Virginia, 1950, as amended, § 22.1-207.4

Cross Refs:

EFB	Food Services
IGAE/IGAF	Health Education/Physical Education
JL	Fund Raising and Solicitation

KQ	Commercial, Promotional, and Corporate Sponsorships and Partnerships
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