

STUDENT WELLNESS

Goals

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

Nutrition Promotion and Education

- Nutrition education, PK-12, will include instruction that helps students learn more about the various food groups; caloric, sugar and fat intake; healthy cooking methods, the recognition of the role media plays in marketing and advertising foods and beverages; health body images along with the meaning of BMI (Body Mass Index); and the value of a balanced diet to a healthy lifestyle.
- Nutrition concepts will be reinforced by all school personnel, and integrated into various and appropriate subject areas.
- School breakfast, lunch and snack programs will model healthy eating habits and provide healthy food choices necessary to meet the federal nutritional guidelines.
- The school division will provide educational information and encourage healthy eating and physical activities for families. Parents and family members will be encouraged to be a part of the team responsible for teaching children about health and nutrition.
- Teachers and Support Staff responsible for nutrition education will be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition 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.
- Schools link nutrition education activities with the coordinated school health program.
- Instructional personnel who provide nutrition education will have appropriate training.
- Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students and the community

Physical activity

- Physical education, PK-10, will be regular, age appropriate*, and designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle.
(*Age appropriate physical education is activity that utilizes movement concepts, motor skills, and intensity appropriate for a child's stage of development.) The health risks associated with a sedentary lifestyle will be specifically addressed.
- Safe and satisfying physical activity will be provided for all students, including those with special needs.
- Elementary schools will try to provide daily recess to encourage physical activity.

- Parents and family members will be encouraged to promote and incorporate physical activity into their children's lives.
- All physical education classes will be taught by licensed/endorsed teachers that participate in professional development.
- Schools will ensure students have adequate space and equipment to participate in structured physical education. Physical activity facilities, grounds, and equipment will be safe and well-maintained.
- Before-school and/or after-school programs will include supervised, age-appropriate physical activities which appeal to a variety of interests.
- 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 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.

Other school-based activities

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- Schools are encouraged to utilize available community resources to promote increased physical activity.
- Elementary schools will participate in *The Virginia Wellness Program for Schools*.
- All students will be encouraged to participate in school meal programs, and the identity of students who are eligible for free and reduced lunch will be protected.
- When scheduling meals, adequate seated time (minimum of 10 minutes for breakfast and 20 minutes for lunch) will be provided, and lunch will be scheduled with a minimum of wait time and as close to mid-day as possible.
- Hand washing before meals will be encouraged and practiced.
- The dining environment will be clean, safe, and enjoyable and provide sufficient seating in an appropriate arrangement. A source of drinking water will be available.
- Food and candy will not be used as rewards.
- 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.

Nutrition Standards and Guidelines

The superintendent is responsible for creating

- A. 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
- B. 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.

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 Director of Nutrition and Wellness 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.

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: June 6, 2006

Revised: June 24, 2008; May 7, 2013; June 6, 2017; June 28, 2018; June 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.

8 VAC 20-740-30.

8 VAC 20-740-40.

Cross Refs:	EFB	Food Services
	IGAE/IGAF	Health Education/Physical Education
	JL	Fund Raising and Solicitation
	KQ	Commercial, Promotional and Corporate Sponsorships and Partnerships