

3/23/06

**DRAFT Charlottesville City Schools  
Wellness Policy**

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## ***Introduction***

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265) requiring each school district participating in the National School Lunch and/or Breakfast Program to establish a local wellness policy by the beginning of School Year 2006-2007.<sup>1</sup>

Recognizing the link between student health and learning, the Charlottesville City School Board strives to provide a comprehensive program promoting healthy eating and physical activity among division students. The purpose of this wellness policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood overweight and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.

### **Policy Statement:**

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<sup>1</sup> Team Nutrition ([www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html))

The Charlottesville City School Board recognizes the link between student health and learning. In its commitment to providing a comprehensive curriculum and educational environment that promotes physical activity and healthy eating among Division students and staff, it has established the following goals:

1. The Division should develop and implement a consistent and sequential health and physical education curriculum that includes standards and guidelines for both nutrition and physical education instruction from Kindergarten through grade 10.
2. Students should have opportunities for physical activity throughout the school day through physical education (PE) classes, daily recess periods/breaks and the integration of physical activity into the academic curriculum.
3. The Division should promote active living with students in all grades by reinforcing the concept of lifelong physical activity before, during and after the school day.
4. To help foster positive associations between health and learning, the Division should encourage alternative forms of punishment that don't involve food or physical activity.
5. All foods and beverages made available on campus before, during and after the school day will be consistent with the current Dietary Guidelines for Americans.<sup>2</sup>
6. The eating environment offered to our students will be safe, comfortable, pleasing and will allow ample time and space for consuming meals.
7. The Division should consider environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware where appropriate.
8. The Division will promote and adhere to food safety and food security for our students.
9. The Division should consider, and to the extent practical, implement physical activities and/or nutrition services/programs designed to benefit staff health.
10. The Division will evaluate its Wellness Policy by designating district administration to implement and report on progress towards achieving policy goals.

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<sup>2</sup> The *Dietary Guidelines for Americans [Dietary Guidelines]* provides science-based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity. (<http://www.health.gov/dietaryguidelines/dga2005/document/html/executivesummary.htm>)

## **Recommended Regulations To Achieve Policy Goals:**

### ***I. Physical Education/Physical Activity***

1. To the extent practical, the Charlottesville City Schools' physical education program should strive to reflect national standards for quality instruction (i.e., 150 minutes per week for elementary and 225 minutes per week for middle and high school<sup>3</sup>; class size comparable to that of academic classes; certified physical education teachers provided with ongoing professional development).
2. Students in grades K-10 should participate in physical education that teaches and encourages the skills to develop lifelong physical activity.
3. Students, grades K-8, should enjoy a daily supervised recess and/or break.
4. Schools should encourage teachers to model and lead activities that keep children physically active during recess and, when practical, at other times during the school day.
5. Schools should discourage withholding of physical education class or recess as a form of discipline. Alternative forms of discipline should be explored.
6. Schools should discourage the use of exercise as a form of punishment (e.g. push-ups; walking/running laps). Alternative forms of discipline should be explored.
7. The Division should work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
8. The after-school (CLASS) program should ensure daily physical activity.
9. Schools should provide opportunities for after-school physical activity through clubs, intramurals, and/or interscholastic athletics.
10. The Division should create a clearinghouse of information related to opportunities for being active that schools and teachers may disseminate and/or through the CCS website.

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<sup>3</sup> National Association for Sport and Physical Education (<http://www.aahperd.org/naspe>)

## **Recommended Regulations To Achieve Policy Goals:**

### ***II. Nutrition Education***

1. Students in grades K-10 should receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. (see Appendix A for recommended nutrition topics)
  - Nutrition education should be integrated into health education, physical education, and/or core curricula (e.g., math, science, language arts).
  - Students should receive consistent nutrition education from all aspects of division schools to include classrooms, gyms, hallways, cafeterias, lunch lines and after school programs.
2. Staff who provide nutrition education should have appropriate training.
  - Division administration will ensure that all staff providing nutrition education demonstrate proficiency in the skills needed to provide quality instruction
  - Priority should be given to training those staff in grades pre-K through 6 designated to provide nutrition education.
  - The division should appropriate necessary funds for staff training and materials.
3. Schools should conduct nutrition education activities and promotions that involve parents, students, and the community.
  - Health and PE teachers in collaboration with the Health and PE Coordinator, principals or their designees and the School Health Advisory Board should develop a list of approved community resources to support and supplement nutrition instruction.
  - Schools should enroll as USDA-sponsored Team Nutrition Schools.

## **Recommended Regulations to Achieve Policy Goals:**

### ***III. Nutrition Standards and Environmental Supports***

#### Elementary, Upper Elementary and Middle Schools:

1. Will sell a la Carte items that meet the Virginia Action for Healthy Kids (VAHK) standards a minimum of four out of five days per week (see Appendix B)
2. Should encourage food and beverage items that meet the Virginia Action for Healthy Kids standard (see Appendix B) at least four out of five days per week for after school and other school-based organized activities.
3. Should encourage healthy choices for classroom snacks.

#### High School:

1. Will limit beverages sold on a la Carte lines and vending machines to 100% juice, milk or bottled water.
2. To promote students' understanding of their dietary choices, will identify food items sold a la Carte or in vending machines based on the level of compliance to the VAHK standards. (see Appendix B) Efforts will be made to offer a variety of food items options that meet one or more of the VAHK and will be identified accordingly.

#### All Schools:

1. Should encourage items offered at concession stands and school-sponsored events to meet the VAHK standards. (see Appendix B)
2. Should encourage Parent/Teacher Organizations and other organizations to consider healthy fundraising options. (see Appendix C)
3. Should encourage healthy options for school parties, functions and celebrations (see Appendix D)
4. Should encourage the use of alternative rewards for academic performance or student behavior. (see Appendix E)
5. Will not allow the withholding of breakfast or lunch as a form of discipline.
6. Should limit advertising in student accessible areas to foods or beverages that are consistent with the established VAHK guidelines or Dietary Guidelines for Americans.
7. Should limit promotional activities by food vendors to programs requested by school officials that support learning and are connected to activities that encourage physical activity, academic achievement or positive youth development in compliance with local guidelines.

8. Should provide students adequate time to eat meals, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
9. Should schedule lunch periods as near the middle of the school day as possible.
10. Should design cafeterias to include enough serving areas so that students do not have to spend too much time waiting in line.
11. Should create dining areas that are attractive and have enough seating space for all students assigned to a lunch period.
12. Should have drinking water or fountains should be available for students at meals.

The Nutrition Services Program:

1. Should provide nutrition information for food products offered in the Nutrition Service Kitchens or near the point of service.
2. Will aim to be financially self-supporting. If subsidy of the Nutrition Service fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with the program meals.
3. Will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
4. Will strive to increase the participation in the available federal Child Nutrition programs.
5. Will employ a Nutrition Service director, who is properly qualified, certified and or credentials according to current professional standards, to administer the school nutrition service program and satisfy reporting requirements.
6. Will ensure that all Nutrition Services employees have adequate training to meet the requirements of the Wellness Policy.
7. Will ensure that all foods made available on campus comply with state and local food safety and sanitation regulations.
8. Will ensure that Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
9. Will ensure that all Nutrition Service employees are trained on state and local food safety and sanitation regulations.
10. Will, for the safety and security of the food and facility, limit access to the food service operations to the Nutrition Service staff and authorized personnel.

## **Recommended Regulations to Achieve Policy Goals:**

### ***IV. Evaluation Plan***

1. The Health/PE Coordinator in consultation with each school principal will provide reports to the Superintendent, School Board and School Health Advisory Board to document the status of wellness policy and recommend plans for improvement as needed in the following areas:
  - health and physical education curriculum, including nutrition;
  - professional development training;
  - physical activity opportunities;
  - staff, parental and environmental supports for healthy eating and physical activity.
  
2. The Nutrition Services Coordinator in consultation with each school principal will provide reports, purchasing records and audits to the Superintendent, School Board and School Health Advisory Board to demonstrate:
  - adherence to food guidelines;
  - changes in revenue as a result of policy implementation;
  - staff have received appropriate training;
  - cafeterias meet health department food safety requirements.
  
3. The Health and PE Coordinator in consultation with each school principal will oversee collection of height and weight measurements in grades 3, 5, 7 and 10. They will ensure that:
  - measurements are collected in a consistent, confidential and private manner;
  - parents/guardians will be informed about the collection of measurements and have the opportunity to have their child opt-out;
  - staff designated to collect measurements have appropriate training;
  - data is used to calculate Body Mass Index (BMI) and gauge overweight trends.

## **Appendix A**

### **Recommended nutrition topics to be covered in a health curriculum, K-10**

- ◆ Benefits of healthy eating
- ◆ Importance of eating a healthy breakfast
- ◆ Food Guide Pyramid and nutritious choices for each food group
- ◆ Importance of moderation in a person's eating habits
- ◆ Reading and using food labels
- ◆ Importance of, and ways to, eat plenty of:
  - fruits and vegetables
  - water and other nutritious beverages
  - foods and beverages that are low in fat
  - foods and beverages that are low in added sugars
- ◆ Preparation of a variety of healthy snacks
- ◆ Influence of personal preferences, family, media, and culture on dietary behavior
- ◆ Finding valid information and services related to healthy eating
- ◆ Goal-setting and decision-making skills for healthy eating
- ◆ How students can influence and support others to engage in healthy eating
- ◆ Balancing food intake and physical activity
- ◆ Accepting body size differences
- ◆ Recognizing hunger and satiety cues
- ◆ Food safety, including hand washing and safe food purchasing, preparation, and storage

## Appendix B

### Charlottesville City Schools Recommended Nutritional Integrity Guidelines for All Foods Offered on Campus

#### Adapted from the Virginia Action for Healthy Kids (VAHK) Recommendations

Food Description	Recommendation
Beverages	Water Milk – offer low fat (2% or less) 100 % Juice *
Portion Sizes (calories)	Less than 300 calories per item
Fat	No more than 30% of the total calories coming from fat, except nuts and seeds.
Sugar	No more than 35% by weight
Grain products	Encourage the use of whole grain bread and cereals when possible
Fruits and Vegetables	Encourage a variety of high quality fresh fruits and vegetables on the school campus and during daily meal services.

- VAHK minimum standard is 25% juice; optimal suggestion is 100%

## Appendix C

### Healthy Fundraising Options

- **Raffle**
- **Candles**
- **Book sale**
- **Cookbook**
- **Car wash**
- **Walkathon**
- **Rehearse-a-thon**
- **Student artwork**
- **Stuffed animals**
- **Stadium pillows**
- **School photo ID**
- **Educational games**
- **Holiday decorations**
- **Shopping donation programs**
- **School mascot temporary tattoos**
- **Faculty and/or student talent show**
- **Teacher/student sports competition**
- **Auction of donated goods and services**
- **Balloon bouquets for special occasions**
- **Bottled water with the school's own label**
- **Refillable water bottle with the school name/logo**
- **Glow in the dark novelties (popular at dances)**
- **Greeting cards, especially designed by students**
- **Party bags for kids' birthday parties filled with non-food novelties**
- **Sale of flowers and balloons for student graduates**
- **School spirit items – t-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps**
- **Growing and/or selling flowers and plants for holidays (e.g. Valentine's Day and Mother's Day)**

**\*This list is not all inclusive and is meant only to provide parents and school staff with guidance on alternative fundraising options.**

## Appendix D

### **Suggested Healthful Food and Beverage Options for School Parties, Functions and Celebrations\***

- ◆ **Raw vegetable sticks/slices with low-fat dressing or yogurt dip**
- ◆ **Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc.**
- ◆ **Fruit salad**
- ◆ **100% fruit or vegetable juice**
- ◆ **Frozen fruit pops with fruit juice or fruit as first ingredient**
- ◆ **Dried fruits – raisins, cranberries, apples, apricots**
- ◆ **Single serving applesauce or canned fruit in juice**
- ◆ **Peanut butter with apple wedges or celery sticks**
- ◆ **Fruit smoothies made with low-fat/non-fat milk**
- ◆ **Trail mix (dried fruits and nuts)**
- ◆ **Dry roasted peanuts, tree nuts and soy nuts**
- ◆ **Party mix (variety of cereal, nuts, pretzels, etc.)**
- ◆ **Pretzels or reduced fat crackers**
- ◆ **Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc)**
- ◆ **Cheese quesadillas with low-fat cheese and/or refried beans**
- ◆ **Bread sticks with marinara sauce**
- ◆ **String cheese**
- ◆ **Pasta salad**
- ◆ **Low-fat muffins (small or mini), granola bars**
- ◆ **Graham crackers, fig bars**
- ◆ **Low-fat yogurt or pudding cups**
- ◆ **Flavored soy milk fortified with calcium**
- ◆ **Low fat or nonfat milk**
- ◆ **Pure ice cold water**

**\*This list is not all inclusive and is meant only to provide parents and school staff with guidance on alternative food and beverage choices.**

## Appendix E

## **Suggested Classroom Rewards**

- **Going first**
- **Verbal praise**
- **Sit by friends**
- **Teaching the class**
- **Helping the teacher**
- **Class outdoors**
- **Field trip for class**
- **Choosing a class activity**
- **Walk with teacher at lunch**
- **Walk with principal**
- **Eat lunch outdoors**
- **Eat lunch with teacher or principal**
- **Extra credit or class participation points**
- **Taking care of the class animal for the day**
- **Have lunch in the classroom**
- **Photo recognition board in a prominent location in school**
- **Note from teacher to student commending his/her achievement**
- **A phone call, e-mail or note to parents/guardians commending a child's accomplishment**
- **Recognition of child's achievement on morning announcements or school website**
- **Ribbons, certificate or sticker in recognition of achievement**
- **Trip to the treasure box (filled with items such as stickers, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc)**

**\*This list is not all inclusive and is meant only to provide parents and school staff with guidance on alternative rewards for students.**