

Article 25 Wellness Policy

Section 9-25.1 Policy Statement; goals to promote wellness— A. The Suffolk City School Board recognizes that there exists a correlation between student health and learning. Thus, the School Board desires to provide a comprehensive program promoting healthy eating habits and physical activity for students enrolled in Suffolk Public Schools.

B. The Suffolk City School Board has established the following goals to promote student wellness.

1. Nutrition Education
 - a. Students shall receive nutrition education that teaches skills that students will need to adopt in order to maintain healthy eating behaviors.
 - b. Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between food service staff and other school personnel, including teachers.
 - c. The Food & Nutrition Services staff shall sponsor cafeteria promotions that teach and/or reinforce nutrition concepts.
 - d. School kitchens shall be made available for student tours and other educational related activities whenever feasible.
 - e. Each school shall institute a Team Nutrition Committee to improve students' lifelong nutrition and physical activity habits. This committee should consist of the Cafeteria Manager, students, teachers and/or a school administrator to facilitate the implementation and operation of this committee.
 - f. Health Education Standards of Learning for Virginia Public Schools are the framework the school division and teachers will use as a guide for creating curricula and learning experiences in nutrition education for students in kindergarten through grade 10.
 - g. Students shall receive consistent nutrition messages from all aspects of the school lunch program.

- h. Each school shall encourage the display of nutrition education media such as posters, student artwork, nutrition projects and other media.
 - i. Nutrition education shall be made available to students and parents on the Suffolk Public Schools' website, breakfast and lunch menus and through nutritional information sent home.
 - j. Suffolk Public Schools' health education curriculum standards and guidelines shall address both nutrition and physical education.
 - k. Nutrition shall be integrated into the health education or core curricula (*e.g., science*).
 - l. School personnel responsible or providing nutrition education shall have appropriate training.
2. Physical Activity
- a. Students shall be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
 - b. Health Education Standards of Learning for Virginia Public Schools are the framework the school division and teachers will use as a guide for creating curricula and learning experiences in physical education for students in kindergarten through grade 10.
 - c. Classroom health education complements 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.
 - d. Physical education shall be taught by or under the supervision of a certified physical education teacher.

- e. Elementary students (Kindergarten – Grade 5) receive physical activity for at least 90 minutes per week throughout the school year.
- f. Middle and high school students (Grades 6-10) receive at least 150 minutes of health/physical education per week throughout the school year.
- g. Elementary schools provide a minimum of 15 minutes of supervised daily recess that promotes physical activity beyond what is provided through physical education classes.
- h. Teachers shall use instructional practices that provide for maximum participation for students in all physical activities.
- i. Schools shall provide equipment (e.g., balls, and other manipulatives) for students to participate.
- j. Teachers shall use instructional practices that are appropriate for students with special health care needs and disabilities.
- k. Students may be given opportunities for physical activity through a limited range of before and /or after school programs including, but not limited to intramurals, interscholastic athletics, and physical activity clubs.
- l. School and community-sponsored extracurricular physical activity programs include interscholastic sports (e.g. basketball, baseball, soccer, football, field hockey, etc.), intramural activities for middle schools (volleyball, soccer and basketball) and community sports programs (sponsored by the Suffolk Department of Parks and Recreation and community recreation leagues).
- m. School physical activity facilities may be available during non-school hours to qualifying entities such as the City of Suffolk’s Department of Recreation and community recreation leagues.

- n. Schools shall encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
 - o. Parents and guardians shall be encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events through the schools division's website, newsletters and other take home materials.
 - p. Parents and guardians shall be provided a list of resources that provides information which promotes children's participation in physical activity, encourages parents and guardians to be physically active role models, and to include physical activity in family events.
3. Other school based activities
- a. Suffolk Public Schools shall encourage the programs that promote physical activities, nutrition education and wellness to benefit staff health to the extent practicable.
 - b. Faculty and staff will be encouraged to have basic health screenings and flu immunizations done yearly as advised by the medical community.
 - c. Onsite health screenings (blood pressure, cholesterol and glucose monitoring) may be offered once per year.
 - d. Health education shall be encouraged by providing staff members with a Feeling Fit Wellness Program publication written by The Wellness Councils of America four times per year. This publication includes topics on health, self-care, work, family, finance and exercise.
 - e. On site health assessments and health counseling shall be provided by the health services staff as practicable.

4. Nutrition Guidelines
 - a. Suffolk Public Schools shall adopt nutrition guidelines for all foods available on every school campus during the school day that will promote student health and reduce obesity.
 - b. Nutrition guidelines should seek to maximize nutritional value by (i) decreasing fat and added sugars; (ii) increasing nutrition density; and (iii) moderating the portion size of each individual food or beverage sold within the school environment.
 - c. Suffolk Public Schools shall ensure that school breakfast and lunch programs meet the meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans. The current meal pattern increases the availability of fruits, vegetables, and whole grains in the school menu. The meal pattern's dietary specifications set specific calorie limits to ensure age-appropriate meals for grades K-5, 6-8 and 9-12. Other meal enhancements include gradual reductions in the sodium content of the meals.
 - d. Suffolk Public Schools' lunch and breakfast programs are fully accessible to all students enrolled in Suffolk Public Schools. Free and reduced-price meals are provided to students who meet income requirements in a manner that ensures these students are not identified by others.
 - e. Suffolk Public Schools shall adopt the following nutritional standards for all foods and beverages provided or sold to students on campus during the school day as (i) a la carte, (ii) vending, (iii) school stores and (iv) fundraising activities. These standards will be based on nutrition goals and not profit motives:
 - (i) All foods and beverages sold to students on campus during the school day must be a "whole grain-rich product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least $\frac{1}{4}$

cup of fruit and/or vegetable; or contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). ***On July 1, 2016, foods may not qualify using the 10% DV criteria.***

(ii) In addition to the standards above, all **foods** sold to students during the school day must also meet the following nutritional requirements:

- All snack items shall contain no more than 200 calories per item.
- Ala carte entrees shall contain no more than 350 calories per item. (*Entrée items served as part of the school breakfast or lunch program are exempt on the day of or day after service in the program meal.*)
- All snack items shall contain no more than 230 mg of sodium per item.
- Ala carte entrees shall contain no more than 480 mg of sodium per item. (*Entrée items served as part of the school breakfast or lunch program are exempt on the day of or after service in the program meal.*)
- All foods shall contain zero grams of Trans fat.
- All foods shall contain no more than 35 percent of calories from total fat (except nuts, seeds, and reduced fat cheeses.)
- All foods shall contain fewer than 10 percent calories from saturated fat (except nuts, seeds, and reduced fat cheeses.)
- All foods shall contain no more than 35 percent of weight from total sugar per serving excluding dried fruits or vegetables.

f. Suffolk Public Schools shall adopt the following nutritional standards for all foods and beverages

provided to students on campus during the school day as a school party or a classroom celebration (excluding food preparation as a part of the instructional curriculum, foods prepared as a part of the instructional curriculum shall not be sold):

- (i) All food and beverages must meet the standards set forth in section (e) above.
- (ii) In addition, only prepackaged foods with nutritional labeling may be brought to school for student consumption. Home prepared foods are not permitted or sold to students during the school day.
- (iv) The District will provide to parents information on safe and healthy foods that are acceptable for special events (i.e. classroom parties)

- g. Suffolk Public Schools shall encourage school-based marketing of nutritional foods and beverages through school publications and school buildings. (Adopted: April 6, 2006; Ordinance Number 05/06-3; Effective Date: July 1, 2006; Revised September 8, 2011; Ordinance Number 11/12-12; Effective Date: September 9, 2011; Revised August 20, 2015; Ordinance Number 15/16-1; Effective Date: August 20, 2015)

Note: The 2015 amendment to the Wellness Policy Section 9-25.1 deleted the former subsection 4.c, which read, "Suffolk Public Schools shall ensure that nutritional standards for school breakfast and school lunch programs meet or exceed state and federal standards" and inserted in its stead "Suffolk Public Schools shall ensure that school breakfast and lunch programs meet the meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans. The current meal pattern increases the availability of fruits, vegetables, and whole grains in the school menu. The meal pattern's dietary specifications set specific calorie limits to ensure age-appropriate meals for grades K-5, 6-8 and 9-12. Other meal enhancements include gradual reductions in the sodium content of the meals." Deleted subsection 4.d and inserted a new subsection 4.d. Deleted subsection 4.e. and inserted a new subsection 4.e. Deleted subsection 4.f. and inserted a new subsection 4.f. The 2011 amendment to Section 9-25.1, subsection B, subpart (e) deleted the words "Nutrition Advisory Committee" and inserted the words "Team Nutrition Committee" and in subsection B. 2.subpart e, line 2, deleted the words "health/physical education" and inserted the word "physical". In subsection B.4, subpart (e)(iii), line 2, deleted the words "shall contain" and inserted the words "are limited to"; line 4, insert a "," behind the word "juices" and deleted the word "or"; line 5, inserted a "," behind the word "water", deleted the words "with zero calories"