



Book	Policy Manual
Section	Section J: Students
Title	Regulation - Student Wellness
Code	JHCF-R
Status	Active
Adopted	July 11, 2017
Last Revised	November 7, 2023

REGULATION - STUDENT WELLNESS

The Galax City Public School Division is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors. The Superintendent, or his or her designee, shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy with the help of stakeholders including parents, students, teachers, school health professionals, school board members, school administrators, and community members.

To accomplish these goals:

- Child Nutrition Programs will comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- All meals meet or exceed current nutrition requirements established under the Healthy, Hunger-free Kids Act of 2010.
- The division will actively inform families and the public about the content of and any updates to the Wellness Policy through websites and school board meetings.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, parties, and fundraising) during the school day are consistent with current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, and pleasing and allows ample time and space for eating meals.
- Food is not used as a reward and physical activity is not used as a punishment.
- The division will evaluate compliance with the Wellness Policy by completing a Triennial Assessment no less than once every three years. The assessment will include the extent to which each school complies with the policy, a description of the progress made in attaining the goals of the Wellness Policy, and how the policy compares to a model Wellness Policy, as established by the U.S. Department of Agriculture. 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.

Part 1 - Nutrition

SCHOOL MEALS

National School Lunch Program (NSLP) and School Breakfast Program (SBP)

- Students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. This does NOT include time spent walking to and from class or waiting in line.
- Drinking water is available for students at meal times.

- The cafeteria is clean, orderly and inviting.
- Adequate seating is available to accommodate all students served during each meal period.
- Adequate supervision is provided in the dining area.

OBJECTIVES

Breakfast:

At least 50% of pre-packaged cereals offered contain:

- Not more than 35% of weight from total sugar (or less than 9 grams per 100 calories),
- At least 1 gram fiber per serving.
- At least half (50%) of the grains offered during the school week must be whole grain.
- Fruits offered daily must be fresh; frozen without sugar; canned in light syrup; water or fruit juice; or dried.
- Milk products will be fat free (unflavored or flavored) and low fat unflavored
- Calorie ranges will be as follows:
- Grades K-5: 350 – 500
- Grades 6-8: 400 - 550
- Grades 9-12: 450 – 600

Lunch:

- An entrée choice with total fat <16 grams per serving is offered at least 3 days per week.
- Fruits, offered daily, must be fresh; frozen without sugar; caned in light syrup, water or fruit juice; or dried.
- Vegetables, offered daily, must meet the weekly requirements of the 2010 Dietary Guidelines for Americans; dark green, red/orange, dry beans/peas (legumes), starchy and "other" vegetables (as defined in the Dietary guidelines).
- At least 5 different fruits and 5 different vegetables are offered monthly.
- Fresh fruits or vegetables are offered at least 3 days a week.
- Milk products will be fat free (unflavored or flavored) and low fat unflavored.
- Salad dressings contain no more than 12 grams of fat per ounce.
- Desserts with more than 5 grams of fat per serving are offered not more than 2 times per month.
- Calorie ranges are as follows:
 - Grades K-5: 550 – 650
 - Grades 6-8: 600 - 700
 - Grades 9-12: 750 – 850

A LA CARTE

"A la carte" refers to all other food and beverage items sold by the school food service program in the school cafeteria or other locations. A la carte items comply with USDA regulations prohibiting the sale of "Smart Snacks" where school meals are served or eaten during the meal period.

To qualify as a Smart Snack, a snack or entree must meet the following general nutrition standards:

- Be a Grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable (for example, 1/4 cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

OBJECTIVES:

- Fresh fruits or vegetables are offered at least 3 days a week.
- At least half of the grains offered during the school week must be whole grain-rich.
- Milk products will be fat free (unflavored and flavored) and low fat unflavored.
- Salad dressings contain no more than 12 grams of fat per ounce.
- Desserts with more than 5 grams of fat per serving are offered not more than 2 times per month.

A La Carte Items are Limited To:

- The same portion size of any food item served that day in the NSLP or SBP
- Fruits or vegetables
- Low-fat or nonfat yogurt
- Other items – all items offered meet all of the following criteria per serving:
 - Fat-except nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories)
 - Sugar – except fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 grams per 100 calories)

- Calories – not more than 200 calories per serving unit
- Water, non-caloric
- Milk products will be fat free (unflavored or flavored) and low fat unflavored 100% fruit juice

VENDING – Machines and School Stores:

All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule (<http://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>).

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

OBJECTIVES:

VENDED FOODS: at least 50% of items offered meet all of the following criteria per serving.

Fat – except nuts, seeds, and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories).

Sugar – except fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 grams per 100 calories).

Calories – not more than 200 calories per serving unit.

VENDED BEVERAGES:

Water, non-caloric

Milk <360 calories

100% juice

Electrolyte replacement beverages that contain no more than 48 grams of sweetener per 20 ounce selling unit may be offered in drink machines located near high school athletic training centers.

SCHOOL DAY ACTIVITIES:

Meals from home

Classroom Parties and Celebrations

Classroom Rewards

Fundraisers

Intramural Events

Schools are permitted to allow 30 school-sponsored fundraisers during the school year to be exempt from Smart Snack standards. Exempt fundraisers are tracked and monitored by the school principal and records are kept on file in the school office.

OBJECTIVES:

Students are allowed individual water bottles in the classroom.

Foods and beverages for classroom parties and celebrations will: Meet the same guidelines for a la carte foods
Not be provided until at least one hour after the end of the last lunch period.

At least 50% of fundraising activities will not involve the sale of food and/or beverages.

Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.

Refreshments provided for students participating in school events adhere to the guidelines for vended foods and beverages.

Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

AFTER SCHOOL PROGRAMS

Snacks served under the USDA After School Care Snack Program complies with all applicable federal regulations and state policies.

OBJECTIVES:

“Snack” means 2 or more items that are served as a unit.

On at least 3 days of the week, snacks meet the following standards:

Fat -except nuts, seeds, and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories).

- • Sugar – except fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 grams per 100 calories).

Part 2 – Nutrition Education

OBJECTIVES:

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.

Staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits. The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

The school district will provide information to families that encourage them to teach their children about health and nutrition; and to provide nutritious meals for their families.

Students will be encouraged to start each day with a healthy breakfast.

Part 3 – Physical Activity

OBJECTIVES:

Physical activity will be integrated across curricula and throughout the school day.

Movement can be made a part of science, math, social studies, and language arts.

Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

Policies ensure that state-certified physical education instructors teach all physical education classes.

Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.

Time allotted for physical activity will be consistent with research, national and state standards.

Provide a daily recess period, which is not used as punishment or reward.

Physical education includes the instruction of individual activities as well as competitive and non-competitive sports to encourage life-long physical activity.

Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.

The school provides a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.

Information will be provided to families to help them incorporate physical activity into their student’s lives.

Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities outside of the normal school day.

Schools encourage families and community members to implement programs that support physical activity.

Part 4 – Other School Based Activities

OBJECTIVES:

After-school programs will encourage physical activity and healthy habit formation.

Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

Support for health for all students is demonstrated by hosting health clinics, and health screenings, and helping enroll eligible students in Medicaid and other state children’s health insurance programs.

Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.