

## STUDENT WELLNESS

The Bath County Public School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity among division students.

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

### **Nutrition Promotion and Education**

- Students will receive age appropriate nutrition education that teaches the skills needed to adopt and maintain healthy eating habits.
- Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the school nutrition staff and other school personnel, including teachers.
- Students receive consistent nutrition messages from all aspects of the school program.
- The full meal program will follow the USDA standards for national school breakfast and lunch programs.
- Every effort to follow the Bath County Public School Division's Nutrition Standards when determining the items in a la carte sales.
- Only 100% whole grain products will be offered.
- A variety of fruits and vegetables will be offered daily as meal and a la carte options.
- Nutrition guidelines have been selected by the division for all foods available on every school campus during the school day (defined as the start of the breakfast period through 30 minutes following dismissal). The objectives of the guidelines are to promote student health and reduce the incidence of childhood obesity.
- Nutrition standards for the National School Breakfast and Lunch Programs are in place which meet or exceed state and federal guidelines.
- The breakfast/lunch program will be promoted to parents and will be accessible to all students. Free and reduced-price meals will be provided to students who meet income requirements in a manner that ensures that these students are not identified by others.
- Whenever possible, schools will not schedule other activities during lunch times.
- Schools will arrange bus schedules and utilize methods to serve breakfasts that encourage maximum participation.
- Students and staff will be encouraged to consume water throughout the day. Students will either be allowed to carry water bottles or take water breaks. Students will be provided cups and water during lunch at no charge.
- Instructional staff (preK-12) will be encouraged to integrate nutrition information into daily lessons whenever possible. See Appendix B for suggested topics to be covered.
- The Nutrition and Wellness Director will be properly qualified and certified according to current USDA professional standards.
- All food service personnel will have adequate pre-service training and at least twice a year participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, and other topics directly relevant to the employee's job duties.

## Physical Activity

- Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
- During physical education, students will engage in moderate to vigorous physical activity at least 75% of the class time, with a focus on developing increased endurance and upper body strength.
- Physical education will have a student/teacher ratio that is the same as average classes in the school.
- The physical education curriculum will offer a variety of physical activities that will appeal to the varied interests of students.
- The curriculum will emphasize lifetime physical activities (walking, biking, tennis, yoga) and functional fitness.
- Physical activity will not be used (e.g. running laps, pushups) or withheld (i.e. physical education class) as punishment or to make up missed class/work/tests. Recess will not be withheld as punishment for misbehavior except as a last resort, and when it is withheld, it can be withheld for no longer than 5 minutes. This guidelines does not apply to extracurricular sports teams.
- Whenever possible, physical activity will be used as a reward to reinforce academic achievement.
- The physical education program uses instructional practices that are appropriate for students with special needs.
- All schools have equipment for every child to be physically active.
- Concepts concerning health, nutrition, and lifelong fitness are emphasized and taught to all students.
- The school division supports the participation of students in appropriate community-based activity programs.
- Physical education curriculum is aligned with national guidelines and Virginia physical education standards of learning.
- Communication with parents regarding student wellness/physical activity will be maintained.

## Other School-Based Activities

- The cafeteria environment will be relaxed, attractive and enjoyable for students.
- Students will have adequate time for meals. The School Nutrition Association recommends a minimum of at least ten minutes for breakfast and twenty minutes for lunch from the time the students are seated.
- Staff will encourage students to wash their hands either with soap and water or with the use of hand sanitizers before eating; there will be convenient access for hand-washing before meals.
- All schools will participate in the National School Breakfast and Lunch Programs.
- Foods or beverages will not be used as rewards for academic performance or good behavior.

## **Nutrition Standards and Guidelines**

- The nutritional content of foods and beverages donated for class parties or other school events is considered. Parents and teachers are encouraged to purchase healthy food items for these events in order to provide consistent nutrition messages. School administrators and parent/teacher organizations will promote healthy options for snacks and special occasions. (See Appendix C for healthy options)
- Fundraising groups may not sell foods or beverages during any breakfast or lunch periods. Foods or beverages that are sold outside of meal periods, but during the school day through 30 minutes following dismissal, must meet the same nutritional standards as a la carte items sold through the School Nutrition Program as regulated by the federal Healthy, Hunger-Free Kids Act of 2010. Up to five exemptions for fundraising events where foods sold do not meet federal regulations will be allowed per school year at the discretion of the Division Superintendent. Fundraising groups are encouraged to consider non-food fundraising ideas.
- School fundraising activities, excluding concessions, will either not involve food or will use only foods that meet the established standards (Appendix A) for foods and beverages sold individually.
- The division will encourage fundraising activities that promote physical and academic activity.
- The division can make available a list of ideas for acceptable fundraising activities.
- School-based marketing will be consistent with nutrition education and health promotion. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.
- Brands that promote predominantly low-nutrition foods and beverages will not be marketed on school grounds.
- Healthy foods, beverages and practices will be promoted in a variety of creative ways.
- All foods and beverages made available on school grounds must comply with the current USDA Dietary Guidelines for Americans and with the Bath County Public School Division's Nutrition Standards (See Appendix A for division's nutrition standards).  
Other examples of sources of foods and beverages covered by Nutrition Regulations:
  - Vending machines
  - A la carte
  - Beverage contracts
  - Fundraisers
  - Student stores
  - Classroom parties/classroom celebrations

## **Implementation**

- The division superintendent or designee will ensure compliance with the division-wide student wellness policy and its regulations.
- In each school, the principal or designee will ensure compliance with the division's student wellness policy and regulations and will report at least annually on the school's compliance to the superintendent or designee.

Adopted: May 2, 2017

## **APPENDIX A STANDARDS FOR FOODS AND BEVERAGES**

**(Based on USDA guidelines for national school breakfast/lunch programs,  
and recommendations from the Virginia Action for Healthy Kids)**

### **Permitted Beverages**

- Water
- Non-fat and low-fat milk (plain or flavored)
- 100% real fruit and vegetable juices without added sugars
- Sports drinks that meet USDA guidelines for National School Breakfast and Lunch Programs
- Carbonated drinks that meet USDA guidelines for the National School Breakfast and Lunch Programs

### **Prohibited Beverages**

- Beverages that contain caffeine (with the exception of those that have only trace amounts of naturally occurring caffeine-related substances such as chocolate milk). This restriction applies only to students, not to staff.
- Fruit and vegetable drinks that contain added sugars and are less than 100% fruit or vegetable juice
- Sports drinks that don't meet the USDA guidelines for National School Breakfast and Lunch Programs
- Carbonated drinks that don't meet USDA guidelines. Note: this restriction applies only to students, not to staff.
- Since staff members are role models for students, they are strongly encouraged to refrain from drinking in front of the students any beverages that are prohibited for the students.

### **Permitted Snacks and Side Dishes**

- Permitted snacks and side dishes are those that have:
  - 300 or fewer calories per item
  - 35% or fewer calories from fat
  - 10% or fewer calories from saturated fat
  - 35% or less of their weight from sugar (except fresh, dried or canned fruits and \ vegetables without additional sweeteners)
- Reduced sodium (at least 25% less than reference food) snacks are recommended. Salt shakers and salt packets shall not be available to students
- Due to nutrient density, nuts (1 oz.), seeds (1 oz.), and cheese (1 oz.) are exempt from fat and saturated fat standards

### **Whole Grains, Fruits and Vegetables**

The following will always be provided:

- Whole grain breads and cereals
- A variety of high-quality fruits and vegetables

### **Suggested Portion Sizes for Snacks and Beverages**

(Calories should be 300 calories or less per item)

- Snacks: 1.25 oz.
- Cereal bars: 2 oz.
- Frozen desserts, ice cream: 3 oz.
- Beverages (no limit on water or milk): 12 oz.

## **APPENDIX B HEALTHY EATING TOPICS**

- Benefits of healthy eating
- Importance of eating a healthy breakfast
- Nutritious choices for each food group
- Importance of portion control and moderation in a person's eating habits
- Reading and using food labels
- Importance of and ways to eat five or more fruits/vegetables daily
- Importance of increasing water intake and decreasing intake of calorie dense beverages
- Importance of and ways to increase physical activity and decrease screen time
- Importance of avoiding unhealthy fats and using healthy fats in moderation
- Ideas and recipes for healthy snacks, lunches, and celebrations
- The influence of personal preferences, family, media, and culture on dietary behavior
- Finding and utilizing resources related to healthy eating
- Goal-setting and decision-making skills for healthy eating

## **APPENDIX C RECOMMENDED FOODS AND BEVERAGES**

### **Recommended Foods for Snacks, Party Treats, and Vending Items**

These recommended items must meet Bath County Public School Division's nutrition standards for sugar and fat content.

- Fresh vegetables with optional low fat dip
- Fresh, canned or dried fruits (dried in moderation) with optional low fat yogurt dip
- Low fat popcorn
- Pretzels
- Low fat/low sodium crackers
- Baked corn chips and fat free potato chips with salsa and low fat dips
- Dry roasted peanuts, tree nuts and soy nuts (MUST FOLLOW SCHOOL POLICY RELATED TO SAFEGUARDING STUDENTS WITH NUT ALLERGIES)
- Low fat cookies and crackers such as fig bars and gingersnaps
- Low fat, low sodium bread products (preferably whole grain) such as bread sticks, pita bread, small bagels
- Ready-to-eat low sugar cereals
- Low fat granola bars, muffins made with no saturated fat or trans-fat
- Low fat or nonfat yogurt/parfaits
- Low fat, low sodium snack mixes/trail mixes with combinations of cereal/pretzels/low fat crackers and dried fruit with small amounts of nuts/seeds
- Low fat cheese and crackers
- Un-iced angel food or sponge cakes, low-fat pound cake, gingerbread
- Frozen fruit juice pops
- Low fat ice creams, frozen yogurts, sherbets, sorbets
- Low fat pudding cups and gelatin cups, with or without fruit
- Low fat meat/cheese/hummus/vegetable sandwiches made with whole grain bread and low fat sandwich spreads; sandwiches made with nut butters, whole grain bread, thinly sliced fruit or fruit butters