

STUDENT WELLNESS

Goals

Based on review and consideration of evidence-based strategies and techniques, the Botetourt County School Board has established the following goals to promote student wellness.

Nutrition Promotion and Education

- Schools are enrolled as Team Nutrition Schools and they conduct nutrition education activities and promotions that involve parents, students, and the community.
- Promote healthy eating habits at home for our families
- Effectively communicate general health information concerning the students to the parents/guardians.
- Establish minimum nutrition standards for school vending machines while moving towards soft drink free environments.
- Continuing to promote cooperation between schools and PTA's on health related issues.
- Promote cross-curricular approaches to wellness including Health/Physical Education, Mathematics, Science, Language Arts, Social Studies and the Nutrition Department.

Physical activity

- To prepare students for the challenges of the 21st century by providing opportunities to attain the skills and knowledge to be physically active as part of a healthy lifestyle.
- Students should become competent in movement forms, motor skills, and social skills and learn to enjoy physical activity while not compromising safety.
- Elementary school children should derive development and personal meaning from movement and enjoyment as they gain competence in movement ability.
- At the middle school level, participation in physical activity provides important opportunities for challenge, social interaction, group membership and serves an important role in physical maturation processes.
- Secondary level physical education provides enjoyment, challenge, social opportunities and a greater opportunity for self-expression and personal meaning that can be transferred into life-time physical activity.

Other school-based activities

- 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.
- Promote health and nutrition education training and development for all school employees.
- Promote healthy self-images among students.

Nutrition Standards and Guidelines

The superintendent is responsible for creating

- A. 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
- B. 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.

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.

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 by participating in the biannual School Health Advisory Board meetings.

The Superintendent/Designee is responsible for implementing and enforcing this policy. The implementation of the policy is measured by a review of the triennial assessment.

The public is informed about the content and implementation of the policy through notification of any updates to the wellness policy through the division 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 completed through a review of the results of the triennial assessment.

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: October 9, 2008

Revised: March 14, 2013
June 8, 2017
June 14, 2018
June 13, 2019

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
JL Fund Raising and Solicitation
KQ Commercial, Promotional and Corporate Sponsorships and Partnerships