

## STUDENT WELLNESS

## I. Policy Statement

The Essex 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

The Essex School Board has established the following goals to promote student wellness.

## A. Nutrition Education

**[The following list contains *EXAMPLES* of goals your division may want to consider for inclusion in its policy. Each division must determine its own goals and include them in its policy.]**

Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.

Students receive consistent nutrition messages from all aspects of the school program.

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

Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).

Schools link nutrition education activities with the coordinated school health program.

Staff who provide nutrition education have appropriate training.

The level of student participation in the school breakfast and school lunch programs is appropriate.

Schools are enrolled as Team Nutrition Schools<sup>1</sup>, and they conduct nutrition education activities and promotions that involve parents, students, and the community.

B. Physical activity

The Essex 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 **[INCLUDE DIVISION'S INDIVIDUAL GOAL HERE]**.

**[The following list contains *EXAMPLES* of goals your division may want to consider for inclusion in its policy. Each division must determine its own goals and include them in its policy.]**

Students are 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.

Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.

Schools 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.

Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

C. Other school-based activities

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An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities. All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.

Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and nondisposable tableware have been considered and implemented where appropriate.

Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

#### D. Nutrition Guidelines

Nutrition guidelines have been selected by the division for all foods available on every school campus during the school day. The objectives of the guidelines are to promote student health and reduce childhood obesity.

**[The following list contains *EXAMPLES* of goals your division may want to consider for inclusion in its policy. Each division must determine its own goals and include them in its policy. Your division may also want to**

- **include guidelines for maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density and moderating portion size of each individual food or beverage sold within the school environment;**
- **establish separate guidelines for foods and beverages in the following categories:**
  - **foods and beverages included in a la carte sales in the food service program on school campuses;**
  - **foods and beverages sold in vending machines, snack bars, school stores, and concession stands;**
  - **foods and beverages sold as part of school-sponsored fundraising activities; and**
  - **refreshments served at parties, celebrations, and meetings during the school day; and**
- **specify that its guidelines will be based on nutrition goals, not profit motives.]**

Nutritional standards for the school breakfast and school lunch programs that meet or exceed state and federal standards are in place.

The nutritional content of foods and beverages donated for class parties or other school events is considered.

School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and/or other areas accessible to students, and activities such as incentive programs, has been considered.

Outreach strategies to encourage families to reinforce and support healthy eating and physical activity are in place.

### III. Implementation

The Nurse Administrator will 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 9, 2012

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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