

## STUDENT WELLNESS

The Rockingham County School Board encourages students to pursue individual wellness by being physically active and making lifestyle decisions that support a healthy body and mind. By facilitating learning through the support and promotion of good nutrition and regular physical activity, schools have a unique role to play in the development of student's life long health patterns.

This policy is intended to comply with section 204 of the Reauthorization Act of 2004 and the final rule of the 2010 (public law 108-265) for school divisions participating in the United States Department of Agriculture nutrition programs. The Rockingham County School Health Advisory Board (SHAB) provides the infrastructure for addressing student wellness issues. The SHAB includes parents, teachers, food and nutrition service (FNS) personnel, school administrators, school nurses, students, community health professionals, and interested community members. Members of the community are encouraged to provide input and recommendations. The student wellness guidelines and goals addressed in this policy are:

- I Nutrition Promotion & Education
- II Nutrition Standards
- III Related School-Based Activities that Promote Wellness
- IV Physical Activity Goals
- V Communication, Implementation, & Evaluation

### NUTRITION PROMOTION & EDUCATION

- A. Students in grades pre-K – 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- B. RCPS personnel teach nutrition and health education in accordance with Virginia SOL's Standards of Learning. Annually teachers are encouraged to integrate nutrition education into other curriculum areas.
- C. Students receive consistent nutrition messages throughout schools, classrooms, and cafeterias. Positive nutrition messages are frequently placed on published menus.
- D. Nutrition education is provided in the cafeteria as well as in the classroom. Food & Nutrition Service (FNS) personnel plan and implement a minimum of one special nutrition education activity per year.
- E. Each school FNS manager maintains an active student Nutrition Advisory Council or similar student group.
- F. It is desirable for the FNS director to be a registered dietitian to provide qualified leadership and training for FNS staff.
- ~~G.~~ Parents of elementary students are provided nutritional guidelines and recommendations pertaining to packed lunches and food brought to school for snacks and parties.
- H. The RCPS internet home page contains links to nutrition and wellness websites appropriate for students, teachers, and parents.
- I. Students are involved in the selection, tasting, and marketing of appealing healthy foods and beverages.
- J. Monthly menus and food specific allergy and nutrient information for purchased food items are available on the division website.

## II NUTRITION STANDARDS

- A. **Food and Nutrition Service (FNS) Provision of Food** – School meals adhere to the Dietary Guidelines for Americans and the United States Department of Agriculture’s National School Lunch and Breakfast Program nutritional requirements.
1. Breakfast is provided at each school. At a minimum, participating students may select three out of four menu items to constitute a “reimbursable” breakfast. Students are required to select a fruit.
  2. For lunch, at a minimum, participating students may select three out of five menu items to constitute a “reimbursable” meal. Students are required to select a fruit or vegetable. Students are encouraged to try new foods, especially fruits and vegetables.
  3. A variety of healthy choices that appeal to students are offered, including cultural and ethnic options.
  4. Elementary students are required to receive a school lunch or bring a packed lunch.
  5. Special dietary modifications are made available to students with proper physician prescription.
  6. A la carte items are available during meals under the following conditions:
    - a. Selected schools have novelty ice cream available for purchase on a limited basis.
    - b. Any student with a positive account balance or cash may purchase a la carte milk, juice, or bottled water during meal periods. Additional a la carte items may be available to those receiving a school lunch.
    - c. A la carte items are not available to middle school students unless they received a school lunch or brought a packed lunch.
    - d. Approved a la carte beverages available to secondary students include: bottled (unflavored and vitamin) water, low-fat milk, and 100% juices. Juice drinks, sports drinks, iced tea, soft drinks, etc. are not available.
    - e. Students with a negative financial account balance are not permitted to purchase a la carte items.
  7. A la carte foods must meet the USDA meal pattern or “Smart Snacks in Schools” (SSIS) criteria. Smart Snack details available from FNS department and [www.fns.usda.gov/tn/guide-smart-snacks](http://www.fns.usda.gov/tn/guide-smart-snacks)
- B. **Other Food/Beverage Promotion and Access During School Day** – The FNS department is not the only source for student’s food and beverage access during the school day. RCPS discourages the promotion and advertising of “unhealthy” foods. It is the intent of this policy to limit the availability of access in the following areas:
1. Food & candy sales – Students and staff are not to sell food, beverages, or candy for student consumption from 6:00 AM until the end of the school day. Only foods and beverages that meet the “Smart Snacks in Schools” criteria may be sold from the beginning of the school day until 30 minutes after the end of the school day (any fundraiser exception requires Superintendent approval).
  2. Marketing/Advertising – Unless the food or beverage meets the SSIS criteria, the school shall not endorse or advertise foods and beverages during the school day on the following: the exterior of vending machines (when possible), menu boards, trash cans, cups, napkins, etc.

3. Food as punishment or reward -
  - i. Individual –To the extent that student incentives are employed, teachers and other school personnel will use individual student incentives other than food when possible.
  - ii. Group Parties-- If food is included in the recognition of academic performance, it should be used infrequently in the general celebration of the achievement, and not as the reward itself. Parties and events that involve the consumption of foods must not occur during school meal periods.
4. Foods brought to school by students and others –
  - i. Students are not to regularly consume commercial restaurant foods-to-go while in the cafeteria area prior to, or during lunch periods. This does not preclude students from bringing packed lunches. Students are not to receive food from others during meal periods (exception-parents for their own children).
  - ii. From 6:00 AM until the end of the school day, unflavored water in a clear plastic container is the only approved beverage for student consumption (exceptions – during meal periods; and for school-endorsed activities).
  - iii. Elementary students are encouraged not to consume carbonated drinks at school.
5. Vending – Vending machines are not available to students from 6 AM until the end of the school day (exception- bottled water machines [only] available after lunch). Nutritious choices are available in the vending machines. Any vending machine available to students from the beginning of the school day until 30 minutes after the end of the school day shall only contain items that adhere to the USDA “Smart Snack” regulations.

### III RELATED SCHOOL-BASED ACTIVITIES THAT PROMOTE WELLNESS

- A. Students are encouraged to practice appropriate hand hygiene, including before lunch periods.
- B. Drinking fountains are available to students throughout the day and in most cafeterias. Drinking water is available in the cafeteria area during meal periods.
- C. Students are provided an adequate time to eat (22 minutes lunch). Bus schedules are coordinated to allow ample time before class to eat breakfast.
- D. A “character counts” program is in place at each school insuring a supportive environment for social and emotional well-being.
- E. A school nurse is available on each campus to address acute health concerns and be a wellness resource.
- F. School personnel have opportunities to pursue healthy lifestyles and to model healthy eating and activity patterns.

#### IV PHYSICAL ACTIVITY

- A. Students are given opportunities for physical activity during the school day through daily activity periods (elementary), physical education classes, walking programs, and/or the integration of physical activity into the academic curriculum.
- B. Unless special conditions exist, school personnel avoid the withholding of P.E. or recess as a way to discipline students.
- C. Schools encourage parents to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- D. Schools provide the training and resources to enable staff to promote enjoyable, lifelong physical activity among students.
- E. Students are supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- F. Before and after school programs include supervised, age-appropriate physical activities that appeal to a variety of interests. Students are encouraged to participate in before and after school extra-curricular sports and community activities occurring on the school campus.

#### V COMMUNICATION, IMPLEMENTATION, & EVALUATION

- A. The FNS director is authorized to monitor policy compliance. The FNS director, school principals, and the SHAB are responsible for overseeing the implementation and communication regarding this policy.
- B. School parent/teacher groups are encouraged to discuss wellness related topics and provide feedback to the principal and/or FNS director.
- C. The FNS director receives feedback from the superintendent's Parent Advisory committee a minimum of one time per year regarding wellness issues.
- D. The SHAB is responsible for leading a periodic discussion regarding the implementation and evaluation of the wellness policy.
- E. The Rockingham County school board is responsible for maintaining records that document compliance with this policy. Those records include receipts, nutrition labels and/or product specifications for the competitive food available for sale to students during the school day.
- F. Solicitation of public and parent input is achieved by the following: correspondence sent to each student household, statements on the printed menu, and placement of this policy document in student handbook and on division website. Revisions, updates, and documentation regarding triennial assessment are available on division website.

Adopted: 6/13/06. Revised 8/8/06, 6/9/09, 6/8/10, 5/24/11, 5/29/12, 5/28/13, 5/27/14, 5/26/15, 4/25/17

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Legal Refs.: Reauthorization Act of 2004 and 2010 (public law 108-265)

Cross Refs: EF Food Service Management IGAI Character Ed.  
EFB Free and Reduced Price Food Services JL Fundraising  
IF Curriculum JZC Parties  
IFE Curriculum Guides  
IGAE Health Education