

WELLNESS

This Regulation supplements School Board Wellness Policy 6120 by outlining the process which will be used to follow state and federal wellness policy requirements.

A. Wellness Plan. Loudoun County Public Schools (LCPS) provide school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and social-emotional wellness.

B. Nutritional Integrity of Foods and Beverages Sold and Served on Campus.

1. School Meals. Meals served through the National School Lunch Program (NSLP), and School Breakfast Program (SBP) shall meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.

2. Free and Reduced-Priced Meals. Schools shall make every effort to eliminate any social stigma attached to students who are eligible for free and reduced-price school lunch meals. To this end, schools shall use electronic identification and payment systems and promote the availability of school meals to all students:

- a. All students requesting a meal will receive a meal regardless of account status
- b. Unpaid meal debt communication is strictly between School Nutrition Services (SNS) and parents or guardian
- c. Information for free/reduced application eligibility are made available through media release in the local newspaper and on LCPS website.

3. Breakfast. SNS shall operate the School Breakfast Program and offer alternative breakfast models where possible to increase breakfast participation.

4. Cafeteria Seating and Scheduling. Schools shall use the following guidelines for serving school meals:

- a. Provide adequate seating to accommodate all students served during each meal period.
- b. Elementary schools are encouraged to schedule lunch periods following recess.

5. Foods and Beverages Sold.

- a. The Local School/Cluster Wellness Committee (LSCWC) must retain the records used to document compliance with the Smart Snack Rule: *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 Schools (Smart Snack) rule.* This documentation (e.g., the nutrition labels, recipes, or product specifications) must provide the nutritional profile of the food item and determine whether a food item is an allowable competitive food.
- b. The Local School/Cluster Wellness Committee (LSCWC) must retain the records used to document compliance with *8VAC20-740-35, which states each public school shall be permitted to conduct on the school campus during regular school hours, no more than 30 school sponsored fundraisers per school year during which food or beverages that do not meet the nutrition standards or in the USDA regulations may be sold to students.*

6. Fundraising and Marketing.

- a. To support children's health and school nutrition-education efforts, schools shall encourage fundraising activities that promote physical activity and healthy living. LCPS shall make available a list of suggested fundraising activities on its website.
- b. Schools will restrict food and beverage marketing to only those foods and beverages that meet nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.
- c. Monthly food sampling at all grade levels to introduce new products to students to increase participation

7. School-Sponsored Events (athletic events, parties, performances, celebrations).

- a. LCPS shall encourage Foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted, and a list of ideas is available to staff and family members on the SNS website.

C. Nutrition Education.

1. Nutrition Education Instruction for Kindergarten through Grade 10.
 - a. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and electives.
 - b. School Nutrition Services (SNS) shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment. SNS shall promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, adequate water and health-enhancing nutrition practices.
 - c. The school cafeteria shall be used as a learning lab that allows students to see food storage, preparation, and safe food handling practices.
 - d. SNS shall use the school menu and visits to the serving line to expose students to a variety of foods, such as fresh fruits and vegetables.
 - e. LCPS will offer at least three family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open houses) each year.
 - f. Menus shall be based on the most recent Dietary Guidelines for Americans.

D. Physical Education/Activity Opportunity.

1. Physical Education Instruction for Kindergarten through Grade 10.
 - a. Physical education classes shall provide students with instruction that is aligned with National Standards, the Virginia Standards of Learning and the LCPS Physical Education Curriculum to prepare all students with the knowledge and skills to develop healthy lifestyles.
 - b. Children and adolescents should participate in 60 minutes of physical activity every day.
 - c. A certified health and physical education teacher shall teach all physical education.
2. Physical Activity and Punishment.

- a. Teachers and other school and community personnel shall not use physical activity (such as running laps or pushups) as punishment. The withholding of opportunities for physical activity (such as recess or physical education class) as punishment shall not be permitted.

E. Social and Emotional Wellness.

1. School Wide Strategies to Promote Social and Emotional Wellness.

- a. Schools will conduct team-based assessments on students who are in crisis. School based personnel will follow suicide screening protocols as well as threat assessment protocols.
- b. As needed, school personnel will refer students and families to community-based mental health professionals or emergency services.
- c. School teachers, counselors, social workers, and school psychologists will have access to Social Emotional Learning (SEL) programs that will benefit the student.
- d. Schools will develop universal school-wide programs to promote the prevention, education, and response to social-emotional development and mental health and wellness.
- e. Schools will conduct annual data collection on school climate.

2. School-based Mental Health Services.

- a. School-based teams will provide prevention, education, and appropriate response to harassment, intimidation, or bullying according to school board policy.
- b. Social-emotional and mental health services provided by schools will be evidenced-informed.
- c. LCPS will provide school school-based health needs.
- d. A standardized protocol will be utilized when conducting suicide risk screenings.
- e. Consistent collaboration, consultation, and planning will take place between school based mental health staff to include the Unified Mental Health Teams in all secondary schools.

F. Other Activities that Promote Student Wellness.

1. Departments and Local School/Cluster Wellness Committees (LSWC)
 - a. Schools shall establish and implement a school/cluster wellness committee (LSWC) composed of any combination of the following: parents, students, grade level representatives, physical education staff members, the school nutrition manager, the school counselor, the school nurse, and an administrator.
 - b. District will make available opportunities for employees to be physically active during and after the school day

G. Community Involvement.

1. Use of School Facilities Outside of School Hours.
 - a. Facility use space shall be available to approved community agencies and organizations offering nutrition programs and opportunities for physical activity. School policies concerning safety shall always apply.
 - b. Facility use permits must be obtained and policy guidelines followed when using school facilities.

Adopted:

Leg Refs: Food and Nutrition Services, Department of Agriculture, 7 Code Federal Regulations Chapter II §§ 210.1-210.33, 220.1-22
7 CFR 210.11(c)(3) Competitive Foods Must Meet Standards
7CFR § 210.31 Triennial Report Available to Public
Code of Virginia §§ 22.1-79.7, 22.1-16.4, 22.1-207.4

Cross Refs: Policy 7550, Drug- And Alcohol-Free Workplace; Policy 7552, Smoke-Free Workplace; Policy 5011, Unstructured Activity Time