STUDENT WELLNESS
NUTRITION AND PHYSICAL ACTIVITY

A. Generally

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 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, in every setting, throughout the school year. In revising this policy, it is therefore the goal of the School Board to establish a system-wide culture of wellness within the Chesterfield 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, policies, practices, and procedures such as this one improve and strengthen the alignment between learning and health.

To assist with the implementation of this overall goal, the School Board strongly supports reliance upon research-based programs and practices as well as data-based 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. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically with positive changes in behavior and motivation.

While this policy focuses heavily on the physical well-being of our schools and students, CCPS also 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 CCPS, the School Board’s five (5) wellness priorities for the foreseeable future, include the following:

- Establishing a Wellness Council at every school;
- Integrating wellness activities into classroom instruction and into the various areas of the school;
- Modifying school start times so that no student begins school before 8:00 a.m.;
- Expanding elementary social emotional learning (SEL) curriculum and developing and endorsing standards for middle school grade levels; and,
- Ensuring a student wellness specialist for the school division is in place to provide coordination and guidance to school-based wellness councils.

A standing local wellness policy team will be identified for the purpose of developing, implementing, and periodically reviewing and updating this policy. This team will be an extension of the School Health Advisory Board (SHAB), whose mission and expertise is
consistent with the wellness policy vision and objectives. Team members should include, to the extent possible, but not be limited to, school administrator, division administrator, parent, student, food services representative, teacher of physical education, nurse, public health professional, physician, nutritionist, parks and recreation representative, and mental health professional. Elementary and secondary schools will be represented, and actions will be taken to ensure the general public is invited to participate.

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.

This policy is to be read in conjunction with Policy 7020, Sale of Food Items on School Premises, and Policy 4080, Fundraising and Charitable Solicitations, among others.

B. School Meals

Chesterfield County Public Schools is committed to serving healthy meals to children that meet the nutritional requirements contained in Policy 7020, Sale of Food Items on School Premises. This policy can be found at http://www.boarddocs.com/vsba/chesterfield/Board.nsf/goto?open&id=9LFPCY63EDCE. The goals of the school division’s school meal programs are to improve the diet and health of school children, to help mitigate childhood obesity, to model healthy eating habits, to support the development of lifelong healthy eating patterns, and to support healthy choices while also accommodating cultural food preferences and special dietary needs. Meals should also be appealing and attractive and every effort is made to serve in a clean and pleasant environment. All Chesterfield schools have closed campuses and students should remain at school during their meal period.

All schools within the school division participate in the National School Lunch Program (NSLP) and – with the exception of the two technical schools (CTC@Hull and CTC@Courthouse) – the School Breakfast Program (SBP). In addition, the school division participates in the Fresh Fruit & Vegetable Program (FFVP) for schools that apply and qualify for this program, the Seamless Summer Feeding Program, and the Farm-To-School program.

In addition, the school division operates other nutrition-related programs and activities including alternative breakfast models. Further, individual schools may sponsor promotions or special events, such as food tastings, that highlight nutritious foods.

Also, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The school division will make drinking water available where school meals are served during mealtimes by providing cups upon request and by permitting students to go to drinking fountains. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

C. Competitive Foods and Beverages

The school division supports the notion that all foods and beverages offered to students on the school campus during the school day support healthy eating. Therefore, all foods and

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beverages sold outside of the reimbursable school meal programs, including a la carte items and vending options must meet the USDA Smart Snacks in School nutritional standards, available at www.healthiergeneration.org/smartsnacks.

All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day must meet or exceed the USDA Smart Snacks nutritional standards. These standards apply in all locations where foods and beverages are sold, which may include, but are not limited to school stores, fundraisers, and snack or food carts. Additionally, as described in Policy 7020, Sale of Food Items on School Premises, no food or beverage outside of what is sold by Food and Nutrition Services should be sold during breakfast or lunch service.

D. Nutrition Education

The primary goal of nutrition education is to influence lifelong eating behaviors in a positive manner. Nutrition education teaches behavior-focused skills and may be offered as a part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health and to make positive choices regarding food and nutrition.

Nutrition education will be taught by health and physical education teachers at the middle and high school levels, and by physical education teachers at the elementary level. The school division will include in its health and physical education curriculum essential topics on nutrition and healthy eating – for elementary students, where practicable, and for middle and high school students as required in the curriculum. Nutrition education and topics may also be integrated into other classrooms and other school settings, when applicable.

The school division will commit to periodically posting information related to health and wellness on its website for families and the broader community. Among other things, menus for the federal lunch program, as well as nutritional information, will be posted on the school division’s website. Individual schools’ websites will at a minimum contain a link to the school division’s website.

E. Nutrition Promotion

Like nutrition education, the primary goal of nutrition promotion is to influence lifelong eating behaviors in a positive manner through creating positive food environments that encourage healthy nutrition choices and encouraging participation in school meals programs, as research indicates that school meals are more healthful than other alternatives.

Among other things, applications for free and reduced priced meals will be made available at the beginning of each school year, will be placed on the school division’s website, and will be provided to a parent or guardian upon request. Chesterfield is committed to protecting the privacy of students and families that qualify and apply for free or reduced meals and will take steps to ensure the process is confidential. For more details on eligibility for free/reduced meals, please see School Board Policy 7010, Federal Child Nutrition Programs, which can be found at http://www.boarddocs.com/vsba/chesterfield/Board.nsf/files/AM7L9F54EE25/$file/7010%20-%20Free%20and%20Reduced%20Price%20Lunch%20Services%20-%20Revised%206-23-15.pdf

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Chesterfield Food and Nutrition Services will also host periodic food-tasting opportunities for the purpose of gaining feedback on new food choices that could be offered as a part of the school breakfast and lunch programs.

F. Fundraisers

When sponsoring fundraisers involving food and beverage sales, schools and school staff members are encouraged to offer healthy foods and non-food products, as well as various physical activities that promote a healthy lifestyle, such as 5K and 10K races. In addition, principals and School Wellness Councils will encourage PTA/PTOs and other parent organizations to sponsor fundraisers that involve the sale of healthy foods and non-food products. Food and beverage fundraisers during the school day must meet the Smart Snacks standards as indicated by Policy 7020, Sale of Food Items on School Premises. Additionally, no fundraisers or sales of food or beverages of any kind should be conducted during the breakfast and lunch service. Fundraisers outside of school hours, including restaurant nights are acceptable; however, flyers and other marketing material in schools must promote and portray healthy food product options that meet the Smart Snacks standards.

G. Food Given to Students and Classroom Celebrations

Schools should strive to offer foods and beverages on the school campus during the school day that meet or exceed the USDA Smart Snacks nutritional standards. As a result, teachers and other school staff are encouraged to give students only healthy snacks during the school day. “Healthy snacks” are defined as any food or beverage that meets the requirements of Smart Snacks.

Likewise, teachers, other school staff, parents, and PTA/PTOs and other parent organizations shall encourage healthy food choices during classroom celebrations and parties, and are to be aware of and collaborate with the school registered nurse or exceptional education staff to address the needs of students with food and other allergies, as well as other serious health conditions. Further, while it is impossible to prevent all food-sharing by students during lunch, classroom celebrations and other classroom events, to the extent practicable, teachers and other school staff shall take precautions to limit the amount of food-sharing that occurs between and among students. In addition, parents should advise their children about the potentially life-threatening consequences of sharing their food with other students who may have food allergies and/or other serious health conditions. Teachers are also encouraged to provide non-food treats and rewards to students, including in class treasure boxes and other incentive systems.

H. Food and Beverage Marketing in Schools

The school division strives to encourage a school environment that provides opportunities for all students to practice healthy eating habits throughout the school day. Further, the school division strives to teach students how to make informed nutritional choices. However, such efforts may be negatively impacted if students hear or see advertising on school division property that is inconsistent with information the school division has emphasized during its nutrition education and health promotion efforts.
For purposes of this section, “food advertising and marketing” is defined as any oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product, where any such statement is made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

The school division will promote student’s health by permitting only the advertising and marketing of foods and beverages that are permitted to be sold on the school campus, which includes those items maintaining the nutritional standards of Smart Snacks, serving to promote student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. However, this restriction shall not apply to advertisements on students’ clothing; on the packages of food brought from home by students or staff for personal consumption; the use by a teacher of an advertisement as a part of a media or other lesson; scoreboards, marquees, and other fixtures where a logo already appears. As the Division, School Nutrition Services, Athletic Departments, and PTAs/PTOs consider new contracts, equipment and product purchasing (and replacement), decisions should reflect the applicable marketing guidelines established by this policy.

I. Physical Activity

Research continues to show that students who are more physically active are more successful students and more productive future professionals. Considering the nature of the traditional learning environment, it is imperative that we integrate physical activity into all areas of the school building as well as before, during, and after the school day. To accomplish this, Chesterfield County is committed to creating a school environment that promotes active movement outside of the traditional opportunities to engage in physical activity. Not only does the school division encourage daily active recess and a comprehensive physical education program, but schools are highly encouraged to integrate physical activity into field trips as well as the core subject classrooms through kinesthetic learning, active lessons, brain boosters, and physical activity breaks. Core subjects include science, mathematics, language arts, and social studies.

The school division is committed to providing the professional development and support for teachers and staff to build skills and knowledge around implementing these practices through the expansion of the wellness integration model across the division. Teachers will strive to serve as role models by being physically active alongside their students whenever feasible.

Additionally, the school division offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods and activities. Such methods and activities include, but are not limited to, intramurals, middle school sports, varsity sports, and those activities covered by Policy 4070, Extracurricular Activities.

The school division also supports active transport to and from school, to include activities such as walking or biking where such activities may be conducted in a safe manner. The goal of this comprehensive plan around physical activity is to encourage at least 60 minutes a day of physical activity for all students in addition to other physical activity outside of the school environment and to support the learning environment as evidenced by research and best practice.

The school division will provide a program of physical activity for elementary students consisting of at least 30 minutes each day of physical activity— or an average of 150 minutes
per week – during the regular school year. The goal for secondary schools (grades 6 through 12) is to strive for at least 150 minutes per week on average during the regular school year. Such physical activity will be provided through a Comprehensive School Physical Activity Program (CSPAP) that includes, but is not limited to, physical education, recess, classroom-based physical activity (including active academics and active brain boosters), before- and after-school activities, and other programs and physical activities deemed appropriate by the School Board.

1. Recess (Elementary)

   All elementary schools shall offer at least 30 minutes of recess (to include transition time) on most days during the school year. For example, elementary schools will not be required to offer recess on early-release days or on days where school begins later than the regular start time. Barring inclement weather, each such recess period will be held outside. Recess monitors or teachers will encourage students to be active. Schools are encouraged to limit the number of times recess is affected during the school year and should not eliminate recess for an extended period of time for alternative instruction or programming.

   Taking away recess as a means for punishment for an individual student or a whole class is prohibited. In the event a student must make up work or testing during the recess period, no more than one-half of the duration of the recess period will be used for this alternate purpose. Additionally, physical activity (running laps, push-ups, etc.) shall not be imposed as a consequence for misbehavior.

   In the event recess must be conducted inside – due to inclement weather, for example – teachers and other staff shall, to the extent possible, promote physical activity through games, stations and cooperative play.

   Further, to the extent practicable, the school division will ensure that its playgrounds and other facilities are safe and that playground and other equipment is available for students to be active. The school division will see to it that necessary inspections and repairs are conducted on all such equipment, and will strive to make playground equipment accessible to students with physical and mental disabilities.

J. Health and Physical Education

   The school division will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health and nutrition standards. Physical education will be taught by licensed and qualified health and physical education teachers who are required to complete annual professional development training.

   All elementary students should receive physical education for at least 45 minutes per week throughout the school year. However, a number of factors may prevent an elementary school from providing 45 minutes of physical education each week for all students including, but not limited to, scheduling; assemblies and instructional activities; early, late and all-day closures due to inclement weather; and the length of the school day.
Middle school students in sixth and seventh grades are required to take a year-long health and physical education class. High school students in ninth and tenth grades are required to take a year-long health and physical education class in order to earn two full credits toward graduation. Both middle and high school physical education instruction should consist of an average of 110 minutes per week.

1. Essential Physical Activity Topics in Health and Physical Education

Each school organizes and maintains a physical and health education program in accordance with Board of Education regulations and State Board of Health guidelines. Such health instruction includes evidence-based essential topics on physical activity and health as well as

- incorporates standards that recognize the multiple dimensions of health by including mental health and the relationship of physical and mental health so as to enhance student understanding, attitudes, and behavior that promote health, well-being and human dignity, and
- may include an age-appropriate program of instruction on the safe use of and risks of abuse of prescription drugs that is consistent with curriculum guidelines developed by the Board of Education and approved by the Board of Health.

K. Other Steps to Promote Wellness

The school division and individual schools are encouraged to take other steps to promote wellness. For example, the division and schools may want to consider implementing one or more of the following:

1. Incorporate Wellness Concepts into Content Areas

Schools in the school division are encouraged to incorporate wellness concepts into the content areas, such as teaching nutrition and health-related concepts in core curriculum, as applicable. Specifically, school staff members are encouraged to promote the “9-5-2-1-0” message (a minimum of 9 hours of sleep; 5 fruits and vegetables each day; 2 or fewer hours of TV and video games each day; 1 hour or more of moderate to vigorous physical activity each day; and, almost zero sugar-sweetened drinks) and other research-based topics.

2. Community Partnerships

The school division will foster relationships with community partners (for example, the Chesterfield County Health Department, the County Planning Department, PTAs and other parent organizations, hospitals, colleges and universities, local businesses, etc.) to support various aspects of this policy.

3. Community Health Promotion and Engagement

Throughout the school year, the school division will strive to promote to parents and guardians the benefits of healthy eating and physical activity. Families may be informed of and invited to participate in various school- and division-sponsored activities such as food tastings, running events, and fitness nights.

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To the extent practicable, schools will open their indoor and outdoor physical activity facilities and spaces to students, families, community, and other organizations outside of school hours while complying with the Policy 6170-R(1), Use or Rental of School Facilities For All School Division Facilities Except for Those at CTC@Hull.

L. Wellness Councils

Each secondary and elementary school in the school division shall establish a Wellness Council and identify a wellness champion to lead wellness coordination in the school building. Among other things, once implemented, each such council shall meet regularly and encourage implementation of strategies set forth within this policy. Wellness Councils will also help create and support school wellness goals and provide assistance in the triennial assessment of their respective schools.

Among other participants, schools should consider including the following staff and community members on their Wellness Council: a school administrator, one or more teachers, a school counselor, a school secretary, a member of the school’s PTA or other parent organization, a local business person, a physician or pediatrician, the school cafeteria manager, the school’s C-Fit representative, one or more students, the public health nurse, and so forth.

M. Recordkeeping and Reporting to the Public

The school division will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will identify roles, responsibilities, actions, and timelines. Further, the school division will establish and maintain appropriate staffing and procedures infrastructure for the management, oversight, implementation, communication about, and monitoring of this policy and its established goals and objectives.

The school division will retain records to document compliance with this policy as required by the Healthy, Hunger Free Kids Act of 2010. Documentation may include, but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including:
  - Efforts to actively solicit Policy 4190 Work Group membership from the required stakeholder groups; and,
  - This group’s participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of the triennial assessment for each school in the school division;
- Documentation demonstrating compliance with public notification requirements, including:
  - Methods by which the wellness policy, and triennial assessments are made available to the public:
  - Efforts to annually notify families about the availability of the wellness policy; and,
- The implementation plan.

1. Annual Notification of Policy
The school division will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, the implementation status, and opportunity to get involved with the wellness policy. Additionally, contact information for the division policy leader(s) identified in Section N of this policy will be provided on the school division’s website.

2. Triennial Progress Reports

Every third year, the school division will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which each school is in compliance with the wellness policy;
- The extent to which the school division’s wellness policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the school division’s wellness policy.

The triennial report will be published in the fall following every third full school year of implementation. The school division will notify families of the availability of the triennial report.

3. Revisions to the Policy

The School Health Advisory Board and established work group will monitor the implementation of this policy and will propose modifications to the wellness policy based on the results of the each triennial progress report, and/or as school division priorities change.

4. School Assessments & School Wellness Action Plans

All schools will complete an assessment as part of the triennial report to evaluate the extent to which each school is in compliance with this policy and to identify wellness goals for the creation of a School Wellness Action Plan.

School Wellness Action Plans will be created by each school with the leadership of the wellness champion, school wellness council, and the principal. Division goals identified in the implementation plan as well as individual school goals may be included in the plans. Annual School Wellness Action Plans will be developed at the beginning of each school year and will be assessed for progress at the end of school year.

N. Responsible School Officials

Under the broad oversight of the School Health Advisory Board (SHAB) and local wellness policy team, the Specialist for Student Wellness, Employee Wellness Coordinator, Health and Physical Education Curriculum Specialist and a representative from Food and Nutrition Services for the school division shall be responsible for the direct coordination of this policy and for working with schools to promote compliance therewith. The school officials’ responsibilities will include: communication with students, staff, families, the community, SHAB, and the School Board around the contents, implementation, School Wellness Action Plans, triennial assessments, and periodic review of this policy.

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Cross Ref.: 4070 Extracurricular Activities
4080 Fundraising and Charitable Solicitations
4111 Student Health Services and Requirements
4133 Serving Students with Serious Health Conditions
6010 Educational Partnerships
6011 Community Relations
7010 Agreement to Participate in the School Nutrition Program
7020 Sale of Food Items on School Premises

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