

STUDENT WELLNESS

Goals

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

- The school division will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will comply with the *Smart Snacks in Schools* Standards as established by the United States Department of Agriculture.
- School personnel will provide students with access to a variety of affordable, nutritious, and appealing foods.
- School personnel will provide clean, safe, and pleasant settings with adequate time for students to eat. Students will be allowed at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schools will provide nutrition education and physical education to foster life-long habits of healthy eating and physical activity.

Nutrition Promotion and Education

- Students will receive the nutrition education that teaches skills needed to adopt and maintain healthy eating behaviors.
- Nutrition education will be offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.
- Students will receive consistent nutrition messages from all aspects of the school program.
- Division health education curriculum standards and guidelines will address both nutrition and physical education.
- Nutrition will be integrated into the health education or core curricula (e.g., math, science, language arts).
- Individual schools will link nutrition education activities with the coordinated school health program.
- Staff members providing nutrition education instruction will receive appropriate training.
- Schools will be enrolled as Team Nutrition Schools and will conduct nutrition education activities and promotions that involve parents, students and the community.
- Schools will only promote or advertise foods and beverages that meet *Smart Snacks in Schools* nutritional standards.

Physical activity

- Students will be provided opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of movement activity into the academic curriculum as appropriate.
- Students will be 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 will work with the community to create ways for students to walk or bike safely to and from school.
- Schools will encourage parents and guardians to support their child's participation in physical activity and will serve as physical active role models. Caretakers will be encouraged to include physical activity in family events.
- Schools will provide training to enable staff to develop programs that promote enjoyable, lifelong physical activity among students.

Other school-based activities

- An adequate amount of time will be allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs will obtain food in a non-stigmatizing manner.
- Programs will be implemented to promote physical health among staff members.

Nutrition Standards and Guidelines

The superintendent is responsible for creating

- 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
- 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 by participation in student wellness events held at each school via school newsletters, school webpages,

social media outlets such as Facebook, Twitter, Instagram, etc. and via flyers issued from the Manager of Food Services with information from the USDA and the Virginia Department of Education.

The Division Superintendent/Designee is responsible for implementing and enforcing this policy. The implementation of the policy is measured by participation rates in school programs and activities by feedback received from students, staff, and parents.

The public is informed about the content and implementation of the policy by messages posted to social media accounts of individual schools and those of the Food Service Department and by newsletters sent home from individual schools containing information from the USDA, VDOE, and TCPS regarding school nutrition and wellness.

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 managed by school administration, Director of Elementary Education, Director of Middle School Education, Director of Secondary Education, and the Manager of Food Service.

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: August 12, 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

Recommended Strategies for Student Wellness Goals

A. Nutrition Education

Students will receive the nutrition education that teaches skills needed to adopt and maintain healthy eating behaviors.

- Partner with community agencies to provide student and parent nutrition education classes after regular school hours. These classes will be used to develop appropriate food preparation skills and a basic understanding of food related business operations.
- Use showcases and bulletin boards for school clubs and organizations to display messages that promote nutrition.
- Organize competitions between classes, clubs, and organizations to create and display posters depicting healthy lifestyles.
- Procure posters that exhibit the benefits of healthy nutritional practices.
- Teach students how to calculate caloric intake and caloric expenditure.

Nutrition education will be offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.

- Use multiple resource materials to in-service all staff members on nutrition and healthy nutritional practices.

Students will receive consistent nutrition messages from all aspects of the school program.

- Publish healthy recipes in student generated fliers, school newspapers, and informational documents.
- Involve students in the process of selecting healthy foods to be used in the schools.
- Instruct students on how to select healthy food portions.
- Coaches will teach the benefits of healthy nutritional practices to students involved in extracurricular/athletic activities.
- Provide a nutrition message on report cards.
- Send brochures on nutrition to parents to discuss with their children.

Division health education curriculum standards and guidelines will address both nutrition and physical education.

- Incorporate nutrition education into daily health activities.
- Provide information on healthy lifestyles to students in health and physical education classes.
- Develop a physical activities report sheet to include goals for physical activity and nutritious eating habits.

Nutrition will be integrated into the health education or core curricula (e.g., math, science, language arts).

- Develop two nutrition education projects per year to incorporate all subjects across all grade levels.

Individual schools will link nutrition education activities with the coordinated school health program.

Staff members providing nutrition education will receive appropriate training.

- Teachers, food service workers, and health assistants must meet all state criteria for licensure in Virginia Public Schools.
- Staff members will participate in school and division staff development opportunities to increase their knowledge relative to nutrition and physical activity.

Administrative personnel will ensure the level of student participation in the school breakfast and school lunch program is appropriate.

Schools will be enrolled as Team Nutrition Schools and will conduct nutrition education activities and promotions that involve parents, students, and the community.

- Each school will establish a wellness committee to include students, parents, staff, and administration.
- Bottled water will be promoted as being both healthy and stylish.
- Provide information through the school calendar, character education program messages, correspondence to parents, Parent Teacher Associations/Organizations, marquis postings, and local media that supports good nutritional practices and the benefits to academic performance for students.
- Provide and encourage parents to participate in programs provided by nutritional experts.
- Provide nutrition workshops that involve both students and their parents.

B. Physical activity

Students will be provided 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.

- Substitute afternoon snack time with physical activity.
- Educate students on the use of pedometers to measure distances covered during the school day for the purpose of measuring caloric expenditure.
- Incorporate a stretching routine hourly throughout the school day to promote flexibility and relaxation.
- Teach students the benefits of rest and how it affects academic performance.

Students will be 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 activities clubs.

- Offer after-school, age appropriate, physical activities to include organized play/dances/parties.
- Provide after-school/child care programs that incorporate organized physical activity.
- Organize inter-school non-competitive sports programs for all students.
- Celebrate and provide recognition for student participation.
- Organize clubs that focus on practices and promotions of physical activity.

Schools will work with the community to create ways for students to walk, bike, rollerblade, or skateboard safely to and from school.

- Establish a working relationship with community leaders to promote healthy physical activity practices and provide locations for these activities.
- Advocate the support of local governing bodies to assist schools in efforts to establish healthy lifestyle programs.
- Advocate local governing bodies to develop recreational facilities and areas, when used, will support lifelong physical activities.
- Build partnerships with local wellness centers, community centers, recreational centers, and teen centers to provide alternative places for youth to enjoy physical activity.

Schools will encourage parents and guardians to support their child's participation in physical activity and will serve as physically active role models. Caretakers will be encouraged to include physical activity in family events.

- Provide after-school use of available athletic facilities for students and parents.
- Encourage students to develop a family wellness journal to record after-school physical activities and provide rewards to families that perform at an exemplary level.

Schools will provide training to enable staff members to develop programs that promote enjoyable, lifelong physical activity among students.

- Encourage insurance companies to provide incentives to staff members for participating in school generated healthy lifestyle programs.

C. Additional school based activities

An appropriate amount of time will be allowed for students to eat meals in aesthetic lunchroom facilities.

- Provide time for eating lunches according to Tazewell County School Board Policy and state nutritional guidelines.

- Schedule morning and afternoon times to eat healthy snacks for (a) students who eat later lunches and (b) students who eat early lunches.
- Provide adequate seating for lunch groups.
- Provide adequate lunchroom space in compliance with capacity restrictions specified in the fire code guidelines. Consideration is to be given to the safe and orderly movement of the student population in this area.

All students who participate in subsidized food programs will obtain food in a non-stigmatizing manner.

- All students will be provided an ID code that is only accessible to those individuals who are privy to such information.
- The Supervisor of Food Services will work directly with local distributors to encumber inventory necessary to operate the school breakfast/lunch program according to state and federal purchasing and acquisition guidelines.

Physical activities and/or nutrition services or programs designed to benefit staff health will be implemented.

- Work with community partners to offer annual health screenings to staff.
- Establish wellness programs that are easily monitored and involve both nutrition and physical activity.
- Develop working relationships with wellness centers and community centers to provide school employees with the opportunities to participate in a variety of health related physical activities.

D. Nutrition guidelines

Nutrition guidelines have been established by the division for all foods available on school campus during the school day. The objective of these guidelines is to promote student health and reduce childhood obesity.

- Assure that healthy foods are offered along with traditional foods at concession stands, snack time, school parties, school dances, on field trips, and during the school.
- Limit the use of preserved foods in school lunches.
- Provide healthy snack offerings in vending machines.
- Offer water and 100% juices that meet *Smart Snacks in School* standards in vending machines.
- Administration and staff shall ensure that foods being served at school functions will be safely and properly prepared.

National Standards for the school breakfast and lunch programs will meet or exceed state and federal standards.

- The child nutrition program was developed for the promotion of healthy meals.
- The child nutrition program will ensure all students have affordable access to various nutritional foods.
- Schools will strive to increase participation in the available federal child nutrition programs.
- Supervisor of Food Services will provide nutrition training to food service personnel.
- The Food Service Supervisor will promote summer school meals.
- Students will be encouraged to start each day with a healthy breakfast.
- All food service departments shall comply with local health department regulations and policies for food storage, preparation and sales.
- The Food Service Department shall comply with Food Safety programs based on Hazard Analysis Critical Control Points (HACCP) to prevent food illness in schools.
- For food safety and security purposes, access to food and facilities will be limited to child nutrition staff and authorized personnel.

Foods and beverages donated for class parties or other school events should comply with *Smart Snacks in School* standards.

- Post food items that are nutritionally acceptable for club meetings and parties.
- Disseminate information to parents and parent organizations relative to the nutritional content of food and beverages.

School based marketing of foods and beverages, such as advertisements in school publications, school buildings, athletic fields, and/or other areas accessible to students, will promote nutrition and a healthful behavior.

Strategies will be implemented to encourage families to reinforce and support healthy eating and physical activity.

Implementation

The superintendent/designee will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators used to measure success.

Adopted by School Board: June 12, 2006

Amended by School Board: August 11, 2008

Amended by School Board: May 8, 2017

TAZEWELL COUNTY PUBLIC SCHOOLS