

STUDENT WELLNESS

I. Policy Statement

The Nelson 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.

II. Goals

The Nelson County School Board has established the following goals to promote student wellness.

A. Nutrition Education

Academic performance and quality of life issues are affected by the selection and availability of nutritious foods in our schools. Nutritious foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- 1) Nutrition guidelines requiring the use of products high in fiber, low in added fats, sugar and sodium, and served in age appropriate portion sizes in compliance with USDA standards shall be established for all foods offered by the district's School Nutrition Program or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- 2) School Nutrition policies and guidelines for qualification for reimbursable meals shall not be more restrictive than federal and state regulations require.
- 3) A la carte items served during school meals to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff whenever possible.
- 4) All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following:
 - (a) 300 or fewer calories
 - (b) 6 grams of fat or less
 - (c) 1 or more grams of fiber
 - (d) At least 10% of RDA of calcium, iron, vitamin A or vitamin C

- 5) All individual beverage vending machines in public areas and accessible to students, with the exception of those vending only water, shall include all of the following:
 - (a) Water
 - (b) 100% fruit juice
 - (c) Non-carbonated drinks with less than 150 calories per container
 - (d) No more than 1/3rd of the choices will be carbonated drinks
- 6) Beverage vending machines may also include:
 - (a) Non-fat, 1% low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
 - (b) Other non-carbonated drinks
- 7) The School Nutrition Program shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

B. Physical Activity

The Nelson County school division has a goal of making a program of physical fitness available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities, and other programs and physical activities. The division's goal for the implementation of its physical fitness program is:

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.

- a) Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.
- b) The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a

duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- c) Participation in physical education shall be required for all students in kindergarten through grade five for a minimum of thirty minutes, two days a week, or the equivalent.
- d) Physical education may be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.
- e) The high school shall require two (2) credits of physical education for graduation
- f) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- g) Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

C. Other School-based Activities

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

All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.

Healthy and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- a) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, and be kept inviting, clean, safe and in good repair.
- b) Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

- d) Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Social and Emotional Well-Being

Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

- a) Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.
- b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.

D. Nutrition Guidelines

Nutrition guidelines have been selected by the division for all foods available on every school campus during the school day. The objectives of the guidelines are to promote student health and reduce childhood obesity.

Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- a) Nelson County School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- b) Accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

Family, School and Community Partnership

Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- a) Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
- b) The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- c) Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
- d) Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

Staff Wellness

- a) The district and each work site shall provide information about wellness resources and services to assist in identifying and supporting the health, safety and well being of site staff.
- b) Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
- c) Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.

III. Implementation

The **Student Health Advisory Board (SHAB)** will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success.

Adopted: August 9, 2007
Revised: August 14, 2008

Legal Refs: 42 U.S.C. § 1751 Note

Code of Virginia, 1950, as amended, § 22.1-253.13:1.D.13.

