

STUDENT WELLNESS

I. Policy Statement

The Gloucester County School Board recognizes the correlation between student health and learning, and therefore desires to provide a comprehensive program promoting healthy eating and physical activity for division students.

II. Goals

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

A. Nutrition Promotion and Education

Gloucester County Public Schools will teach, encourage, and support the healthy eating habits of students through nutrition education and nutrition promotion.

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

Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.

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.

Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students and the community.

B. Physical Activity

Gloucester County Public Schools will teach, encourage, support, and promote lifelong physical activity for students.

The Gloucester County school division has a goal of making a program of physical fitness available to all students for at least 150 minutes per week on

average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities and other programs and physical activities.

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. Nutrition Standards and Guidelines

Gloucester County Public Schools will promote appropriate nutritional standards (for foods and beverages) that encourage healthy lifestyles and discourage childhood obesity.

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.

III. School Health Advisory Board

The School Health Advisory Board will serve as a resource and provide guidelines for the implementation of this policy. Guidelines will be reviewed annually with recommendations submitted to the School Board for review as required by the Virginia Department of Education.

IV. Implementation

The School Board encourages parents, students, representatives of the school food authority, 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. ← **Formatted**

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The Assistant Superintendent for Administrative Services, or the Assistant Superintendent's designee, is responsible for overseeing the implementation of this policy and ~~will develop~~ developing procedures for evaluating the policy, including indicators that will be used to measure its success.

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: April 11, 2006

REVISED: May 15, 2007
May 11, 2010
July 18, 2017

LEGAL REFERENCES: 42 U.S.C. § 1758

7 C.F.R. 210.3

Code of Virginia, 1950, as amended, § 22.1-253.13:1.

CROSS REFERENCES: EFB Free and Reduced Priced Food Services
IGAE Health and Physical Education
JL Fund Raising and Solicitation
JHCH School Meals and Snacks
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships

School Health Advisory Board's *Health and Wellness Guidelines* (Rev. 10/2014)