

Book	Louisa County School Board Policy Manual
Section	J: Students
Title	Student Wellness
Number	JHCF
Status	Active
Legal	42 U.S.C. § 1758b. 7 C.F.R. 210.3. Code of Virginia, 1950, as amended, § 22.1-253.13:1.
Cross References	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
Adopted	July 5, 2006
Last Revised	October 10, 2017
Last Reviewed	October 10, 2017

## STUDENT WELLNESS

The Louisa 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.

### Goals

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

#### A. Nutrition Promotion and Education

**Nutrition promotion and education positively influence lifelong eating behaviors by using evidence – based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums and cafeterias. The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.**

K-12 Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. Education addresses all aspects of lifelong healthy habits.

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.

Students receive consistent nutrition messages from all aspects of the school program.  
Division health education curriculum standards and guidelines address both nutrition and physical education.

Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).  
Schools link nutrition education activities with the coordinated school health program.  
Staff members who provide nutrition education have appropriate training.

All schools within the district participate in the National School Breakfast and Lunch Programs. In addition, eligible schools participate in the afterschool supper programs, and summer feeding programs. Louisa County Schools participate in Farm to School Programs and each of the four elementary schools have active school garden programs.

Schools are enrolled as Team Nutrition and FUTP60 schools and they conduct nutrition education activities and promotions that involve parents, students, and the community.

#### B. Physical activity

The Louisa 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 programs may include any combination of physical education classes, extracurricular activities, and other programs and physical activities.

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. An effort will be made to encourage students in grades 9-12 to participate in afterschool physical activities.

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.

Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

#### 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.

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

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

Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

Division will ensure that food and beverage sales during the school day by school-related groups and the use of vending machines are in compliance with state and federal law. There will not be any foods sold between 6:00 a.m. and the end of breakfast, and from the beginning of the first lunch shift until the end of the last lunch shift. All vending machines will be on timers and turned off during those times as to not impair student participation in the district's food service program.

Sanitation and safety procedures shall comply with the requirements of the Virginia Department of Health.

#### D. Nutrition Standards and Guidelines

The superintendent 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.

#### E. 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 Director of Pupil Personnel and Supervisor of School Nutrition are responsible for 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 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.

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.

Last Modified by Melisa M Campbell on November 8, 2017