

## STUDENT WELLNESS

### Policy Statement

The Giles 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.

### Goals

Based on review and consideration of evidence-based strategies and techniques, the Giles County 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. This is coordinated through health and physical education classes, science teachers, school nutrition employees, and Virginia Cooperative Extension Agents who regularly come into the classrooms.
- 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.
- All students have access to school breakfast and lunch. All foods and beverages sold on campus are consistent with the Smart Snacks in Schools regulation. Students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. Water is available to all students at meal times at no charge. Cafeterias and kitchens are clean, orderly and inviting. There is adequate seating for students during each meal period.

#### B. Breakfast

Breakfast meals are prepared and served in accordance with all dietary guidelines of the National School Breakfast Program. Students are encouraged to participate in the breakfast program. All breakfast meals include (at a minimum) the USDA recommended meal pattern. Students are also offered a second chance breakfast option called Fast Break from 8:15 am to 9:00 am. This meal is offered outside of the cafeteria and students are allowed to eat this meal in their classrooms.

### C. Lunch

Lunch meals are prepared and served in accordance with the Healthy Hunger Free Kids Act of 2010 and all dietary guidelines of the National School Lunch Program. Students are encouraged to participate in the lunch program. All lunch meals include (at a minimum) the USDA recommended meal pattern.

### D. A La Carte

A la carte means all other food and beverages sold by the school nutrition program in the cafeterias. These items comply with USDA regulations.

### E. Physical activity

The Giles 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. The division's goal for the implementation of its physical fitness program is for schools to encourage parents/guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Policies ensure that state-certified physical education instructors teach all physical education classes. Policies ensure that state physical education classes have a student/teacher ratio similar to other classes. Time allotted for physical activity will be consistent with research, national and state standards. For example, the National Association for Sport and Physical Education includes recommendations for at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours. Provide a daily recess period which is not to be used as punishment or reward. Considering planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. Schools encourage families and community members to institute programs that support physical activity. Students receive age-appropriate physical education. Elementary schools provide daily recess that promotes physical activity beyond physical education classes.

## F. 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. The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs. 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. Local wellness policy goals are considered in planning all school based activities (such as school events, field trips, dances, and assemblies). Support for the health for all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible students in Medicaid and other state children's health insurance programs.

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

### Breakfast

- Breakfast meals are prepared and served in accordance with all dietary regulations of the National School Breakfast Program.
- All students have access to the breakfast meal. If students arrive late, they can participate in Fast Break.
- All cereals and toast served will be whole grain products.
- Students have a choice of 100% juice and canned/fresh fruit each day.
- Students have at least 10 minutes to eat breakfast.
- Skim flavored or unflavored milk is offered daily.

### Lunch

- Lunch meals are prepared and served in accordance with all dietary regulations of the National School Lunch Program.
- All students have access to the lunch program.
- Students have a choice of a canned and/or fresh fruit daily.
- All grains will be at least 50% whole grain rich.
- Students have at least 20 minutes to eat lunch.
- A variety of vegetables are offered daily for a nutritional balance.
- Skim flavored or unflavored milk is offered daily.

### 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.

The School Health Coordinator (with assistance from the Food Service Supervisor) is responsible for enforcing this policy and overseeing the implementation of this policy and developing procedures for evaluating the policy, including indicators that will be used to measure its success. The public, including parents, students, and others in the community, will be informed and updated about the status and implementation of the policy on the SBO website. 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 18, 2006  
Revised: June 26, 2008  
Revised: April 11, 2013  
Revised: June 30, 2017  
Revised: June 29, 2018

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Legal Refs: 42 U.S.C. § 1758b.

7 CFR Pt. 210, App. B.

Code of Virginia, 1950, as amended, § 22.1-253.13:1.D.14.

Cross Refs: EFB Free and Reduced Price Food Services  
IGAE/IGAF Health Education/Physical Education  
JHCH School Meals and Snacks  
JL Fund Raising and Solicitation  
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships