

## WELLNESS POLICY

### Standards for USDA Child Nutrition Programs and School Meals

The Charlottesville School Division will:

- Offer school lunch and breakfast programs with menus that, at a minimum, meet the most recent meal patterns and nutrition standards established by the U.S. Department of Agriculture (USDA) and the Virginia Department of Education (VDOE), Office of Child Nutrition Programs. (WellSAT US10)
  - Formalize a plan in 2011/12 for the development, implementation and evaluation of a specific set of district guidelines, to supplement those above.
  - Enable students to make healthier choices by:
    - Limiting sugars to less than or equal to 35% of total calories per serving or 15 grams per serving.

Exceptions to the standard are:

- 100% fruits and fruit juices in all forms without added sugars.
- 100% vegetables and vegetable juices without added sugars.
- Unflavored nonfat and low-fat milk and yogurt; flavored nonfat and low-fat milk can contain no more than 22 g of total sugars per 8-oz portion, and flavored nonfat and low-fat yogurt can contain no more than 30 g of total sugars per 8-oz serving.
- Limiting partially hydrogenated oils (trans fat) to less than or equal to 0.5 grams per serving<sup>1</sup>
- Limiting total calories from saturated fats to no more than 35% and 10% from saturated fat
- Strategic placement of nutritious whole or cooked-from-scratch foods such as vegetables and fruits
- Maintaining a commercial-free<sup>2</sup> lunch-line environment (WellSAT US13/14)
- All schools will provide breakfast through the USDA School Breakfast Program. (WellSAT US 11)
- Continue to fund and operate an annual summer food program. (WellSAT US12)
- Encourage school staff and families to participate in school meal programs through a formalized marketing campaign<sup>3</sup> and by:

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<sup>1</sup> Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth. Committee on Nutrition Standards for Foods in Schools, Food and Nutrition Board. Stallings, VA and Yaktine, AL, Editors. Institute of Medicine of the National Academies. The National Academies Press, Washington D.C. 2007. Access at [www.nap.edu](http://www.nap.edu).

<sup>2</sup> Including, but not limited to, food industry and trade association advertising

<sup>3</sup> Which includes, but is not limited to, "cafeteria" sections in school newsletters, e-mail and backpack stuffer updates to teachers and parents and a monthly Nutrition Services "News" page on the CCS website.

- Holding periodic food promotions to encourage taste testing of healthy new additions to school menus.
- Working collaboratively with classroom teachers to maximize the impact of ongoing food programs such as the Fresh Fruit and Vegetable Program (FFVP) and special events such as School Nutrition Month.
- Collaborating with school and community garden projects. (WellSAT US15)
- Department of Education Policy #CFR210.10 (F) states that school lunch can be scheduled between the hours of 10:00 a.m. to 2:00 p.m.
  - Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities. (WellSAT US16)
- Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 20-25 minutes at lunch).
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks. (WellSAT US18)
  - Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).
- Will operate all Child Nutrition Programs under the supervision of professionally trained school food service staff. (WellSAT US19)
  - Will support staff professional development in best practices relating to nutrition, culinary-skills, management and customer service. (WellSAT US20)
- Establish a cafeteria environment conducive to a positive dining experience
  - with socializing among students and between students and adults,
  - with supervision of eating areas by adults who model proper conduct and voice level, and
  - with adults who model healthy habits by eating with the students without distracting audio or video entertainment. (WellSAT US21)
- Will post on CCS website information about the nutritional content of all foods sold and offered, including nutrition and ingredient labels for all processed food items. (WellSAT US22)

#### Nutrition Standards for Competitive and Other Foods and Beverages

- All foods sold and served during the school day will, at a minimum, comply with state and federal law and follow the current USDA Dietary Guidelines for

Americans. CCS will formalize a plan in 2011/12 for the development, implementation and evaluation of a specific set of district guidelines, to supplement those above. (WellSAT NS23)

- Food service a la carte will include nutritious foods and beverages as defined under Child Nutrition and School Meals.(WellSAT NS26/42-50)
- Vending machines will only be available to secondary school students only after 3:35 PM and will include some products that meet the nutrition requirements of the child nutrition program. (WellSAT NS 24/42-50)
- Snack items sold by the Child Nutrition Program during the school day must meet all the following standards:
  - 100% fruits, fruit juices, and fruit bars in all forms without added sugars may be offered daily.
  - 100% vegetables and vegetable juices without added sugars may be offered daily.
  - Unflavored nonfat and low-fat milk and yogurt; flavored nonfat and low-fat milk can contain no more than 22 g of total sugars per 8 –oz portion; and flavored nonfat and low-fat yogurt can contain no more than 30 g of total sugars per 8 –oz serving will be offered daily.
  - Unflavored water and no or low calorie beverage alternatives may be offered daily.
  - Ice cream products that are no more than 200 calories may be offered once per week in elementary schools, middle schools, and high schools.
  - Cookies may be offered daily if they meet the criteria of sugars less than or equal to 35% of total calories per serving or 15 grams per serving and hydrogenated oils (trans fat) less than or equal to 0.5 grams per serving. (WellSAT NS25/42-50)
- Classroom snacks shall feature nutritious foods as defined above, and water as a beverage. (WellSAT NS28/42-50)
- Except for birthday celebrations, all other classroom celebrations shall feature nutritious foods, as defined above, and water to drink.
- Birthday parties shall be limited to one per month and the offering of nutritious foods, as defined above, will be encouraged. (WellSAT NS27/42-50)
- Food rewards/incentives/"treats" shall not be used on school grounds, at school outings or in vehicles licensed to transport students. See these Non-food alternatives. (WellSAT NS40)
- Students and staff will have access to free, safe and fresh drinking water throughout the day and, specifically, in the dining facilities during meals.<sup>4</sup> (WellSAT NS51)

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<sup>4</sup> This has been recommended by the USDA for implementation in the newly revised School Nutrition Program guidelines.

## **Nutrition Education Regulations**

The Charlottesville School Division will:

Enhance the consistent, sequential and evidence-based K-10 nutrition curriculum and engage in nutrition promotion by:

- Linking with school meal programs, other school foods, and nutrition-related community services. (WellSAT NE3/4)
- Training staff in nutrition education, with an emphasis on district wellness policies and regulations. (WellSAT NE5)
- Integrating nutrition education into classroom instruction in subjects such as English/language arts, math, science, social sciences, and elective subjects. (WellSAT NE6)
- Teaching skills that are behavior-focused, interactive, developmentally appropriate and/or participatory that may include:
  - Activities involving contests, promotions, taste-testing, farm visits, and school garden projects that promote whole foods and cooking from scratch.
  - Lessons that teach media literacy with an emphasis on food marketing and reading labels.
  - Lessons that address the harmful health effects of sugar, excessive salt, hydrogenated oil (trans fats), saturated fats and the importance of portion control and exercise. (WellSAT NE7)
- Ensuring that nutrition-related content will be taught at all grade levels, K-10. (WellSAT NE8)

## **Physical Education and Physical Activity Regulations**

The Charlottesville School Division will:

- Provide a minimum of 150 minutes per week of physical activity for all students in grades K-10. Removal from physical education class or physical activity as punishment will be discouraged. (WellSAT PE52-55)
- Maintain a district standard for graduation from high school of 2 credits for health/physical education. (WellSAT PE60)
- Offer a planned, sequential program of physical education instruction incorporating individual and group activities which are taught in a positive environment by certified teachers endorsed in health and physical education. (WellSAT PE58/65)
- Conduct quality physical education instruction for K-10 that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation based on standards set by NASPE. (WellSAT PE58)
- Provide safe and adequate equipment, facilities and resources necessary to meet NASPE standards. (WellSAT PE63)

- Participate in bi-yearly fitness assessment for students in grades 3-10 and BMI assessments for students in K-10. Students in grades K-2 will practice the fitness assessment components. (WellSAT PE68)
- Provide students with opportunities for moderate to vigorous activity during physical education class with accommodations for students with medical conditions or disabilities. (WellSAT PE64)
- Provide for appropriate professional development for physical education teachers. (WellSAT PE66)
- Provide daily recess for students in grades K-6. (WellSAT PA77)
- Support additional physical activity for all students through reduced fees for after school recreation, intramural activities, and sports; tool kits for recess and core classrooms; and education for parents. (WellSAT PA69/78)
- Provide a physical activity component for the after school programs. (WellSAT PA 69)
- Offer electives at the high school other than the required physical education courses. (WellSAT PE60)

### **Health Education Regulations**

The Charlottesville School Division will:

- Maintain a district standard for graduation from high school of 2 credits for health/physical education.
- Provide comprehensive health education based on the *Health Education Standards of Learning for Virginia Public Schools* which, additionally, addresses the district-wide nutrition guidelines relating to sugars, salt, hydrogenated oil, saturated fats and the importance of portion control and exercise.
- Provide appropriate professional development for teachers implementing the health curriculum.
- Provide current resources for use in teaching the standards for health education.
- Provide accommodations for students with differing religious values through written application from parents to the proper authorities on the grounds that health education is inconsistent with the tenets and practices of the known religious organization with which they are affiliated. With written permission, students shall not be required to participate in the health program.

### **Health Services Regulations**

The Charlottesville School District will:

- Employ Registered Nurses or Licensed Practical Nurses at each school and a second nurse at the high school.

- Provide at least 10 hours of professional development to the health care professionals that directly relate to Health Education Regulations their responsibilities which may include attending the annual VA School Nurse's Association Conference.
- Provide strict adherences to immunizations required mandated by VA Dept of Health for school enrollment and attendance unless doctor/parent/student claims medical or religious exemption as allowed by the State of Virginia.
- Perform preventative health care services for students including mass screening for vision, hearing, height, and weight for all students.
- Provide staff education and universal precautions requiring the handling of blood and body fluids.
- Provide classroom health education.
- Provide flu prevention information for students, staff, and parents on an annual basis.
- Send referral to primary healthcare providers for those students in need of immediate attention.
- Maintain collaboration with community resources and services including Department of Health, Mental Health, Department of Human Services and Youth Court to ensure effective response to health care needs of our students.
- Provide parents with health information that is designed to engage families as active participants in their children's health related needs. (i.e. newsletters, website updates, PTA meetings and special events).
- Report to Department of Human Services and Youth Court any suspected child abuse/medical neglect.

### **Staff Wellness Regulations**

The Charlottesville School Division will:

- Support, encourage and allow staff to use their lunch to use the various physical activity services available.
- Establish and enhance physical activity opportunities for staff.
- Continue to support the Employee Assistance Program for staff.
- Continue to support access to fitness clubs.
- Fill snack and beverage vending machines to include nutritious foods, as defined above, and unflavored water.
- Provide flu shots and other inoculations for employees and at minimal cost for their families.
- Support enhancement of medical coverage to include nutrition counseling and smoking cessation.

## **Counseling and Mental Health Services Regulations**

The Charlottesville School District will:

- Provide a comprehensive counseling program for students to address a range of mental health and psychological issues (i.e., emotional concerns, substance abuse, school adjustment attendance problems, and violence).
- Provide access to quality and ongoing counseling and crisis intervention for all students to promote positive social and emotional development.
- Provide access to prevention and early intervention services and referrals for treatment programs for mental health.
- Provide support groups for students from diverse social and economic backgrounds as needed.
- Employ appropriately credentialed and qualified therapists/counselors based on individual school needs.

## **Healthy School Environment Regulations**

The Charlottesville School District will:

- Foster relationships within the greater Charlottesville community.
- Provide school resources officers responsible for security issues at each school.
- Provide curriculum as a part of a school-wide sustainable effort to increase staff and student awareness about violence.
- Have a school safety audit conducted periodically as mandated by the Virginia Department of Education and include representatives from the school's administration, teaching staff, custodial staff and student body.
- Establish a school safety committee to implement and update the District Safety Plan.
- Employ a maintenance staff to ensure the school buildings and surrounding areas are maintained in good condition with respect to structure, temperature, noise, and lighting.
- Prioritize student and staff physical, emotional and social wellness<sup>5</sup> when planning any renovation or new construction, with a specific focus on design elements that directly affect nutrition, such as:

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<sup>5</sup> [http://www.nyc.gov/html/ddc/html/design/active\\_design.shtml](http://www.nyc.gov/html/ddc/html/design/active_design.shtml)

- Kitchen facilities for cooking-from-scratch
- Optimized lunch-line design<sup>6</sup>
- Sustainability (e.g., composting, reusable dishes, recycling)
- Dining facilities that enhance the eating experience and take developmental stage into consideration
- Facilitate interaction and collaboration with school gardens

### **Communication, Promotion, and Implementation Regulations**

The Charlottesville School District will:

- Continue to involve parents, students, representatives of the school food authority, the School Board, school administrators, the School Health Advisory Board (SHAB) and the public in the development of the school wellness policy; and, will increase outreach to the public. (WellSAT CP79)
- Offer staff health and wellness classes, workshops, educational materials and an online forum for sharing information, successes and challenges. Ensure that all staff is familiar with and understands the district wellness policies and regulations. (WellSAT CP80)
- Ensure that the school environment, including cafeteria and classroom, provides clear and consistent messages that reinforce healthy eating. (WellSAT CP81)
- Encourage staff to model healthy eating and physical activity as a valuable part of daily life. (WellSAT CP82)
- Specify the Superintendent or designee as responsible for health and wellness communications beyond required policy implementation reporting. (WellSAT CP83)
  - Nutrition Services will provide families with opportunities for input and, to the extent possible, provide monitoring of their children's food purchases at the K-8 level.
- Enable schools to link nutrition education activities with the coordinated school health program. (CSHP<sup>7</sup>) (WellSAT CP84)
- Encourage feedback from parents and community through stakeholder meetings, surveys, and on-line access to background materials. (WellSAT CP85)
- Provide nutrition education to parents in the following forms:
  - Handouts
  - School website
  - Articles and information provided in district and school newsletters
  - Presentations that focus on nutrition and healthy lifestyles
  - Any other appropriate means (WellSAT CP86)

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<sup>6</sup> [http://www.nytimes.com/interactive/2010/10/21/opinion/s0101021\\_Oplunch.html](http://www.nytimes.com/interactive/2010/10/21/opinion/s0101021_Oplunch.html)

<sup>7</sup> <http://www.cdc.gov/healthyyouth/cshp/>



- Provide parents and middle and high school students with science-based information regarding the damaging health effects of sugar, excessive salt, partially hydrogenated oil (trans fat), saturated fats and the importance of portion control and exercise, as well as a list of healthy snack ideas. (WellSAT CP87)
- Publicize to the community, both school and wider, individual school successes and district-wide successes resulting from the implementation of the Wellness Policy and Regulations, monthly and annually, respectively. (WellSAT CP86)
- Maintain an environment free of food and beverage advertising (corporate as well as trade organizations, including educational materials. (WellSAT CP89)

Evaluation:

- A district-wide Wellness Committee (the Asst. Superintendents, Director of Student Services, Principals, Coordinator of Health/PE, SHAB representatives, Nutrition Services, Head Nurse and H.S. Head Counselor) shall be established for the purpose of monitoring the implementation of the district's Wellness Policy and Regulations; reporting to the Superintendent, and, providing guidance for the school wellness teams. (WellSAT E91)
- School principals shall insure that each school has a school wellness team (consisting of the principal, teachers, parents, nurses, counselors and students in middle and high school) responsible for implementing, monitoring, evaluating and reporting (annually) on progress towards meeting the district wellness policy goals and regulations. (WellSAT E92)
- The district Wellness Committee shall:
  - Conduct a district-wide review of the progress toward school wellness policy goals and regulations each year to identify areas for improvement.
  - Prepare and submit a yearly report to the School Board and School Health Advisory Board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary. (WellSAT E94/96)
- In addition to the funding currently allocated to each school for wellness activities for staff, a priority will be placed on locating additional funds that support both student and staff wellness initiatives. These will be incremental and evolve over time and will focus on more creative use of existing funds from local, state, and federal sources. (WellSAT E95).

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Legal Reference: Section 204 of the Reauthorization Act (Public Law 108-265)