

## STUDENT WELLNESS

### I. Policy Statement

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

#### A. Nutrition Promotion and Education

Teachers will use a variety of nutrition education materials to teach the students the skills they need to adopt in order that they maintain healthy eating 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 via curriculum materials, i.e., videos, video streaming, power point presentations, bulletin boards, displays and posters.

Students receive consistent nutrition messages from all aspects of the school program via the curriculum and all adults with whom the students come in contact.

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) in an effort to send students a uniform messages relative to developing healthy life styles..

Schools link nutrition education activities with the coordinated school health program, the Charles City Health Department program, and the Charles City 4H Department Nutrition program.

Staff who provide nutrition education have appropriate training and will continue to receive training to keep abreast of best practices in the field of nutrition education.

The level of student participation in the school breakfast and school lunch programs will increase as a result of students' involvement in menu planning and increased knowledge of developing a healthy life style by way of the core nutrition education program.

## Physical activity

The Charles City 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 as follows:

- 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 work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- 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.

## B. 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, school gardens, and non-disposable tableware 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.

## C. Nutrition Guidelines

Generally

Nutrition guidelines have been adopted 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 learning and reduce childhood obesity.

Nutritional standards for the school breakfast and school lunch programs that meet or exceed state and federal standards are in place.

The nutritional content of foods and beverages donated for class parties or other school events is considered.

School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and/or other areas accessible to students, and activities such as incentive programs, will include only those items that meet the nutrition standards approved by the School Board.

Outreach strategies to encourage families to reinforce and support healthy eating and physical activity will be disseminated throughout the school district.

### III. 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 Health Services** will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the policy, including indicators that will be used to measure its success. The public, including parents, students, and others in the community, will be informed and updated about the content of implementation of the policy. Implementation procedures will include periodically measuring and making available to the public an assessment on 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.

Adopted: May 16, 2006                      Revised November 19, 2013  
                    Revised July 15, 2008

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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

# Charles City County Public Schools

## Nutrition Standards

### **Purpose:**

Nutrition Standards have been developed to insure healthy foods and lifestyles will be made available and emphasized in Charles City County Public Schools.

### **Standards:**

The learning environment of Charles City County Public Schools will teach the students how to establish and maintain lifelong healthy eating patterns. Schools will model and teach healthy eating from the cafeteria to the classroom so students can develop the knowledge, skills and motivation to make nutritious and healthy food choices. The nutritious options are based on the following precepts:

- A healthy, well - nourished student is ready to learn and will stay in school.
- Children should be given plentiful opportunities to choose nutritious foods.
- Schools should provide quality nutrition education in addition to healthful foods, so students not only have access to healthy options, but also gain the knowledge, skills, and motivation to make nutritious food choices.
- High calorie, low nutrient items should be limited by access and /or portion size, since they contribute to excessive calories and possibly overweight. A variety of nutritious, appealing, and culturally appropriate foods and beverages should be available to all students.
- Schools should be encouraged to participate in the National School Lunch and Breakfast programs and actively promote student participation, since these programs are mandated to provide well-balanced nutritious meals for all students, based on the Dietary Guidelines for Americans.

The National School Lunch Program (NSLP), the School Breakfast Program (SBP) and the Afterschool Snack Program (ASP) provide well balanced nutritious meals for all students. Students will be encouraged to participate in these programs.

Charles City County Public Schools adheres to the US Department of Agriculture (USDA) and State of Virginia food regulations. These regulations prohibit the sale of foods of minimal nutritional value anywhere in the school building from 6:00 a.m. until 3:30 p.m., i.e., the entire school day.

Food items sold to students through snack bars, school stores, vending machines and a la carte offerings will be high in nutrients, low in fat, low in sugar and calories. Only nutritious foods will be served in conjunction with school meals.

The following nutrition standards shall be adopted by Charles City County School Board for foods sold to students throughout the school day on the school campus. The higher nutrition standards for the foods available to students reinforce the health and nutrition concepts guided by the Standards of Learning. At the same time the schools provide a consistent message to students and faculty regarding the role of good nutrition in learning and living.

### Beverage Standards

Beverages must contain at least 25% fruit juice with no added sweeteners.

Beverages that contain less than 25% fruit juice must contain at least 5% of the daily allowance of vitamins and minerals.

Except for chocolate milk, beverages sold will not contain any caffeine.

Low - fat (1%, 2%) and non-fat milk will be served in the cafeterias.

Non-flavored water and flavored water will be served in the cafeterias.

Flavored water must be non-carbonated and contained no added sweeteners.

### Snacks, Sweets and Side Dishes

Snack items must contain less than 300 kcal (calories) per serving.

Snack items must contain no than 30% of total calories from fat, except nuts and seeds.

No more than 10% of calories from saturated fat.

Must contain at least 5% of the daily allowance of vitamins and minerals.

Snack items must be low in sodium.

No more than 35% by weight in sugar except fresh dried or canned fruits and vegetables, without additional sweeteners.

## **Food Purchasing and Preparation Practices to Reduce Fat Content**

Spoon solid fat from chilled meat and poultry broth before using.

Use specifications requiring lower fat content in ordering processed foods such as hamburgers, pizza, and chicken nuggets.

Remove liquid fat from cooked ground beef before adding other ingredients.

Meats, french fries and etc. will be either baked or broiled.

Low - fat and /or reduced - fat cheese will be used in the food service program.

Prepare vegetables using little or no fat.

Cook with nonstick spray rather than with grease or oil.

Low fat and / or no fat salad dressings will be used for salads and / or wings.

Food items served will contain 2 grams or less of trans fat per serving.

## **Whole Grains, Fruits and Vegetables**

Cafeterias will use exclusively whole grain breads and cereals.

High quality fruits and vegetables will be served on a daily basis.

## **Suggested Portion Sizes**

Snacks and Sweets (Chips, Crackers, Popcorn, Trail Mix, Nuts, Seeds, Dried Fruit, Jerky)	1.25 oz
Cookies / Cereal Bars	2 oz
Bakery Items (e.g., Pastries, Muffins)	3 oz
Frozen Desserts, Ice Cream	3 oz
Yogurt	4 oz
Beverages (Water or Milk - Elementary School)	9 oz

**Responsibilities:**

- The Charles City School Board is responsible for establishing these standards.
- The Superintendent is responsible for implementation of the standards in all school buildings.
- The school principals are responsible for ensuring any food or beverage available on campus is in compliance with the standards.
- The School Food Service Director will be responsible for ensuring all foods and beverages offered as an a la carte item will comply with the standards.

**Standards:**

1. The standards are in addition to existing state and federal regulations governing the sale of food in schools.
2. All schools in the Charles City County School district have implemented a School Breakfast program.
3. All schools in the Charles City County School district will allow time in the curriculum for nutrition and physical education. All adults on the school campus will model healthy choices and lifestyles to the students.
4. Charles City County Public Schools will establish Nutrition Advisory Councils comprised of administrators, teachers, child nutrition, students and parents to provide consistent nutrition education.
5. All foods and beverages offered in Charles City County Public Schools will meet the nutritional criteria developed by the Virginia Action for Healthy Kids.

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