

## STUDENT SERVICES

File: JHCF

### WELLNESS POLICY

Charlottesville City Schools is a committed and nurturing community, taking responsibility every day for positively impacting the physical, emotional, social and academic well-being of every child and challenging them to become extraordinary individuals empowered to change the world.

Charlottesville City Schools recognize:

- the fundamental link between a child's health and their ability to learn.
- the critical role that school plays in what our children learn about health.
- the necessity of having a unifying vision, goals, and plans for how to best address the needs of the whole child.
- the importance of a coordinated school health program (CSHP) approach in maximizing the impact of the district's existing health-related programs and services.
- that an essential component of a healthy school environment is a staff that is educated about health, encouraged to implement this knowledge in their classroom, and supported in their efforts to improve their own health.
- poor diet and physical inactivity are the most important factors contributing to the epidemic of overweight and obesity in our children. Food components that are consumed in excessive amounts include added sugars, refined grains, solid fats, and sodium.<sup>1</sup>
- that the funding mechanism for district-wide wellness initiatives must be prioritized, will be incremental and evolve over time and should focus, initially, on more creative use of existing funds from local, state and federal sources.

In an effort to provide all students and staff in Charlottesville City Schools with the opportunities, knowledge, and skills necessary to make healthy choices for a lifetime, the following goals and accompanying regulations have been established.

#### Goals

- Maintain an active School Health Advisory Board (SHAB) comprised of a diverse section of health professionals, parents, teachers, students, community members, and district staff that monitors all aspects of the CDC's Coordinated School Health Program (CSHP) listed below, including the wellness policy and accompanying regulations (WellSAT CP 90).
- Recognizing that students learn both from educational text and observation of their environment, all nutrition-related regulations shall be consistent and integrated into the curriculum. All foods and beverages sold or served before and during the school day will, at a minimum, meet the nutrition recommendations of the current U.S. Dietary Guidelines for Americans limiting foods and beverages that contain unhealthy and/or obesogenic ingredients. Schools will provide students with access to a variety of

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<sup>1</sup> Dietary Guidelines for Americans 2010. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Access at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

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affordable, nutritious, and appealing foods and will provide clean, safe and pleasant settings with adequate time for students to enjoy their meal.

- All students in grades K-10 will participate in a planned, sequential, and comprehensive health education curriculum to foster lifelong habits of healthy eating, physical activity, understanding of disease and health-related risky behavior; and will establish linkages between health education, school meal programs, related district programs, and relevant community services.
- Schools will provide at least 30 minutes per day or an average of 150 minutes per week of physical activity—including physical education, recess, and the integration of physical activity in the academic curriculum—for students in grades PreK-8. High school students must take at least two units of physical education (WeISAT PA 70).
- All students will have health services through school health clinics. These services appraise, protect, and promote student health to insure access and/or referral to health care.
- All students will have access to counseling and social services. These services provide broad-based individual and group assessments, interventions, and referrals that attend to the mental, emotional, and social health of students.
- Schools will provide a clean, healthy and aesthetically pleasing physical environment conducive to learning.
- Staff will be encouraged and supported in learning about health and pursuing a healthy lifestyle that will promote better health, increase productivity, improve morale, and provide appropriate role models for students. (WellSAT CP 82).
- Charlottesville City Schools will actively encourage involvement by parents and community, recognizing the importance of children's and adolescents' microsystem (family) and their entire exosystem of community-based resources, and how these complement and support the district's existing health-related programs and services.
- A plan will be developed and monitored to address communication, promotion, implementation and evaluation of these goals and the accompanying regulations.

Adopted: June 15, 2006  
Reviewed: June 19, 2008  
Revised: October 6, 2011  
Reviewed: June 27, 2016

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

Resources Referenced in Policy:

[http://inschoolhealth.org/files/respository/Comp Ecological Model Published article-Lohrmann.pdf](http://inschoolhealth.org/files/respository/Comp_Ecological_Model_Published_article-Lohrmann.pdf)

[http://www.schoolnutrition.org/uploadedFiles\\_old/schoolnutrition.org/meetings events/annual national conference 2006/McComblourneyGoodHealth.pdf](http://www.schoolnutrition.org/uploadedFiles_old/schoolnutrition.org/meetings_events/annual_national_conference_2006/McComblourneyGoodHealth.pdf)

<http://www.cdc.gov/HealthyYou/CSHP>

<http://www.yaleruddcenter.org/resources/upload/docs/what/communities/schoolwellnesspolicyevaluationtool.pdf>