

## **STUDENT WELLNESS**

### I. Policy Statement

The Gloucester County School Board recognizes that schools, in partnership with families, and other local agencies and community organizations, play an important role in promoting student and staff wellness. The School Board believes that in order for students to achieve personal, academic, developmental, and social success, the school division needs to create positive, safe, and health-promoting learning environments at every level, and in every setting, throughout the school year.

The School Board establishes a system-wide culture of wellness within Gloucester County Public Schools for students that aligns with the Centers for Disease Control and Prevention's *Whole School, Whole Community, Whole Child* ecological framework. With the child at the center, Gloucester County Public Schools wellness policies, practices, and procedures such as this one improve and strengthen the alignment between learning and health.

The School Board strongly supports reliance upon research-based programs and practices as well as data-driven decision-making. The School Board also strongly supports school environments that encourage and model nutritious eating habits and physical activity, both of which are linked to academic success and lifelong good health. Among other things, research shows that two components – good nutrition and physical activity before, during, and after the school day – are strongly correlated with positive student outcomes.

This policy focuses heavily on the physical well-being of our schools and students. Gloucester County Public Schools believes in the critical nature of the social, emotional, mental and other elements of wellness. Additional priorities, policies, and procedures will address these important factors of our student's overall wellbeing.

To foster and promote a culture of wellness in Gloucester County Public Schools, the School Board's five (5) wellness priorities for the near future, include the following:

- establishing a wellness council/committee at the district and/or school level;
- integrating wellness activities into classroom instruction and into the various areas of the school;
- expanding elementary social emotional learning (SEL) curriculum and developing and endorsing standards for middle school grade levels; and,
- ensuring a student wellness specialist, or designee, provides coordination and guidance of district and school-based wellness councils/committees.

Further, the public will be provided an annual update on the content of this policy, where they can access the policy and details for those who wish to obtain additional information. In addition, the public will be provided a triennial update on the extent to which schools are in compliance with the policy as measured by a school assessment, the extent to which the school division's wellness policy compares to model wellness policies, and a description of progress made in attaining the goals of the policy.

### 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 food 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 serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.

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.

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The Executive Director of Operations, or their 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  
November 10, 2020

**LEGAL REFERENCES:** 42 U.S.C. § 1758b  
  
7 C.F.R. 210.31  
  
Code of Virginia, 1950, as amended, § § 22.1-207.4.  
  
8 VAC 20-740-30.  
  
8 VAC 20-740-40.

**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*