

STUDENT WELLNESS

Policy Statement

The Prince George 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.

Goals

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

School Wellness Committee

Prince George County School Health Advisory Board (SHAB) will develop and foster working relationships with community partners, Administrators, Board Member, Prince George Health Department, Nurse Practitioner, Fort Lee Community Nurse, Police Department, Cooperative Extension, Virginia State University, P.E. Instructors, Elementary Parents, Guidance Counselors, Social Services Department, Pharmacists, Southside Regional Medical ER Director, and Nurse Coordinator of Prince George County Schools. In support of this wellness policy's implementation, SHAB meets four times each school year.

Nutrition Promotion and Education

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

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

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

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

Prince George County School Nurses will contribute to the district wellness policy by helping students stay healthy and safe during the school day. Nurses assist the students with making healthy choices and promoting healthy patterns of behavior.

Schools link nutrition education activities with the coordinated school health program.

Environmentally-friendly practices such as the use of locally grown and seasonal foods have been considered and implemented where appropriate.

Staff who provide nutrition education have appropriate training.

The level of student participation in the school breakfast and school lunch programs is appropriate.

The Prince George Food Service Department prepares and serves food in accordance to sizes appropriate to the students' grade level (elementary, middle, and high school) as required by federal guidelines.

Drinking fountains/water and restrooms will be conveniently available for all students to use.

Carbonated beverages will be available in the middle and high schools with a full array of milk, juices, water, and other products available.

Healthy and nutritious classroom snacks will be encouraged for parents to send with their child and during classroom celebrations.

Dining areas will be attractive and include enough seating areas to accommodate all students who would like to sit and eat lunch, as well as enough serving areas so students do not have to spend too much time waiting in line.

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

The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.

Physical Activity

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.

Students are 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 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.

Prince George County's Cafeteria website has Nutrition & Fitness and Nutrition Education available to all staff, students and parents free of charge.

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Prince George County will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work toward the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Nutrition Standards and Guidelines

The Superintendent or his designee 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, prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams' trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity,

model healthy eating to support the development of lifelong healthy patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within Prince George County Schools participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP).

- Schools will plan menus that, over the course of a week, will meet the nutrition standards recommended in the Dietary Guidelines for Americans;
- Schools ensure that required and effective food safety practices are applied to all foods prepared, sold, and served at school and school sponsored events;
- The objectives of the Nutrition Guidelines are to promote student health and learning and reduce childhood obesity;

Staff qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs. Training is also conducted during the year at in-service trainings.

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.

The Superintendent is responsible for enforcing this policy and overseeing the implementation of this policy and developing procedures for evaluating the policy, including indicators that will be used to measure its success.

Implementation procedures will 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.

Prince George County School Board of Education follow the following guidelines for fundraisers which shall be effective with the date of adoption:

Each public school that hosts a fundraiser on school grounds during regular school hours, should have no more than thirty school-sponsored fundraisers per school year, during which food and beverages that do not meet the nutrition guidelines for competitive foods may be sold to students. Pursuant to the Regulations for the School Breakfast Program and the Regulations Governing School Lunch Sale of Food Items, the sale of any such food or beverage items cannot take place in competition with the National School Lunch and School Breakfast programs from 6 a.m. until after the close of the last breakfast period and from the beginning of the first lunch period to the end of the last lunch period.

The federal Smart Snacks rule applies only to foods and beverages sold to students on the school campus during the school day. The Smart Snacks nutrition standards do not apply to foods and beverages sold at events held after school, off campus, or on weekends, such as school plays or sporting events. Prince George County Schools encourage the sale of healthy choices for fundraisers.

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: April 3, 2006

Revised: August 11, 2008; August 12, 2013; June 29, 2017 (administratively); July 16, 2018 (administratively)

Legal Refs: 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 Education/Physical Education
JL Fund Raising and Solicitation
JHCH School Meals and Snacks
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships