

STUDENT WELLNESS POLICY

I. POLICY STATEMENT

Northampton 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.

II. Goals

The Northampton County School Board has established the following goals to promote student wellness.

A. NUTRITION EDUCATION

Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the food service staff and other school personnel, including teachers. The school cafeteria has several posters displayed depicting the USDA MyPlate Guide, calorie information and portion size.

The level of student participation in the school breakfast and school lunch programs is appropriate at the elementary level. The high school and middle school breakfast participation is much lower than desired, therefore new breakfast participation incentives are being developed for implementation.

Schools conduct nutrition education activities and promotions involving parents, students and the community. Each school has a Cafeteria Advisory Committee that has monthly meetings. The committee consists of the cafeteria manager, a school administrator, teachers, instructional assistants and a parent volunteer. The advisory committee works in unison with the food service operation and the school community to offer suggestions, ideas, and concerns.

B. NUTRITION GUIDELINES

State mandated nutrition guidelines have been selected and are adhered to by the Division. The objective of these guidelines is to promote student health and reduce childhood obesity.

Guidelines are in place for maximizing nutritional value by decreasing fat and added sugars and moderating portion size of each individual food or beverage offered within the school environment.

Food and beverages included in a la carte sales in the food service program on school campuses will adhere to the Smart Snacks in School standards for calorie and nutrient guidelines. These guidelines will be based on nutrition goals, not profit motives.

Free food items will no longer be used as incentives for increasing school breakfast and/or school lunch participation. Other marketing tools will be used.

Nutritional standards for the school breakfast and school lunch programs, which meet or exceed state and federal standards, are in place.

Foods or beverages will not be used, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior nor will food served through school meals be withheld as a means of punishment.

Beverages sold throughout the school shall be limited to water, flavored water without caloric or non-caloric sweeteners, 100% fruit and vegetable juice and unflavored or flavored low fat or fat-free milk. All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in School (Smart Snacks) rule (<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>).

Only refrigerated vending machines will be accessible to students for their use after school and will contain fruits, yogurts, vegetables and other perishable food items. No other vending machine items will be made available to students at any time throughout the school day.

Schools will restrict food and beverages marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snack) rule.

Celebrations that involve food during the school day will be limited to no more than one event per class per month. Each activity should include no more than one food or beverage that does not meet the nutrition standards for foods and beverages sold individually. Parents providing these foods are strongly encouraged to follow this policy.

Schools are permitted to allow 30 school-sponsored fundraisers per site during the school day to be exempt from Smart Snack standards. These exempt fundraisers are tracked and monitored by the school principal and records are kept on file in the main office.

Organizations that sell/offer foods and beverages at school sponsored events outside the school day will be required to meet the nutrition standards of the Division.

C. OTHER SCHOOL BASED ACTIVITIES

A sufficient amount of time is allowed for students to eat meals in adequate lunchroom facilities.

All children who participate in School Meal Programs are able to obtain food in a non-stigmatizing manner. All four of our schools have computerized point-of-service sales lines, where there is no overt identification of a student's eligibility status.

Environmentally friendly practices such as the use of seasonal foods, 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. Diet clubs, walking clubs, and aerobics are offered in schools to benefit staff.

The district/school will support parents' effort to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information (in the form of a newsletter), post nutrition tips on school websites, and provide nutrient analyses of school menus. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.

D. PHYSICAL ACTIVITY

Students are given opportunities for daily physical activity during the school day through physical education (PE) classes, daily 30-minute recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.

Students are given opportunities for physical activities through a range of before and/or after school programs including, but not limited to intramurals, interscholastic athletics and physical activity clubs.

Schools work with the community to create opportunities for students to participate in physical activities such as Northampton County Parks and Recreation.

Schools should 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 should provide training and facilities to enable staff to promote and model enjoyable, lifelong physical activity amount students.

Teachers will be encouraged to integrate physical activity across the curricula throughout the school day. Movement can be made part of science, math, social studies and language arts.

Policies ensure State physical education classes have a student/teacher ratio similar to other classes.

Daily recess, in accordance with Virginia law must be provided and not used as punishment or as a reward. Consider planning a recess before lunch time since research indicates that physical activity prior to lunch can increase the nutrient intake, increase metabolism and reduce food waste.

Each student should have made available to them equipment that meets safety guidelines in order to participate adequately in a given capacity.

Information will be provided to families to help them incorporate physical activity into their student's lives.

E. OTHER SCHOOL BASED ACTIVITIES

After school programs will encourage physical activity and healthy habit formation.

Support for the health of all students will be demonstrated by hosting health clinics, health screenings, and helping eligible students enroll in dental programs, Medicaid and other state health insurance programs for children.

School organized wellness committees comprised of cafeteria staff member(s), teacher(s), administrator(s), parents and students will be put in place to plan, implement and improve nutrition and physical activity in the school environment. A member of this committee from each school will be asked to serve on the School Health Advisory Board. Additionally, a member of the Northampton County School Board will be asked to serve on this School Health Advisory Board.

A copy of the Wellness Policy must be in the student handbook in order to make parents and students aware of our policy and expectations.

III. IMPLEMENTATION

The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, periodic review and update of the policy. This may include parents, students, teachers, school health professionals, the school board, school administrators and representatives of the school food authority.

The Superintendent or an assigned designee will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success.

The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, a description of the progress made in attaining the goals of the Wellness Policy and how the policy compares to a model policy.

Adopted: February 4, 2020