

## STUDENT WELLNESS

### I. Policy Statement

The New Kent 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

Based on review and consideration of evidence-based strategies and techniques, the New Kent County School Board has established the following goals to promote student wellness.

#### A. Nutrition Promotion and Education

The Division's health education curriculum standards and guidelines address both nutrition and physical education.

#### B. Physical Activity

The New Kent 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 is students are given the opportunity for physical activity through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.

#### C. Other School-based Activities

The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs. All children who participate in subsidized food program are able to obtain food in a non-stigmatizing manner.

#### D. Nutrition Standards and Guidelines

The superintendent is responsible for creating

- 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

- 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 under 7 C.F.R. § 210.11.

### 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 Executive Director of Finance and Budget and the School's Health Committee is responsible for overseeing the implementation of this policy.

The School Board retains the following records to document compliance with 7 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.

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 to 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.

Adopted: 2006  
Revised: November 3, 2008  
Revised: June 17, 2013  
Revised: April 28, 2017

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Legal Refs: 42 U.S.C. § 1758b.

7 C.F.R. 210.3.

Code of Virginia, 1950, as amended, § 22.1-253.13:1.

Cross Refs:	EFB	Free and Reduced Price Food Service
	IGAE/IGAF	Health Education/Physical Education
	JL	Fund Raising and Solicitation
	JHCH	School Meals and Snacks
	KQ	Commercial, Promotional, and Corporate Sponsorships and Partnerships

## **New Kent County School District's Wellness Policies on Physical Activity and Nutrition**

The New Kent County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the New Kent County School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition requirements of the *Healthy Hunger-Free Kids Act of 2010*.
- The School Nutrition Services department will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will offer a variety of choices to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **TO ACHIEVE THESE POLICY GOALS:**

#### **I. School Health Advisory Board**

The school district's existing school health advisory board will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The School Health Advisory Board and/or its members will serve as resources to school sites for implementing those policies. The school health advisory board consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the School Board, school administrators, teachers, health professionals, and members of the public.

## **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) plain milk and fat-free plain or flavored milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- encourage that the majority of the served grains are whole grain.

The School Nutrition Department should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. Information about the nutritional content of meals is available on the NKCPs website.

### **Breakfast**

To ensure that all children are encouraged to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- Schools will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to promote healthy eating. Eating a healthy breakfast will be encouraged by the school through newsletter articles, take-home materials, or other means.

### **Free and Reduced-priced Meals**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

### **Meal Times and Scheduling**

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast in the cafeteria or the classroom and 20 minutes after sitting down for lunch;

- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:15 a.m. and 1:30 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- 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).

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods and Beverages**

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**The school food service program will approve and provide all food and beverage sales to students in all schools during the school day. All food and beverages served during the school day will meet or exceed the Healthy Hunger-Free Kids Act.**

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, it is encouraged that school fundraising activities will not involve food or will sell food items and deliver items outside of the school day. All fundraising activities involving food will be sold and delivered outside of the school day. Schools will encourage fundraising activities that promote physical activity.

### **Snacks**

Snacks served during the school day or in after-school programs will make a positive contribution to children's diets and health incorporating the nutrition requirements of the Healthy Hunger-Free Kids Act. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

### **Rewards**

Schools should not use food or beverages that do not meet the nutrition standards for foods and beverages as rewards for academic performance or good behavior.

### **Celebrations**

It is encouraged that schools should limit celebrations that involve food during the school day. Food and beverages offered at school celebrations should meet the nutrition requirements of the Healthy Hunger-Free Kids Act therefore faculty should consult the School Nutrition Services department to provide healthy options.

### **School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)**

It is encouraged that foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards of the Healthy Hunger-Free Kids Act.

## **III. Nutrition and Physical Activity Promotion and Food Marketing**

### **Nutrition Education and Promotion**

The New Kent County School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at most grade levels as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and farm visits,
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes some training for teachers and other staff.

### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Communications with Parents**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school may send home nutrition information, post nutrition tips on school websites, or provide nutrient analyses of school menus. Schools should encourage parents to purchase a healthy school lunch for their child or to pack healthy lunches and snacks. Parents are encouraged to advocate and support their children to refrain from consuming beverages and foods that do not meet the above nutrition standards set by the USDA. The district/school may provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment.

### **Staff Wellness**

New Kent School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. New Kent County Public Schools should establish and maintain a staff wellness committee composed of at least one staff member, and school health committee member. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council.



#### **IV. Physical Activity Opportunities and Physical Education**

##### **Daily Physical Education (P.E.) K-12**

All students, including students with disabilities and special healthcare needs will have the opportunity for weekly physical education classes. All students in grades K-8 will receive at or above the required average 150 minutes of physical activity per week during the regular school year. All high school students will be required to take two credits of physical education. All physical education classes will be taught by a certified physical education teacher. Student involvement in other activities outside of physical education class, such as interscholastic sports will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

##### **Daily Recess**

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

##### **Physical Activity Opportunities Before and After School**

All elementary, middle, and high schools will offer extracurricular physical activity programs. All high schools and middle schools will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school programs are encouraged to provide periods of physical activity for all participants.

##### **Physical Activity and Punishment**

School personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment. Due to the benefits of physical activity teachers are asked not to pull students from PE class to finish or make up class work or tests.

##### **Use of School Facilities Outside of School Hours**

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations as permitted in accordance with the Facility Request form. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

#### **VI. Monitoring and Policy Review**

##### **Monitoring**

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

The School nutrition supervisor will ensure compliance on nutrition policies within school food service areas and will report on this matter to the Superintendent or designee. . In addition, the school nutrition supervisor will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the School Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

### **Policy Review**

The policy will be reviewed every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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Legal Refs.: 42 U.S.C. § 1751 Note

Code of Virginia, 1950, as amended, § 22.1-253.13:1.D.13.

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