

STUDENT WELLNESS

Goals

Based on review and consideration of evidence-based strategies and techniques, the AHPS School Board establishes the following goals to promote student wellness.

Nutrition Promotion and Education

The school meals 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. The Division will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion.

Physical Activity

The Division physical education program will promote student physical fitness through individualized fitness and activity assessments.

Other School-Based Activities

The Division is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The Division strives to teach students how to make informed choices about nutrition, health and physical activity.

Nutrition Standards and Guidelines

The School Board incorporates and adopts the nutrition standards in 8 VAC 20-740-10 through 8 VAC 20-740-40.

The Superintendent is responsible for creating

- A. 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
- B. 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 established in the USDA's Nutrition Standards for All Foods Sold in School (Smart Snacks) rule.

Implementation

The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, administrators and the general public to participate in the development, implementation and periodic review and update of this policy by: The Division will convene a representative School Health Advisory Board (hereto referred to as SHAB) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this Division-level wellness policy (hereto referred to as “wellness policy”). The Superintendent or designee(s) will convene the SHAB and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. The Public is informed about the content of this policy and implementation.

The leadership staff for health and wellness as identified by Director of Child Nutrition is responsible for implementing and enforcing this policy. The implementation of the policy is measured by: Compliance with all state and federal regulation for school meals and snacks as well as compliance with all parts of this policy:

The process for monitoring compliance with this policy is:

At least once every three years, the Division will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the Division are in compliance with the wellness policy; and
- A description of the progress made to attain the goals of the Division’s wellness policy.

Community Partnerships

The Division will continue relationships with the community in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The Division will promote to parents/caregivers, families and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

- Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
- As described in the Community Involvement, Outreach, and Communications subsection, the Division will use electronic mechanisms as well as non-electric mechanisms, to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

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 of 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.

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.

Legal Refs: 42 U.S.C. § 1758b.
7 C.F.R. 210.31.
Code of Virginia, 1950, as amended, § 22.1-207.4.
8 VAC 20-740-30.
8 VAC 20-740-40.

Cross Refs: EFB Food Services
IGAE/IGAF Health Education/Physical Education
JL Fund Raising and Solicitation
KQ Commercial, Promotional and Corporate Sponsorships and Partnerships