

STUDENT WELLNESS

Goals

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

Nutrition Promotion and Education

Goal: The division provides students with nutrition education that meets or exceeds the expectations of the Virginia Department of Education Health Standards of Learning; integrating nutrition concepts and skills into other courses, as appropriate, throughout the school year.

Goal: The division integrates experiential activities for nutrition promotion, such as gardening, cooking demonstrations, taste testing and menu planning, into the school day, as appropriate, at the elementary, middle, and high school levels.

All schools within Westmoreland County Public Schools participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and Summer Food Service Program (SFSP). All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at 7 C.F.R. 210.10 and 7 C.F.R. 220.8.

Every school within Westmoreland County Public Schools provides breakfast through at least one alternative breakfast service model in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student. Alternative breakfast models include Breakfast in the Classroom, Grab-and-Go Breakfast, and/or Second Chance Breakfast.

Foods and beverages provided, not sold, on the school campus meet or exceed the United States Department of Agriculture Food and Nutrition Services (USDA-FNS) *Smart Snacks* rule including those provided at celebrations or classroom snacks. Foods and beverages are not used as a reward or withheld as punishment.

Physical Education/Physical Activity

Goal: The division provides students with physical education that meets or exceeds the expectations of the Virginia Department of Education Physical Education Standards of Learning; teaching the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the

knowledge, attitudes, behaviors, and confidence needed to be physically active for life.

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.

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.

Other Activities that Promote Wellness

Goal: The division provides students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. This instruction is provided by school counselors, health & physical education teachers, and other instructional staff, as appropriate.

The division provides water bottle filling stations in each school and encourages students and staff to drink water throughout the school day.

The division provides an adequate amount of time for students to eat breakfast and lunch and encourages student participation in the breakfast and lunch programs.

Generally, foods and beverages sold to students outside of the school meals program meet the USDA-FNS *Smart Snacks* rule. The school day is defined by USDA as the period from midnight the night before to 30 minutes after the end of the instructional day. Schools may allow up to 20 school-sponsored fundraisers per site per school year that are exempt from the USDA-FNS *Smart Snacks* rule.

The school principal approves, tracks, and monitors all food and beverage fundraisers. A fundraiser tracking document is kept on file in the main office. Any fundraiser that sells food or beverages may not be conducted during school meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period.

Nutrition Standards and Guidelines

The School Board incorporates and adopts the nutrition standards in 8 VAC 20-740-10 through 8 VAC 20-740-40.

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 invites a diverse group of stakeholders, including 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 public is notified of Wellness Policy activities on the division website.

The superintendent or his designee is responsible for implementing and enforcing this policy. The implementation of the policy is measured by periodic review of the goals and indicators of success.

The public is informed about the content and implementation of the policy by posting the most current Wellness Policy on the division website and including the date(s) on which the policy was amended.

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 process for monitoring compliance with this policy is twofold. The principal monitors daily compliance with the policy in the day-to-day operations of the school and through monitoring of instruction. The superintendent or his designee monitors compliance through implementation of the triennial assessment, as described in the preceding paragraph.

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: September 15, 2008

Amended: July 15, 2013

Amended: April 24, 2017

Amended: August 21, 2017

Amended: July 16, 2018

Amended: July 15, 2019

Amended: July 19, 2021

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