

STUDENT WELLNESS

Goals

~~The Albemarle 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.~~

—Albemarle County Public Schools (“ACPS”) will provide a consistent, overarching message in support of the value of wellness practices particularly as they apply to nutrition and physical activity for students and staff.

The Student Wellness policy is reviewed by County ACPS representatives within the department of Child Nutrition, School Nurse, Health and Physical Education, School Administration, Safety and Program Management, and Health Advisory Committee. The review process is led by the ACPS Chief Operating Officer. The public can view the Student Wellness policy on the County’s website at <https://www2.k12albemarle.org/acps/division/board/Pages/School-Board-Policy.aspx>.

Stakeholders are able to participate in student wellness policy process at <https://www2.k12albemarle.org/acps/division/board/Pages/Public-Comment-Guidelines.aspx>.

In addition, community health professionals from the County’s health advisory committee provide review and input of the policy.

Child Nutrition Program (CNP)

The Child Nutrition Program goals are to ensure the nutritional and financial integrity and accountability of cafeteria operations and to enhance the nutrition education of all students. Ongoing assessment of the cafeteria operations allows planning to best serve our customers in a ~~cost-efficient~~ cost-efficient manner, and to support a healthy school climate. Child Nutrition staff will conduct periodic audits to ensure compliance of regulations and standards for the CNP.

Nutrition Education

Students will receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. Division health education curriculum standards and guidelines address both nutrition and physical education.

Physical Activity

Recognizing the many benefits of physical activity and the research supported notion that people begin to establish lifelong health related attitudes and behaviors in childhood, one of the wellness goals of the ~~Albemarle County School Division~~ ACPS will be to help students establish lifelong healthy physical activity patterns. -The

Superintendent/Designee will insure compliance with the Health and Physical Education curricula offered.

Wellness

The ~~School Division~~ACPS will encourage activities and programs that support healthy lifestyles for all ~~school division~~of its employees.

Adopted: June 22, 2006
Amended: September 7, 2007; October 22, 2009; September 12, 2013;
November 13, 2014; August 23, 2018; ~~December 15, 2019~~

Legal Ref: 42 U.S.C. §1758b

U.S. Department of Agriculture, SP 46-2-16, Unpaid Meal Charges: Local Meal Charge Policies, July 8, 2016.

U.S. Department of Agriculture, SP 47-2016, Unpaid Meal Charges: Clarification on Collection of Delinquent Meal Payments, July 8, 2016.

7 CFR ~~Pt.~~210.131

Code of Virginia, 1950, as amended, §§ 22.1-78, 22.1-79.7, 22.1-207.4

8 VAC 20-740-10

8 VAC 20-740-30

8 VAC 20-740-35

8 VAC 20-740-40

Cross Refs: EFB ~~Free and Reduced Price~~ Food Services
IGAE/IGAF Health/Physical Education
JL Fund Raising and Solicitation
KJ Advertising in Schools
KJB Fundraising in Schools
KQ Commercial, Promotional, & Corporate Sponsorships & Partnerships

Student Wellness

The [Albemarle County School Board](#) ("[School Board](#)") ~~of the Albemarle County Public Schools~~ has established the following goals/practices to promote student wellness.

Child Nutrition

Practices:

- The availability of the subsidized meal program is publicized annually.
- All students use a different ID number at the cafeteria point of service and there is no disclosure of the eligibility status.
- Students who do not have money on account or in hand to cover the cost of a meal at the time of service may be permitted to charge the meal.
- Food service staff receives ongoing training on food safety & sanitation and food preparation techniques used to comply with the USDA guidelines and to minimize the use of additional fats, salt and sugar.
- Fat, sugar and sodium content are included among the nutritional guidelines, which are considered within the food purchasing specifications and preparation practices.
- Locally grown and produced food is incorporated into CNP purchase with consideration of availability, cost and USDA health and procurement standards.
- The Child Nutrition Program helps to promote nutrition education. This may include posters and nutritional education material displayed for students in cafeteria, web page and menus, cafeteria promotions and interaction with students about school nutrition program and healthy eating.
- School menus are available to the public through media release, CNP webpage and take-home menus for elementary school students.
- Students are included in assessment surveys and focus groups.

Standards:

As part of the National School Meal Program, the [Child Nutrition Program \(CNP\)](#) ~~CNP~~ follows the nutritional regulations set by the United States Department of Agriculture (USDA). These include a variety of fruits, vegetables, whole grains, low fat and fat-free milk in school meals and meet the nutritional needs for school children within their calorie requirements (<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meal>). The USDA regulations include nutritional standards for all food and beverage items within the school meal program and all competitive food and beverage items (www.gns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks). In addition, [Albemarle County CNP](#) ~~the CNP~~ has the following nutritional standards in place based on recommendations made by the Institute of Medicine of the National Academies of Science.

- Fruit and vegetable options with lunch include at least one fresh (raw) item.
- Limited portion size of french fries. French fries are not ‘super-sized’ or double portioned.
- Cooking methods are bake and steam. There are no deep fryers in the cafeteria.
- Cookies and ice cream are offered once per week at the elementary and middle schools and meet the nutritional profile set by the USDA, limiting calories, fat, sugar, sodium and include whole grain. (100% frozen juice may be offered daily.)
- High schools are allowed to offer ice cream products and cookies daily.

Enforcement

School Administrators and Designees will monitor and ensure that their school fulfills the practices and standards of the Student Wellness Policy.

USDA definitions (7 CFR 210.11-competitive food service and standards):

Competitive foods – means all food available for sale to students on the school campus during the school day other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act (42 USC § 1751 et seq.) and the Child Nutrition Act of 1966 (42 USC § 1771 et seq.).

School Campus – all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School day – the period from midnight before to thirty (30) minutes after the end of the official day.

- No food or beverage is to be sold anywhere on the school campus in competition with the CNP during lunch and breakfast periods at schools operating on National school lunch or breakfast program. Note: Breakfast hours are defined as 6 a.m. until the close of the last breakfast service period.
- Any food or beverage sold during the course of the school day on school campus shall abide by the nutritional standards of the CNP and Student Wellness Policy.
- Each school shall ensure that dining is a pleasant experience. Noise should be kept to a minimum. The facility should be clean and pleasant, and adequate time should be provided to eat.
- Daily recess or unstructured play will be provided by each school and restricting of recess for disciplinary reasons will be discouraged.
- Parents will be strongly encouraged to provide healthy food items when packing snacks and lunches.
- Each school will involve the Parent Teacher Organization or other parent group in identifying strengths and weaknesses and ideas for achieving wellness goals as applied to nutrition and physical activity.
- Food items with minimal nutritional value, such as candy and soda, will not be used as rewards by school staff in the classroom.

- Information about school meals and nutrition will be posted and encouraged on the District website.
- Water fountains are available throughout all schools, to include the dining areas.

Any vending machines on school campus that sell food or beverages that do not follow the nutritional standards with the Student Wellness Policy will be turned off during hours of the school days, as defined by USDA. Examples of non-permitted items during the school day are soda, diet soda, sports drinks, fruit drinks, flavored waters, iced tea, and candy bars.

Questions regarding the nutritional standards of the permitted food and beverage items should be directed to the Director of Child Nutrition.

Nutrition Education

Practices

- Schools will provide nutrition education that is interactive and teaches the skills necessary to adopt healthy eating behaviors that will be integrated in the comprehensive health education curriculum in grades K through 10.
- Nutrition education will be incorporated into the core curriculum.
- The Superintendent or Designee will work with principals ~~to insure that~~ to ensure that nutrition education is delivered by personnel who have appropriate training.
- Parents will receive nutrition information in various ways: district newsletters, school newsletters, and letters sent home addressing specific nutrition issues such as sending healthy snacks and packing healthy lunches.

Physical Activity

Practices

Physical education ("PE") classes:

- Schools will provide planned and sequential physical education curricula from grades K through 10 that promote enjoyable, lifelong physical activity. These curricula will be consistent with the national standards for physical education.
- The ~~P.E.~~PE staff will provide proper instructions and plan the ~~P.E.~~PE time period to keep students physically active and engaged, limiting waiting time. Students will need a note from a parent and doctor to be excluded from more than one (1) class of ~~Physical Education~~PE unless there is a clear orthopedic injury. Effort will be made to provide injured students with an adapted or modified form of physical activity. The note should specify dates and time range for excuse.
- Lifetime physical activity choices may be offered for upper grade ~~P.E.~~PE classes.
- Physical education will emphasize lifetime activities that promote physical fitness.
- Adaptive and modified ~~P.E.~~PE will be ensured for all disabled students.

Other school efforts to increase physical activity:

- Instruction that helps students develop the knowledge, attitudes, behavioral skills, and confidence needed to adopt and maintain physically active lifestyles will be incorporated into the comprehensive health education curricula.
- Each school will be encouraged to incorporate physical activity into the school day in ways other than P-EPE.
- Schools and/or the Division-ACPS will provide information to parents on the benefits of physical activity and suggestions on ways to incorporate physical activity into the family's daily routine.
- Schools will participate in community-based programs.
- Other physical activity clubs may be offered at each school administration discretion.
- High schools will offer P-EPE electives other than the required P-E-PE courses.
- Field trip planning should include a plan for students to be physically active during the trip (modify *Request for Educational Field Trip* to reflect this).
- Schools will provide personnel training for P-E-PE teachers, classroom, teachers, and administrators on how to increase physical activity.

ACPS will work with the County and community-based groups to provide and promote access to safe spaces and facilities for physical activity in the schools and community:

- Schools will encourage and promote a diverse range of developmentally appropriate community sports and recreation programs that are attractive to all young people by means approved by School Board policy.
- The use of school grounds as public playgrounds on off hours will be permitted.
- Schools work with community to create ways for students to walk/bike (or other active methods) to and from school, to the extent it can be accomplished safely.
- The use of school fields and courts by community sports programs are available upon application as provided by School Board policy.

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