

## STUDENT WELLNESS

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. Number eleven of the Division's Lifelong-Learning Standards is to understand and follow a physically active lifestyle that promotes good health and wellness.

Albemarle County Public Schools 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.

### Child Nutrition Department (CNP)

The Child Nutrition Department 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 manner, and to support a healthy school climate. The Director of Child Nutrition or Child Nutrition staff will conduct periodic audits to ensure compliance of regulations and standards for the CNP.

### Nutrition Education

Students 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 District 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

School staff and support personnel serve as role models and the Division will encourage activities and programs that support healthy lifestyles for all school district employees.

Legal Ref: [42 U.S.C. Section 1751 Note](#) [42 U.S.C. §1758b](#)  
[7 CFR Pt.210.App.B](#)  
[Code of Virginia, 1950, as amended, §22.1-253.13.1.D.14](#)

Cross Refs: EFB Free and Reduced Price Food Services  
 IGAE/IGAF Health/Physical Education  
 JL Fund Raising and Solicitation

KQ

Commercial, Promotional, & Corporate Sponsorships & Partnerships

## Student Wellness

The School Board of the Albemarle County Public Schools has established the following goals/practices to promote student wellness.

### *Child Nutrition*

#### *Goals and/or practices:*

- The availability of the subsidized meal program is publicized annually through a County news release, postings on the CNP website, and a hardcopy of the meal application which is included in the first day packets for parents/guardians of all students.
- All students use a different ID number at the cafeteria point of service and there is no disclosure of the eligibility status.
- The Director of the Child Nutrition Department and designated central staff will monitor cafeteria operations for total quality performance and to ensure that standards and practices of the CNP are fulfilled. This includes areas of operations such as food safety/sanitation, food quality, quantity and nutritional content, marketing and merchandising, cleanliness, recordkeeping and efficiency.
- Food service staff receives ongoing training on 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 and preparation practices.
- Locally grown and produced food items are incorporated into CNP purchase with consideration of availability, cost and USDA health and procurement standards.
- Cafeterias are to operate in a manner which provides food items in appropriate quantities, and are served in an aesthetically pleasing way.
- School meals will be marketed to appeal to students so they will buy and consume the full meal.
- The Child Nutrition Department will help 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) follows the nutritional regulations set by the United States Department of Agriculture (USDA). These standards are aligned with the Dietary Guidelines for Americans and 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. In addition, Albemarle County 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 available a la carte and no extra servings sold with a meal.
- Food items contain no artificial sweeteners.
- Cooking methods are bake and steam. There are no deep fryers in the cafeteria.

In regards to snack items (generally as supplementing a meal) the following nutritional standards apply;

- Each item will be less than 300 calories
- Each item will have no more than 35% by weight of sugar, except fresh, dried or canned fruits and vegetables, without sweeteners.
- Each item will have no artificial sweetener.
- Each item will have no artificial trans fats.
- Each item will have no more than 35% of total calories from fat, except nuts and seeds
- Ice cream products meet the listed standards and are offered once per week. (100% frozen juice may be offered daily)
- Cookies are reduced fat and 51% whole grain and offered once per week at elementary and middle schools.
- High Schools are allowed to offer ice cream products and cookies daily.

~~In addition to following the nutritional guidelines set by USDA and the State of Virginia under the National School lunch program, the following nutritional standards are implemented within the Albemarle County CNP:~~

- ~~1.Milk choices include only fat free and reduced fat milk.~~
- ~~2.Juices are 100% fruit/vegetable with no added sugar.~~
- ~~3.A minimum of two entrees is offered daily for breakfast and lunch.~~
- ~~4.Menus offer a choice of a variety of fruits and vegetables, with at least one being fresh (raw).~~
- ~~5.Whole grain foods are incorporated into the menu daily.~~
- ~~6.Extra grain options that are included with the meal and meet state of Virginia standards such as cake, rice crispy treats and brownie will be offered no more than twice per month.~~
- ~~7.A la cart items will contain no more than 35% by weight of sugar.~~
- ~~8.There are no fried products in elementary and middle school. Fried food products are only served at high schools in a controlled portion size with a meal.~~
- ~~9.No food and beverage items contain artificial sweeteners.~~
- ~~10.Food and beverage items contain no artificial trans fat.~~

*Snack items sold by the Child Nutrition Program must meet all the following standards:*

- ~~1. Milk and juice standards apply as listed above.~~
- ~~2. Each item will be less than 300 calories.~~
- ~~3. Each item will have no more than 35% by weight of sugar (except fresh, dried or canned fruits and vegetables, without sweeteners).~~
- ~~4. Each item will have no artificial sweeteners.~~
- ~~5. Each item will have no artificial trans fat.~~
- ~~6. Each item will have no more than 35% of total calories from fat, except nuts and seeds.~~
- ~~7. Ice cream products which meet the standards in 2-6 above may be offered once per week.~~
- ~~8. 100% frozen juice bars may be offered daily.~~
- ~~9. Cookies are the one exception to the standards and are offered once per week at elementary and middle schools.~~
- ~~10. High schools are allowed to offer ice cream products and cookies daily.~~

### *Schools*

School Administrators or designees will monitor and ensure that their school fulfills the practices and standards of the wellness policy.

### *Goals/practices*

- No food or beverage is to be sold anywhere in the school 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 shall abide by the nutritional standards of the Albemarle County Child Nutrition Program.
- 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 restriction 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 PTO 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.

***Food Sales/Vending Machines***

No food or beverage is to be sold anywhere in the school in competition with the CNP during lunch and breakfast periods at schools operating on National school lunch or breakfast programs. Note: Breakfast hours are defined as 6 a.m. until the close of the last breakfast service period.

Any food and beverage sold during the school day should abide by the nutritional standards of the Albemarle County Child Nutrition Program.

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

- School day is defined as from 6:00 am until the end of the last instructional period.
- Any vending machines that sell food or beverage that do not follow the standards of Albemarle County CNP will be turned off daily on school days, between 6:00 AM and the end of the school day. Examples of non-permitted items during the school day are soda, fruit drinks, flavored waters, iced tea, and candy bars.

With regard to **water**:

- Vending machines that sell only water will remain on 24 hours a day, 7 days a week as long as the “on-times” do not violate the school lunch regulations regarding competitive sales are not violated. (Federal regulation 7 CFR §210.11 and state regulation 8 VAC §20-580-60).

***Nutrition Education***

*Goals/practices*

- Schools will provide nutrition education that is interactive and teaches the skills necessary to adopt healthy eating behaviors and will be integrated in the comprehensive health education curriculum in grades K through 10.
- Nutrition education will be incorporated into the core curriculum.
- Each school will assign ownership of the comprehensive health curriculum to a department or particular staff member.
- The Superintendent/Designee will work with principals to insure that the delivery of nutrition education 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 Goals/practices***

Physical education classes:

- Albemarle County will provide planned and sequential physical education curricula from K through 10 that promote enjoyable, lifelong physical activity.

These curricula will be consistent with the national standards for physical education.

- The P.E. time period will be spent in physical activity. Time waiting for instructions or waiting for a turn will be limited.
- All students must participate – not dressing out is not an option. Students who refuse to dress out will be penalized in some way other than being excluded from P.E. class.
- Students will need a note from a doctor to be excluded from more than 1 class of P.E. (with note from parent) 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 will be offered for upper grade P.E. classes.
- Physical education will emphasize lifetime activities that promote physical fitness.
- Adaptive/modified P.E. 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.E.
- Schools and/or district 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.
- ~~After and before school programs will have a physical activity requirement.~~
- Other physical activity clubs may be offered at each school's discretion.
- High schools will offer electives other than the required P.E. 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. teachers, class room, teachers and administrators on how to increase physical activity.

Schools will collaborate with the county and community 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.
- The use of school fields and courts by community sports programs are offered to all students. The Division advocates for scholarships to be provided so all students can participate regardless of ability to pay.

Adopted: June 22, 2006  
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