

WELLNESS POLICY

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 Nutrition Advisory 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 for 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 health/physical education 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 nutritional standards for school breakfast and school lunch programs meet or exceed state and federal standards.
- 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. Furthermore, all school meals shall:

- (i) provide 1/3 of the Recommended Dietary Allowances for specific nutrients as well as 1/3 of the calories required for each age group for lunch;
 - (ii) provide 1/4 of the Recommended Dietary Allowances for specific nutrients as well as 1/4 calories required for each age group for breakfast;
 - (iii) meet and or exceed state and federal nutrition requirements;
 - (iv) offer of a variety of fruits and vegetables daily;
 - (v) offer of a variety of reduced fat, low fat and skim milk.
- 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 recognized component of the food based meal pattern or must contain 5 percent of the daily value, per serving or per 100 calories, of at least one of the eight essential nutrients: iron, calcium, protein, vitamin A, vitamin C, niacin, thiamine, or riboflavin.
 - (ii) All snacks sold to students on campus during the school day shall contain fewer than 300 calories per item.
 - (iii) Beverages sold to students on campus during the school day shall 100 percent fruit juices or fruit juice drinks with a minimum of 25 percent fruit juice, water, flavored water with zero calories and low-fat or non-fat milk.
 - (iv) Snacks sold to students on campus during the school day shall contain no more than 35 percent of calories from fat (except nuts and seeds).
 - (v) The cafeteria and the entire school campus will sell snacks with no more than 35 percent by weight sugar per serving, excluding fruits and 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 (i) a school party and (ii) 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) Foods must contain 5 percent of the Daily Value, per serving or per 100 calories, of at least one of these eight essential nutrients: iron, calcium, protein, vitamin A, vitamin C, niacin, thiamine, or riboflavin.
 - (ii) Foods must contain no more than 300 calories per item.
 - (iii) All beverages must be 100 percent fruit juices or fruit juice drinks with a minimum of 25 percent fruit juice, water and flavored water with zero calories.
 - (iv) Foods must contain no more than 35 percent of calories from fat (except nuts and seeds).
 - (v) Snacks shall have no more than 35 percent by weight sugar per serving.
 - (vi) 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.
 - (vii) 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)

Legal Authority – Virginia Code § 22.1-78 (1950), as amended.

Section 9-25.2 Implementation—

A. The Superintendent of Schools or his designee shall be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success. (Adopted: April 6, 2006; Ordinance Number 05/06-3; Effective Date: July 1, 2006)

Legal Authority – Virginia Code § 22.1-78 (1950), as amended.

Section 9-25.3 Monitoring and Policy Review—

A. To help with the initial development of the school division’s wellness policy, the principal of each school and the Supervisor of Food & Nutrition Services will be responsible for conducting a baseline assessment of the school’s existing nutrition and physical activity practices. The Governor’s Nutrition and Physical Activity Scorecard will be used as an assessment tool.

B. Assessment will be repeated every year to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the School Health Advisory Board will review the nutrition and physical activity policies; provisions of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The School Health Advisory Board and school administrators may make recommendations as necessary to revise the wellness policy and to develop work plans to facilitate their implementation. (Adopted: April 6, 2006; Ordinance Number 05/06-3; Effective Date: July 1, 2006)

Legal Authority – Virginia Code § 22.1-78 (1950), as amended.

SPECIAL CELEBRATIONS

Special celebrations may not take the place of school lunch. Any special celebrations must be coordinated with Food & Nutrition Services or be conducted after the last lunch period. All special celebrations must first be approved by the building principal. Only pre-packaged snacks which meet the nutritional requirements will be allowed when snacks are solicited.

Suggested snacks that would be acceptable for special events (i.e. classroom parties) are listed below:

Chips/Crunchy Snacks

Fantastix, Original (Frito-Lay)
Baked Doritos, Nacho
Doritos, Nacho-Reduced Fat
Baked Cheetos
Baked Cheetos (Flamin Hot)
Baked Chips Lays/Ruffles/UTZ
Snack Mix Cheddar. Cheese (Quaker)
Pretzels
Combos, Nacho Cheese Snack
Chex Mix, Baked Cheddar & Traditional
Gold Fish, Cheddar (Pepperidge Farm)
Munchies Mix for Kids, (Frito Lay)
Reduced Fat Ritz Crackers

Frozen Yogurt
Cinnamania Snacks (Kellogg’s)

Sweet Treats

Ginger Snaps by Murray
Pecan Rings (Little Debbie)
Scooby Doo Snacks (Kellogg’s)
Marshmallow Pie Chocolate (Lit. Debbie)
Strawberry Pop Tarts Un-iced (Kellogg’s)
Brown Sugar & Cinnamon Pop Tart
Rice Krispie Treats (.78 oz.) Kellogg’s
Dutch Windmill Cookies (Shopper Value)
Vanilla Crème Cookies (Farm Fresh-Value)
Fat Free Fig Newtons
Nabisco 100 calorie Pack Oreos
Butter & Lemon Cookies, (Murray’s)
Gingerbread Cookies (Little Debbie)
Oatmeal Pies (Little Debbie)
Honey Maid Cinnamon Sticks
Reduced Fat Graham Crackers
Animal Crackers, un-iced
Granola Bar, Oat & Honey

Misc. Snacks

KIX and Cheerios Cereals
Reduced Sugar Fruit Snacks (Welch’s)
Dole Fruit Bowls
Apple Cinnamon Fruit Crisps (Flat Earth)
Fresh Fruit
Fruit Cups (no sugar added)

***New this year, you may order reduced sugar CUPCAKES for your child’s birthday.** In addition we have reduced fat and reduced sugar Ice Cream Sandwiches, Pushups, and Ice Cream Cups. See your child’s cafeteria manager for more details.

RETURN CHECK POLICY

Any check that is returned by the bank will immediately be deducted from the student’s account. The account will be tagged to not accept further checks until the account is cleared. A notification letter will also be mailed home. School cafeterias will not accept additional checks until the returned check has been resolved. Payment by cash or money order can be forwarded to the school cafeteria or mailed (money orders only) to the Food & Nutrition