

**P 9-24. Student Wellness****A. General**

Chesapeake Public Schools recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The School Division will foster a school environment that promotes and protects wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience for all students. The Superintendent shall develop goals and regulations to ensure the implementation of appropriate wellness practices in the School Division in the following areas:

**1. Nutrition Education**

All students K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the *Virginia Standards of Learning*. Nutrition education and information shall be offered throughout the school campus and shall be consistent with the current *U.S. Dietary Guidelines for Americans*. Staff providing nutrition education shall have the appropriate training.

**2. Nutrition Standards**

Child nutrition programs which comply with federal, state, and local requirements shall be accessible to all children. All foods and beverages made available on school grounds and at school-sponsored activities during the instructional day (including vending, a la carte, student stores, parties, and fundraising) shall be consistent with the *Healthy, Hunger-Free Kids Act of 2010*, meet USDA Smart Snacks compliance, and support the *Dietary Guidelines for Americans*. Chesapeake Public Schools participation in the USDA Child Nutrition Program, School Breakfast Program, After-school Snack Program and Summer Food Service Program will substantially adhere to the standards as outlined in full by the USDA.

**3. Physical Activity**

All students K-12 shall have physical activity opportunities, support, and encouragement to be physically active on a regular basis. A comprehensive written physical education curriculum, aligned with state and national standards, will be maintained and implemented at each school to equip students with the knowledge, skills, and values necessary to maintain physical fitness and promote lifelong physical activity. Students shall not be denied recess or physical activity or be required to participate in recess or physical activity as a form of discipline.

4. Other School Related Activities

The Superintendent may implement other appropriate programs that help create an environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity, such as staff wellness programs and non-food reward systems.

B. Leadership

The Superintendent shall designate a committee to be responsible for measuring implementation and progress of the Student Wellness Policy. Each school principal will designate a committee or coordinator to promote the Student Wellness Policy at each school. The Student Wellness Policy will be reviewed annually and a full assessment of the policy will be completed every three years.

Reference:

Federal Public Law (PL 111-296) Healthy, Hunger –Free Kids Act of 2010

Federal Public Law (PL 108-265 Section 204) Child Nutrition Reauthorization Act of 2004

Adopted: April 24, 2006

Revised: June 26, 2017

**R 9-24. Student Wellness**

A. Nutrition Education

1. All staff members will be made aware of Nutrition Education Standards.
2. Lessons that promote healthy eating habits, good nutrition, and appropriate food choices are to be provided.
3. Administrators will communicate the importance of good nutrition and physical fitness to families and community members through a variety of media.
4. Chesapeake Public Schools' health curriculum standards and guidelines include nutrition education and physical education. Physical education teachers will develop lesson plans and implement lessons that include standards for nutrition and physical education.
5. Schools will work in conjunction with their PTA's to offer nutrition and physical fitness- related educational activities for families.

B. Nutrition Standards

1. Chesapeake Public Schools will participate in the National School Lunch and Breakfast programs and school menus will provide a variety of food and beverage items consistent with the *Healthy, Hunger-Free Kids Free Act of 2010*, comply with USDA Smart Snacks in Schools, and support the *Dietary Guidelines for Americans*.
2. Chesapeake Public Schools will implement strategies to increase participation in school meal programs, including food sampling, customer satisfaction surveys, student input mechanisms, alternative breakfast models such as breakfast in the classroom and grab and go breakfast, and daily access for all students for all meals offered during the school day.
3. Meal periods will be scheduled to allow students adequate time to eat school meals.
4. Nutritional analysis will be provided for all menu items. This analysis will reflect nutrient standards for appropriate grade levels. Chesapeake Public School will make this information available to parents and students on the Division website. A registered dietician or other qualified health professional will be consulted as needed for Individualized Education Plans and special dietary needs.

5. Free drinking water is available to students and staff in all school dining areas during meals and students and staff will have access to drinking fountains throughout the school day.
6. Chesapeake Public Schools has a closed campus policy. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.
7. School Nutrition Services' staff will be provided training according to USDA Professional Standards.
8. All food and beverages sold to students in vending machines, school stores, concession stands, and a la carte during the school day will meet or exceed USDA Smart Snacks in Schools standards.
9. Food and beverages offered, but not sold, to students during the school day for classroom parties, celebrations related to curriculum, classroom snacks brought in by parents, or as a reward/incentive should meet or exceed USDA Smart Snacks in Schools standards.
10. Chesapeake Public Schools will provide parents, teachers, and other staff with information regarding non-food celebrations, healthy celebrations, and alternative ways to reward children.
11. A list of food and beverages that meet Smart Snacks standards will be provided for parents who wish to bring in food and beverage items for in-school celebrations. Certain items may be ordered in advance through the Department of School Nutrition Services at each school. A list of available items will be provided on the division website.
12. Chesapeake Public Schools encourages all employees to serve as role models for students by actively promoting and modeling healthy nutrition habits.
13. Withholding of any food is not to be used as a form of discipline.

C. Physical Activity

1. All schools are encouraged to develop a comprehensive school physical activity plan (CSPAP) that provides physical activity throughout the school day and addresses the needs of students, staff and school community. Physical education will include the instruction of individual activities as well as competitive and non-competitive sports to encourage life-long physical activity. Physical education instruction is where

students learn, practice and are assessed on developmentally-appropriate motor skills.

2. Adequate equipment will be available for all students to participate in physical education. Physical activity facilities will be safe. Each school will provide a physical and social environment that encourages safe and enjoyable activity for all students and ability levels.
3. Elementary students will be provided with a daily recess period of at least 15 minutes with a goal of 20 minutes. Elementary schools are encouraged to schedule recess prior to lunch periods.
4. State-certified physical education instructors shall teach all physical education classes.
5. Health and Physical Education staff will receive annual professional development opportunities that are focused on health/physical education/physical activity topics and competencies specific to physical education teachers.
6. Chesapeake Public Schools encourages all employees to serve as role models for students by actively promoting and modeling healthy physical activity habits.
7. Schools are encouraged to promote walking and biking to school and to participate in Safe Routes to Schools programming.
8. Schools are encouraged to provide at least one physical activity break (i.e., Instant Recess or Brain Breaks) every 60 minutes of academic instruction.
9. Schools are encouraged to provide at least one physical activity opportunity at the school annually to engage families and community members.
10. Chesapeake Public Schools will offer training on incorporating physical activity during the school day through staff development opportunities for all teachers.
11. Chesapeake Public Schools will provide information to families, via the Division website, to help them incorporate physical activity into their children's lives.

**D. Other School Related Activities**

1. Schools are encouraged to consider creative programs to improve student and staff wellness and physical fitness.

2. Family/parent wellness, nutrition, and physical activity educational opportunities are encouraged. Schools will endeavor to work in conjunction with other community services and agencies, such as the Health Department, local hospitals, local doctors, local physical trainers, or local dietitians, to provide informational workshops to staff, families, and students.
3. Families will be informed of the meal eligibility application process (for free and reduced-price meals) throughout the school year. The application is available at each school, as well as the division website.
4. In addition to relevant federal regulations, Chesapeake Public Schools uses mechanisms to protect the privacy of students receiving free and reduced lunch. The Division will use electronic procedures, online payment programs, and individual student accounts that do not identify a student's payment source to other students or cafeteria staff.
5. School dining areas will be supervised and provide a clean, safe, and pleasant environment that allows sufficient space for students to sit and consume meals. Lunch will be served near the middle of the day and students will have enough time to eat with a minimum of wait time. There will be controlled access to the school nutrition services operation that is limited to the school nutrition staff and authorized personnel.
6. Fundraising will support healthy eating and wellness. Schools, PTAs, and booster clubs are strongly encouraged to select healthy fundraiser options and limit unhealthy fundraisers. Fundraisers that take place and sell food and beverages that are meant for consumption by students during the school day must substantially meet Smart Snacks in Schools standards. Per state guidelines, each school is limited to thirty (30) in-school fundraising occurrences per school year that do not meet Smart Snacks in Schools standards. Out-of-school fundraisers and fundraisers that do not sell food are exempt from this rule. Chesapeake Public Schools will provide information on best practices guidelines and toolkits for promoting healthy fundraisers.
7. Chesapeake Public Schools encourages schools to enter into joint-use agreements for community use of school facilities for nutrition education and physical activity programming to benefit students and community members.
8. Chesapeake Public Schools Health Services Department will provide access to referral to primary health care services; foster appropriate use of health services; prevent and control communicable disease and other health problems; provide emergency care for illness or injury; and provide qualified and well-supported health professionals.

9. Marketing and advertising of foods and beverages on the school campus during the school day is limited to items substantially meeting Smart Snacks in School nutrition standards.

E. Leadership

1. Chesapeake Public Schools will convene a Wellness Advisory Board that will establish goals for and oversee the development, review, and periodic update of the Student Wellness Policy. Members of this committee include, but are not limited to: School Nutrition professionals, Health Services professionals, physical education teachers, health education teachers, school administrators, school board members, parents, students, and members of the community.
2. Chesapeake Public Schools will make the Student Wellness Policy available to the public year-round via the Division website. Annually, changes and updates to the Student Wellness Policy will be communicated to parents and the public via the website and/or district-wide communications.
3. The Wellness Advisory Board will conduct an assessment of the Student Wellness Policy every three (3) years to determine compliance with the policy, how the Student Wellness Policy compares to model wellness policies, and the progress made in attaining the goals of the wellness policy. This assessment will be made available to the public via the Division website.
4. All schools will establish a School Wellness Committee or Coordinator to promote the guidelines of the Student Wellness Policy including the promotion of nutrition and fitness, appropriate snacks, party and treat guidelines, fundraisers, reward/incentive programs, etc.
5. The designated official for oversight of the Student Wellness Policy and management of the triennial assessment is the Nutrition and Wellness Educator, School Nutrition Services.

Approved: May 14, 2007

Revised: June 12, 2017