



# **Local School Wellness Policy**

*York County School Division  
Implemented 2018*

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### **Local School Wellness Policy**

The Healthy, Hunger Free Kids Act of 2010 requires each local educational agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a Local School Wellness Policy (hereafter known as “Wellness Policy”). The purpose is to prioritize student health in the school environment. The York County School Division (hereafter known as YCSD) is committed to integrate wellness opportunities for all students in school experiences.

### **Leadership<sup>1</sup>**

The Associate Director of School Administration, with support from the YCSD Health and Wellness Committee, Manager of Food Services, Coordinator of Health Services and Coordinator of Fine Arts and Physical Education and Coordinator of Counseling Services shall implement and ensure compliance with the Wellness Policy by leading the review, update and evaluation of the policy. A triennial assessment of the Wellness Policy must occur at least once every three years, with results of the assessment used to update the Wellness Policy.

### **Public Involvement<sup>1</sup>**

Each year, the division will invite a diverse group of stakeholders from the list below and the public to participate in the development, implementation, and periodic review of the Wellness Policy. The public will be notified through the division website for opportunities to participate.

- Administrators
- Classroom teachers
- Physical education teachers
- School food authority (SFA) representatives
- School nurse
- Community members
- Students
- Parents
- School Board members
- Medical/Healthcare professionals
- Virginia Cooperative Extension agents
- Local farmers, chefs, or nutritionists

### **School Involvement**

Each school's principal serves as the school wellness coordinator contact. Principals will work closely with cafeteria managers, physical education teachers and school nurses to ensure that compliance with the Wellness Policy occurs at the school level.

### **School Health Advisory Board<sup>2</sup>**

YCSD will convene a representative school health advisory board (YCSD Health and Wellness Committee) that meets at least 3 times per year to establish goals for and oversee school health policies and programs. This committee assists with the development, implementation, and periodic review of the YCSD Wellness Policy. The Health and Wellness Committee will include stakeholder representatives and reflect the diversity of the community to the greatest extent possible.

### **School Meals<sup>1</sup>**

All schools within YCSD participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at [7CFR210.10](#) and [7CFR220.8](#).

YCSD is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals feature minimally processed and scratch cooked

foods from local sources to the greatest extent possible. The meals served meet the nutrition needs of students within their calorie requirements and are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Meal patterns and nutrition standards align with the nutrition recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, visit the [USDA-FNS Child Nutrition Programs website](#).

Every YCSD school will provide breakfast through at least one alternative breakfast service model in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student. Alternative breakfast models include:

- Breakfast in the Classroom – Students eat breakfast in the classroom with their classmates and teacher. Breakfast can be served after the first bell or when students arrive but before the beginning of the official instructional day. Breakfast meals can be delivered to each classroom or picked up from a central location (e.g., cafeteria or kiosk) on the way to class.
- Grab-and-Go Breakfast – Students pick up breakfast meals as they arrive at school and eat in their classroom. Meals are available in a variety of locations, such as mobile service carts equipped with a computerized point of sale or roster, and located at the school entrance, other high-traffic areas, or in the cafeteria. Food items are packaged as a unit to assure a reimbursable meal is received and to make this model convenient and appealing to students.

Applications for free and reduced-price meals are available on the division website and available in each school's main office. The York County School Division takes steps to protect the privacy of students who qualify for free or reduced-price meals. Students may not be overtly identified as receiving these benefits and the division has implemented plans to provide meals in a non-stigmatizing manner. YCSD staff receive strategy training for protecting free and reduced students' privacy. Available funding and resource allocation for student health and wellness are equitable across YCSD.

Students will be allowed adequate meal times counting from the time they have received their meal and are seated. Adequate meal times include at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

YCSD will accommodate students with special dietary needs and follow the USDA regulations outlined in [SP 59-2016](#) to make reasonable modifications to accommodate children with disabilities. This includes providing special meals, at no extra charge, to children with a disability that restricts their diet.

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as outlined in the [USDA Professional Standards for Child Nutrition Professionals website](#).

YCSD recognizes water as an essential nutrient and encourages students, staff, teachers, and administrators to model positive hydration behaviors. YCSD will comply with the [USDA regulation eCFR210.10](#) that requires free, potable water be provided in the cafeteria during breakfast and lunch. Water is not a replacement for milk at meals but rather an additional beverage available to students. Easy access to clean, safe, and good-tasting water is accessible to students and staff during and after the school day. Water sources, such as water fountains, water refill stations, or dispensers, will be regularly maintained. Students are allowed to carry clear water bottles throughout the school day filled with only water.

### **Foods Sold Outside of the School Meal Programs (Smart Snacks)<sup>1</sup>**

YCSD is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. All foods and beverages sold outside of the school meal programs shall meet the standards established in the [USDA-FNS Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#). These standards will apply in all locations and to all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

All snacks sold and served to students outside of school hours on the school campus, including before and after school care, clubs, and after school programming, will meet the same nutrition standards as food sold during the school day.

Beverages containing caffeine will not be sold on high school campuses.

The USDA's [Tools for Schools: Focusing on Smart Snacks website](#) provides resources to assist schools, parents, and teachers with identifying food items that meet the USDA-FNS Smart Snacks criteria and ways to encourage children to make healthier snack choices.

### **Foods Provided, Not Sold<sup>1</sup>**

Celebrating success or events with poor nutritional quality foods can undermine healthy eating messages and lead to unhealthy eating habits that can continue into adulthood. The division requires foods offered on the school campus are approved by administrators or teachers, including those provided for educational experiences or celebrations.

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

An example list of healthy celebration and snack ideas that meet the USDA-FNS Smart Snacks rule is provided in the Appendix A table. The division will provide this list to administrators and teachers annually at the beginning of each school year, for planning purposes.

### **Food and Beverage Marketing<sup>1</sup>**

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA-FNS Smart Snacks rule. Marketing will promote healthy food and beverage choices.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product. Marketing on the school campus includes, but is not limited to:

- brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- displays, such as on vending machine exteriors;
- brands, logos, or trademarks on school equipment, such as marquees, message boards, scoreboards, or backboards;
- brands, logos, or trademarks on cups, menu boards, coolers, recycle and trash cans, and other food service equipment;
- brands, logos, or trademarks on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the division;
- advertisements in school publications or school mailings;
- free product samples, taste tests, or coupons of a product; and
- fundraisers and corporate-incentives programs.

Immediate replacement of large items is not required; however, YCSD will update equipment to be in compliance with food and beverage marketing standards outlined in this policy as items are replaced.

### **School-Sponsored Fundraisers<sup>3</sup>**

Schools are permitted to allow up to 30 school-sponsored fundraisers per school during the school day to be exempt from the USDA-FNS Smart Snacks rule in accordance with [Virginia Code 8VAC20-740](#).

Any fundraiser that sells food or beverages, whether the items meet the USDA-FNS Smart Snacks rule or are exempt, may not be conducted during meal service times. This includes from 6:00am to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the non-profit nutrition program account.

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the limit on exempt school-sponsored fundraisers. The fundraiser designee for each YCSD school is the school principal and a fundraiser-tracking document is kept on file in the main office of the school.

### **Nutrition Education<sup>1</sup>**

YCSD will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education [Health Standards of Learning \(SOLs\)](#) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year. The cafeteria environment will reinforce nutrition education provided in the classroom.

### **Nutrition Promotion<sup>1</sup>**

YCSD will create school environments that encourage healthy nutrition choices through messages and activities. Schools will promote health and wellness through programs and activities, which includes sharing information with students, families and the broader school community through daily morning announcements, Wellness Wednesdays, monthly newsletters or materials sent home to families, school assemblies, town hall meetings, staff meetings and/or PTA meetings.

### **Physical Education/Physical Activity<sup>1</sup>**

YCSD will provide every student with physical education that exceeds the expectations of the VDOE [Physical Education SOLs](#) and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life. A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the school year. A program of physical activity is

available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year.

Students will be moderately to vigorously active for at least 50 percent of class time during all physical education class sessions.

Waivers, exemptions, or substitutions for physical education classes are not granted.

All students will be provided an equal opportunity to participate in physical education classes. YCSD will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All physical education classes in YCSD are taught by licensed teachers endorsed to teach physical education. All physical education teachers will be required to participate in professional development at least once per year.

All elementary schools will offer at least 30 minutes of recess on all days during the school year. Outdoor recess will be offered when weather allows for outdoor play. In the event that YCSD must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students. Each school will maintain and enforce its own indoor recess guidelines. Recess will not be withheld for disciplinary or instructional reasons such as testing or unfinished homework. Physical activity may not be withheld as punishment.

Where applicable, YCSD will support active transport to and from school, such as walking or biking, by engaging in each of the following activities:

- designation of safe or preferred routes to school and distribution of maps of the school environments (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.);
- secure storage facilities for bicycles and helmets (e.g., rack, shed, cage, fenced area);
- crossing guards and crosswalks available on routes leading to schools; and
- promotion of the safe routes program to students, staff, and parents via newsletters, websites, and/or the local newspapers.

YCSD recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Teachers will provide short (3-5 minute) physical activity breaks to students during and between classroom times or transitions. Schools are encouraged to provide one physical activity break for every 60 minutes of instruction. When activities, such as mandatory schoolwide testing, make it necessary for students to remain

sedentary for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. Extended periods of inactivity (periods of two hours or more) are discouraged.

Teachers will incorporate active academics into core subject instruction, such as science, mathematics, language arts, and social studies and do their part to limit sedentary behavior during the school day. Professional development opportunities for movement and kinesthetic learning approaches will be provided annually by YCSD. Teachers will serve as role models by being physically active alongside students during active academics.

Middle and high schools within YCSD will offer opportunities for students to participate in physical activity before and/or after the school day through a variety of methods. Physical activity clubs or varsity sports will be offered at each school throughout the school year. Information on how to get involved will be distributed on the school website and through the school monthly newsletter.

#### **Other Activities that Promote Student Wellness<sup>1</sup>**

YCSD will seek to provide school climates that support social and emotional wellbeing and promote positive relationships among students, staff, parents, and community members. Using the [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#), schools will provide students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Schools will seek to identify students who may have mental health concerns, challenges, and/or traumatic experiences to provide parents and students with referrals to appropriate mental health providers in the school and community. Schools will develop curricula and implement trainings for staff, students, and parents on recognizing the signs of mental illness and emotional distress and strategies for addressing their needs.

Schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located close to each cafeteria to ensure proper hygiene prior to eating and students will be required to use these mechanisms before eating.

Schools will provide the health screenings of students by the school nurses for vision, hearing, scoliosis, speech, voice, language, and gross and fine motor skills based on state guidelines and requirements and according to YCSD protocol.

#### **Triennial Assessment<sup>1</sup>**

YCSD will evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which each school is in compliance with the policy, the

extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy.

The position/person responsible for managing the triennial assessment and contact information is the Associate Director of School Administration.

The school wellness coordinator at each school will complete the VDOE School Level Report Card. The results of the report card/tool will be submitted in order to analyze the findings and develop the triennial assessment. The Associate Director of School Administration will actively notify the community of the results of the triennial assessment by posting on the division website. The results of the triennial assessment, as well as the latest national and state recommendations pertaining to school health, will be used to update the goals and language in the YCSD Wellness Policy.

### **Public Update and Information<sup>1</sup>**

Each school year the division will actively inform families and the public about the content of and any updates to the Wellness Policy through the division website and School Board meetings.

The Wellness Policy and any updates can be found on the division website. Please contact the Associate Director for School Administration at 757-898-0468 for more information or ways to get involved.

### **Recordkeeping**

The division will retain records to document compliance with the requirements of the Wellness Policy at the division's central office. Documentation maintained at this location will include, but is not limited to:

- the written Wellness Policy;
- documentation demonstrating compliance with community involvement requirements:
  - requirements to make the Wellness Policy available to the public;
  - requirements to make the triennial assessment available to the public;
- documentation of the triennial assessment at each school under the LEAs jurisdiction; and
- documentation of methods the division uses to make stakeholders aware of their ability to participate in the development, implementation, and periodic review and update of the Wellness Policy.

### **Definitions**

Competitive Foods – All food and beverages other than meals reimbursed under the federal meal programs available for sale to students on the school campus during the school day.

School Campus – For the purpose of competitive food standards implementation, school campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – For the purpose of competitive food standards implementation, school day means the period from midnight the night before to 30 minutes after the end of the instructional day.

Triennial – Recurring every three years.

## Appendix A: Healthy Celebrations and Rewards

### Non-Food Celebration and Reward Ideas

Prizes	Physical Activity	Special Events	Recognition
Pencils, erasers, or rulers	Lead a special physical activity break	Go on a scavenger hunt	Give a certificate or ribbon
Stickers, slap bracelets, or playdough	Host an outdoor obstacle course for students to bike or run through	Host a story walk: laminate book pages and walk along an outdoor path to read	Post a sign in the classroom or on a bulletin board
Tickets or tokens towards a large prize	Provide extra recess or physical education time	Let students choose a special activity or be a teacher's helper	Give a shout-out in the morning announcements
Books or coloring books	Turn on music and let students dance	Host a special dress day where students can wear hats or pajamas	Allow the student to wear a crown or special sash
Frisbees	Have a themed parade around your school	Invite a special guest to participate in an activity	Recognize the student during an assembly

### Healthy Snack and Beverage Ideas\*

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Water	Fruit trays, salads, or fruit kabobs	Whole grain crackers, pretzels, or cereal bars	Trail mix with nuts, seeds, and dried fruit
Fruit-infused water	Vegetable trays, salads, or vegetable kabobs	Low-fat or air-popped popcorn with no added butter or salt	Seed butter served with fruit or whole grain crackers
100% fruit juice with no added sugar	Canned fruit or fruit cups in water or 100% fruit juice	Small whole grain bagels, waffles, or pancakes topped with fruit or seed butter	Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Fruit smoothies made with frozen fruit with no added sugar and low fat yogurt	Frozen fruit, such as grapes, strawberries, or blueberries	Graham crackers	Low-fat cheese served with fruit or whole grain crackers
100% fruit juice slushes with no added sugar	Dried fruit with no added sugar	Baked whole grain tortilla chips with salsa or bean dip	Hummus served with vegetables or whole grain crackers

\*Schools are asked to work with food service staff to purchase [Smart Snacks compliant foods and beverages](#) for celebrations. Staff must review students' food allergies before serving any food or beverage item. Non-food celebrations and healthy food and beverage ideas come from the [Alliance for a Healthier Generation's Celebrations that Support Child Health](#).

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<sup>1</sup> Requirement by Code of Federal Regulations: *Local School Wellness Policy* ([7CFR210.31](#))

<sup>2</sup> Recommended best practice by the Virginia Department of Education, Office of School Nutrition Programs

<sup>3</sup> Requirement by Virginia Code: *Regulations Governing Nutritional Standards for Competitive Foods Available for Sale in Public Schools* ([8VAC20-740](#))