

STUDENT WELLNESS

I. Goals

Based on review and consideration of evidence-based strategies and techniques, the Buckingham County School Board establishes the following goals to promote student wellness. The person responsible for implementing this is Mr. J.B. Heslip, Director of Food Services. It also shall be posted on the webpage for review and public input.

A. Nutrition Promotion and Education

Buckingham County Public Schools will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing one or more evidence based healthy food promotion techniques through the school meal programs using Smarter Lunchroom Techniques
- Ensuring that 100% of foods and beverages promoted to students meet the USDA smart snack nutrition standards.
- The district requires food offered on the school campus to meet or exceed the USDA smart snacks nutrition standards. We also recommend those provided at celebrations, in school parties, given as rewards, or as classroom snacks brought by staff or family members, meet this requirement as well. Non-food celebrations will be promoted.

Buckingham County Public Schools aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that helps students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

- We will teach, model, encourage and support healthy eating by all students. Schools will provide one evidence based nutrition education program and engage in nutrition promotion.
- It will be designed to provide students with the knowledge and skills necessary to promote and protect their health.
- It will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products and healthy food preparation methods.

B. Physical activity

Buckingham County Public Schools acknowledges the positive benefits of physical activity for student health and academic achievement. Therefore it is our goal that students engage in the

recommended amount of physical activity per day as recommended. Additionally, recognizing that physical activity is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in helpful levels of vigorous physical activity to promote and develop the students physical, mental, emotional, and social well-being.

- The physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health.
- Offering extracurricular physical activity programs, such as physical activity clubs, intramural programs, or interest elastic activities.

Other school-based activities

Buckingham County Public Schools will provide an environment for students with healthy food choices and options for physical activity. Other School Based suggested activities and action steps:

- Schools and school personnel will not use unhealthy food as a reward or punishment.
- Food shall not be used as a teaching aide unless food is integral to the concept being taught.
- Food provided by the school or in the school, including fundraising efforts and extracurricular activities, will meet the Nutrition Standards.
- Schools are permitted to allow 30 school sponsored fundraisers (per site) during the school day to be exempt from Smart Snack nutrition standards.
- Exempt fundraisers are to be tracked and monitored by the school principal and records are kept in file in the main office.

Nutrition Standards and Guidelines

The School Board incorporates and adopts the nutrition standards in 8 VAC 20-740-10 through 8 VAC 20-740-40.

The superintendent designee 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.o

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, serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.

To reinforce the division's nutrition education program, foods sold to students during regular school hours on school premises will be

- carefully selected so as to contribute to students' nutritional well-being and the prevention of disease;
- prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthful eating habits; and
- served in age-appropriate quantities and at reasonable prices.

The Buckingham County School Board promotes high-quality school meals and snacks by

- involving students in the selection, tasting, and marketing of healthy foods and beverages that appeal to students;
- providing a variety of food options, such as fruits, vegetables, whole grains, and dairy foods, which are low in fat and added sugars;
- offering a variety of healthy choices that appeal to students, including cultural and ethnic favorites;
- restricting student access to unhealthy foods in vending machines, school stores, and other venues that compete with healthy school meals; and
- ensuring that healthy snacks and foods are provided in vending machines, school stores, and other venues within the division's control. The healthy options should cost the same or less than unhealthy alternatives.

II. 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 Director of Food Service will hold quarterly meetings with food service manager, principal, teacher, student, and parent to discuss menu options.

The division Superintendent or designee is responsible for providing the minutes of the quarterly meetings and sharing it in the School Health, Safety & Security Committee meeting annually. The implementation of the policy is measured by reviewing the practices as outlined above and discussing during the School Health, Safety, and Security Committee meetings that would improve the implementation of these practices.

The public is informed about the content and implementation of the policy by providing a copy of the triennial assessment results on the website.

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.

The process for monitoring compliance with this policy is

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.

Adopted:

May 10, 2006

Revised:

August 13, 2008

April 10, 2013

May 10, 2017

July 11, 2018

April 10, 2019

July 10, 2019

May 12, 2021

June 23, 2021

Legal Refs:42 U.S.C. § 1758b.

7 C.F.R. 210.31.

Code of Virginia, 1950, as amended, §22.1-207.4.

8 VAC 20-740-30.

8 VAC 20-740-40.

Cross Refs: EFB Food Services
 IGAE/IGAF Health Education/Physical Education

Buckingham County School Board

JL Fundraising and Solicitation
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships