

Local School Wellness Policy

Prince George County Public Schools

2021

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Leadership¹

The Wellness Coordinator, with support from the School Health Advisory Board (SHAB), shall implement and ensure compliance with the Local School Wellness Policy (Wellness Policy) by leading the review, update, and evaluation of the policy.

Public Involvement¹

The division will invite a diverse group of stakeholders from the list below and the public to participate in the development, implementation, and periodic review of the Wellness Policy. The public will be notified through social media posts and the division website, for opportunities to participate.

- | | | |
|---|------------------------|--|
| ➤ Administrators | ➤ School nurse | ➤ Medical/Healthcare professionals |
| ➤ Classroom teachers | ➤ Community members | ➤ Virginia Cooperative Extension agents |
| ➤ Physical education teachers | ➤ Students | ➤ Local farmers, chefs, or nutritionists |
| ➤ School food authority (SFA) representatives | ➤ Parents | |
| | ➤ School Board members | |

School Health Advisory Board²

Prince George County Public Schools will convene a representative school health advisory board (SHAB) that meets at least 4 times per year to establish goals for and oversee school health policies and programs. This board assists with the development, implementation, and periodic review of the Prince George County Public Schools Wellness Policy. The SHAB will include representatives from each school and reflect the diversity of the community to the greatest extent possible. Refer to Appendix A for a list of participants of the SHAB.

Each school building will designate a wellness policy coordinator who will ensure compliance with the policy and establish an ongoing school wellness committee that convenes the review of school-level issues in accordance with the division wide SHAB on an annual basis. Refer to Appendix B for a list of school-level wellness policy coordinators.

School Meals¹

All schools within Prince George County Public Schools participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and Summer Food Service Program (SFSP) (ends on 8.31.21). All meals served to students meet or exceed current

nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010, as specified in the Code of Federal Regulations at [7CFR210.10](#) and [7CFR220.8](#).

Prince George County Public Schools is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals feature minimally processed and scratch cooked foods from local sources to the greatest extent possible. The meals served meet the nutrition needs of students within their calorie requirements and are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. 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 eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Meal patterns and nutrition standards align with the nutrition recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, visit the [USDA-FNS Child Nutrition Programs website](#).

Every school within Prince George County Public Schools will provide breakfast through at least one alternative breakfast service model in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student. Alternative breakfast models include:

- **Grab-and-Go Breakfast** – Students pick up breakfast meals as they arrive at school and eat in their classroom. Meals are available in a variety of locations, such as mobile service carts equipped with a computerized point of sale or roster, and located at the school entrance, other high-traffic areas, or in the cafeteria. Food items are packaged as a unit to assure a reimbursable meal is received and to make this model convenient and appealing to students.
- **Second Chance Breakfast** - Students eat breakfast during a nutrition break in the morning, usually after first period, either in the cafeteria, from a mobile service cart, or in the classroom. Breakfast meals are usually packaged together to allow students to receive their breakfast in just a few minutes and get to their next class.²

Applications for free and reduced-price meals are sent home to all families at the beginning of the school year. The application is also made available on the schools webpage <http://www.schoolnutritionandfitness.com/index.php?sid=1464113827674&page=lunchapps>.

Prince George County Public Schools takes steps to protect the privacy of students who qualify for free or reduced-price meals. Students may not be overtly identified as receiving these benefits and the division has implemented plans to provide meals in a non-stigmatizing manner. Prince George County Public Schools will not file lawsuits against students and/or parents because the student cannot afford to pay for a meal, or owes a school debt. Information regarding Prince George County Public Schools Unpaid Charges can be found on our school website

<https://district.schoolnutritionandfitness.com/princegeorgesd/files/Unpaid%20Meal%20Charges.pdf>

Available funding and resource allocation for student health and wellness are equitable across Prince George County Public Schools.

Students will be allowed adequate meal times counting from the time they have received their meal and are seated. Adequate meal times include at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

Prince George County Public Schools will accommodate students with special dietary needs and follow the USDA regulations outlined in [SP 59-2016](#) to make reasonable modifications to accommodate children with disabilities. This includes providing special meals, at no extra charge, to children with a disability that restricts their diet.

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as outlined in the [USDA Professional Standards for Child Nutrition Professionals website](#).

Prince George County Public Schools recognizes water as an essential nutrient and encourages students, staff, teachers, and administrators to model positive hydration behaviors. Prince George County Public Schools will comply with the [USDA regulation eCFR210.10](#) that requires free, potable water be provided in the cafeteria during breakfast and lunch. Water is not a replacement for milk at meals but rather an additional beverage available to students. Easy access to clean, safe, and good-tasting water is accessible to students and staff during and after the school day. Water sources, such as water fountains, water refill stations, or dispensers, will be regularly maintained. Students are allowed to carry clear water bottles throughout the school day filled with only water.

Foods Sold Outside of the School Meal Programs (Smart Snacks)¹

Prince George County Public Schools is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. All foods and beverages sold outside of the school meal programs shall meet the standards established in the [USDA-FNS Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#). These standards will apply in all locations and to all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

The USDA's [Tools for Schools: Focusing on Smart Snacks website](#) provides resources to assist schools, parents, and teachers with identifying food items that meet the USDA-FNS Smart Snacks criteria and ways to encourage children to make healthier snack choices.

Foods Provided, Not Sold¹

Celebrating success or events with poor nutritional quality foods can undermine healthy eating messages and lead to unhealthy eating habits that can continue into adulthood. Prince George County Schools suggests foods offered on the school campus meet or exceed the USDA-FNS Smart Snacks rule including those provided at celebrations or classroom snacks by staff or family members. Compliant products are available through Prince George County Public School Food & Nutrition Department. Contact the school nutrition coordinator for more information.

Refer to Appendix C for a list of healthy Celebrations and Awards Appendix D for a list of snack ideas that meet the USDA-FNS Smart Snacks rule. This list is available to parents, teachers, and students on our Food & Nutrition Web page.

Food and Beverage Marketing¹

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA-FNS Smart Snacks rule. Marketing will promote healthy food and beverage choices.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product. Marketing on the school campus includes, but is not limited to:

- brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- displays, such as on vending machine exteriors;
- brands, logos, or trademarks on school equipment, such as marquees, message boards, scoreboards, or backboards;
- brands, logos, or trademarks on cups, menu boards, coolers, recycle and trash cans, and other food service equipment;
- brands, logos, or trademarks on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the division;
- advertisements in school publications or school mailings;
- free product samples, taste tests, or coupons of a product; and
- fundraisers and corporate-incentives programs.

Immediate replacement of large items is not required; however, Prince George County Public Schools will update equipment to be in compliance with food and beverage marketing standards outlined in this policy as items are replaced.

School-Sponsored Fundraisers³

Schools are permitted to allow and not exceed 30 school-sponsored fundraisers per school during the school day to be exempt from the USDA-FNS Smart Snacks rule in accordance with [Virginia Code 8VAC20-740](#).

Any fundraiser that sells food or beverages, whether the items meet the USDA-FNS Smart Snacks rule or are exempt, may not be conducted during meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the non-profit nutrition program account.

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the limit on exempt school-sponsored fundraisers. The fundraiser designee for Prince George County Schools is the school principal, and a fundraiser-tracking document is kept on file in the main office of each school.

Nutrition Education¹

Prince George County Public Schools will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education [Health Standards of Learning \(SOLs\)](#) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year. The cafeteria environment will reinforce nutrition education provided in the classroom.

Nutrition Promotion¹

Nutrition education is provided to families on a monthly basis via the Food & Nutrition newsletter which is located on our webpage next to our menus. This newsletter promotes healthy eating practices outside of school.

Prince George County Public Schools will promote positive nutrition habits in the cafeteria, classrooms, and throughout the school environment. Schools may participate in nutrition promotion through farm to school activities, such as:

- Local foods served are promoted with signage and/or social media posts;
- Special events revolve around agriculture or farming;

Physical Education/Physical Activity¹

Prince George County Public Schools will provide every student with physical education that exceeds the expectations of the VDOE [Physical Education SOLs](#) and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life. A program of physical activity is provided for all students in grades kindergarten through five consisting of at

least 20 minutes per day or an average of 100 minutes per week during the school year. A program of physical activity is available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year.

All physical education classes in Prince George County Public Schools are taught by licensed teachers endorsed to teach physical education. All physical education teachers will be required to participate in professional development at least once per year.

Other Activities that Promote Student Wellness¹

Prince George County Public Schools will provide health promotion communication to parents and caregivers, families, and the general community on the benefits of and approaches to healthy eating and physical activity throughout the school year. Families will be informed, invited to participate in school-sponsored activities, and will receive information about health promotion efforts. These health promotion efforts include at least one of the following:

- fall health fair;
- school-sponsored fun run for students and families;
- quarterly health and wellness newsletter published on our Food & Nutrition Webpage

Schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside and/or outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

Triennial Assessment¹

Prince George County Public Schools will evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which each school is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy.

The position/person responsible for managing the triennial assessment and contact information is Ginger Absher, Food & Nutrition Coordinator, gabsher@pgs.k12.va.us

The school wellness coordinator at each school will complete the VDOE School Level Report Card. The results of the report card/tool will be submitted to the wellness policy designee in order to analyze the findings and develop the triennial assessment. The wellness policy designee will actively notify the community of the results of the triennial assessment by posting on the Prince George County Public Schools website. The results of the triennial assessment, as well as the latest national and state recommendations pertaining to school health, will be used to update the goals and language in the Prince George County Public Schools Wellness Policy.

Public Update and Information¹

Each school year the division will actively inform families and the public about the content of and any updates to the Wellness Policy through the Prince George County Public Schools webpage and School Board meetings.

The Wellness Policy and any updates can be found on the Prince George County Public Schools Food & Nutrition website www.schoolnutritionandfitness.com/index.php?sid=1464113827674 under Wellness Policy. Please contact the wellness policy designee at gabsher@pgs.k12.va.us or at 804-733-2710 for more information or ways to get involved.

Recordkeeping

The division will retain records to document compliance with the requirements of the Wellness Policy at the Prince George County Public School Board Office 6410 Courts Rd, Prince George, VA. 23875. Documentation maintained at this location will include, but is not limited to:

- the written Wellness Policy;
- documentation demonstrating compliance with community involvement requirements:
 - requirements to make the Wellness Policy available to the public;
 - requirements to make the triennial assessment available to the public;
- documentation of the triennial assessment at each school under the LEAs jurisdiction; and
- documentation of methods the division uses to make stakeholders aware of their ability to participate in the development, implementation, and periodic review and update of the Wellness Policy.

Definitions

Competitive Foods – All food and beverages other than meals reimbursed under the federal meal programs available for sale to students on the school campus during the school day.

School Campus – For the purpose of competitive food standards implementation, school campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

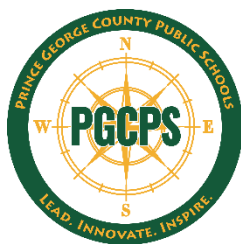
School Day – For the purpose of competitive food standards implementation, school day means the period from midnight the night before to 30 minutes after the end of the instructional day.

Triennial – Recurring every three years.



Appendix A: School Health Advisory Board Contacts

Name	Title/Organization	Email
Stephanie Beaufort Jefferson, RN	Ft. Lee Community	stephanie.beaufortjefferson@us.army.mil
Danielle Jones	PG Dept of Social Services	danielle1.jones@dss.virginia.gov
Michelle Grate, RN	School Health Services Coordinator	mgrate@pgs.k12.va.us
Cynthia Hancock, RN	PG Health Department	cynthia.hancock@vdh.virginia.gov
Debra Jones	Cooperative Extension (VSU)	dsjones@vsu.edu
Patricia Kvasnicka, RN	PGCPS Parent	tkvas68@yahoo.com
Rose Lawhorn	Food Service Management/SBO	Rlawhorn@pgs.k12.va.us
Karen Lea	Southside Regional Medical Center ER	karen_lea@chs.net
Ginger Absher	Food & Nutrition Coordinator	gabsher@pgs.k12.va.us
Karen Saunders, PNP	Medical Professional	ksaunders@primecarefamilypractice.com
Betsy Smith	Publix Pharmacy Manager	mcv1983@comcast.net
Tonya Bryant	Nurse PGHS	tbryant@pgs.k12.va.us



Appendix B:

School Wellness Coordinator Contacts

Name	Title	School	Email
Burke George	Principal	Prince George High School	bgeorge@pgs.k12.va.us
Thackston Sebra	Principal	Clements Jr. High School	tsebera@pgs.k12.va.us
Robert Knowles	Principal	JEJ Moore Middle School	rknowles@pgs.k12.va.us
Dr. Amanda Clay	Principal	Beazley Elementary	aclay@pgs.k12.va.us
Dr. Theresa Marshall	Principal	North Elementary	tmarshall@pgs.k12.va.us
Susan Braswell	Principal	South Elementary	sbraswell@pgs.k12.va.us
Shawn Holt	Health & PE Teacher	Walton Elementary	sholt@pgs.k12.va.us
Jennifer Rollings	Assistant Principal	Harrison Elementary	jrollings@pgs.k12.va.us

School Fundraiser Designee Contacts

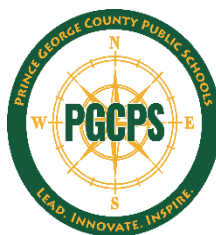
Name	Title	School	Email
Burke George	Principal	Prince George High School	bgeorge@pgs.k12.va.us
Thackston Sebra	Principal	Clements Jr. High School	tsebera@pgs.k12.va.us
Robert Knowles	Principal	JEJ Moore Middle School	rknowles@pgs.k12.va.us
Dr. Amanda Clay	Principal	Beazley Elementary	aclay@pgs.k12.va.us
Dr. Theresa Marshall	Principal	North Elementary	tmarshall@pgs.k12.va.us
Susan Braswell	Principal	South Elementary	sbraswell@pgs.k12.va.us
Donna Kane	Bookkeeper	Walton Elementary	dkane@pgs.k12.va.us
Christopher Scruggs	Principal	Harrison Elementary	cscruggs@pgs.k12.va.us



Appendix C: Healthy Celebrations and Rewards

Non-Food Celebration and Reward Ideas

Prizes	Physical Activity	Special Events	Recognition
Pencils, erasers, or rulers	Lead a special physical activity break	Go on a scavenger hunt	Give a certificate or ribbon
Stickers, slap bracelets, or playdough	Host an outdoor obstacle course for students to bike or run through	Host a story walk: laminate book pages and walk along an outdoor path to read	Post a sign in the classroom or on a bulletin board
Tickets or tokens towards a large prize	Provide extra recess or physical education time	Let students choose a special activity or be a teacher's helper	Give a shout-out in the morning announcements
Books or coloring books	Turn on music and let students dance	Host a special dress day where students can wear hats or pajamas	Allow the student to wear a crown or special sash
Frisbees	Have a themed parade around your school	Invite a special guest to participate in an activity	Recognize the student during an assembly



Healthy Snack and Beverage Ideas*

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Water	Fruit trays, salads, or fruit kabobs	Whole grain crackers, pretzels, or cereal bars	Trail mix with nuts, seeds, and dried fruit
Fruit-infused water	Vegetable trays, salads, or vegetable kabobs	Low-fat or air-popped popcorn with no added butter or salt	Seed butter served with fruit or whole grain crackers
100% fruit juice with no added sugar	Canned fruit or fruit cups in water or 100% fruit juice	Small whole grain bagels, waffles, or pancakes topped with fruit or seed butter	Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Fruit smoothies made with frozen fruit with no added sugar and low fat yogurt	Frozen fruit, such as grapes, strawberries, or blueberries	Graham crackers	Low-fat cheese served with fruit or whole grain crackers
100% fruit juice slushes with no added sugar	Dried fruit with no added sugar	Baked whole grain tortilla chips with salsa or bean dip	Hummus served with vegetables or whole grain crackers

*Work with your division's nutrition service staff to purchase [Smart Snacks compliant foods and beverages](#) for celebrations. Review students' food allergies before serving any food or beverage item. Non-food celebrations and healthy food and beverage ideas come from the [Alliance for a Healthier Generation's Celebrations that Support Child Health](#).

¹ Requirement by Code of Federal Regulations: *Local School Wellness Policy (7CFR210.31)*

² Recommended best practice by the Virginia Department of Education, Office of School Nutrition Programs

³ Requirement by Virginia Code: *Regulations Governing Nutritional Standards for Competitive Foods Available for Sale in Public Schools (8VAC20-740)*

