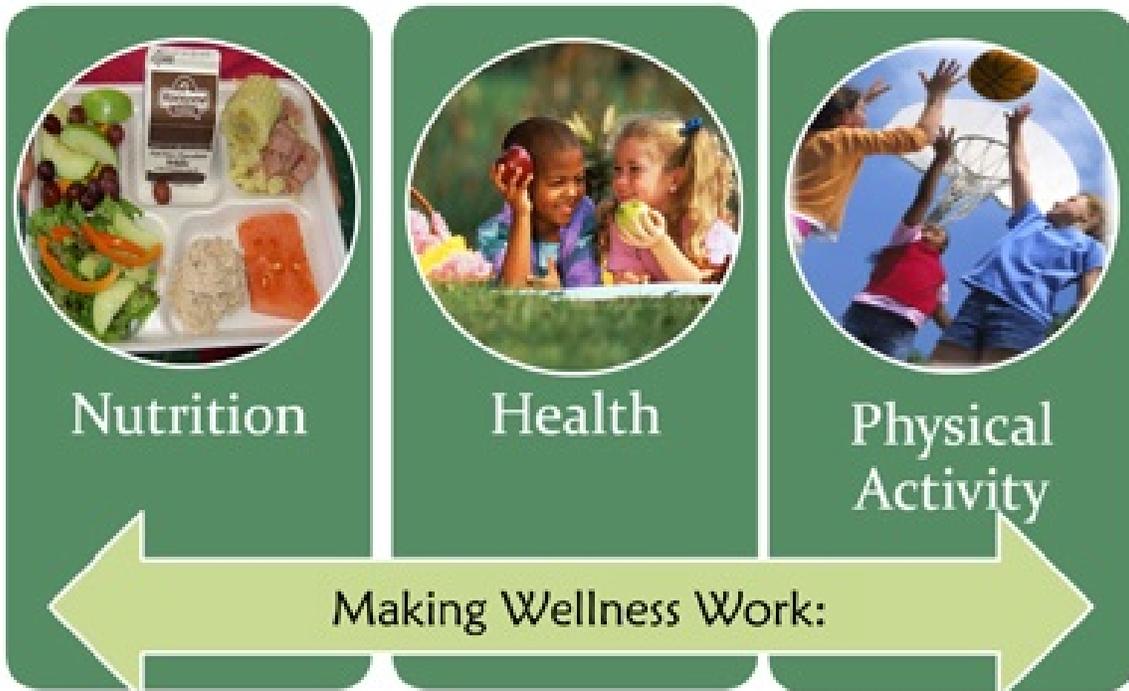


LOCAL WELLNESS POLICY  
**SURRY COUNTY**  
**PUBLIC SCHOOLS**  
*Updated*



*Written by the members of the School Health Advisory Board (SHAB)*

Rev. 6/2017

# **Surry County Public Schools Local Wellness Policy**

## **Purpose and Goal**

The purpose of the Surry County Public Schools Local Wellness Policy is to establish healthy eating and physical activity patterns that are essential for students to achieve their full academic potential. This wellness policy will also help students reach their full physical and mental growth as well as start them on a path of life long health and well-being.

The goal of the wellness policy is to instill in students the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. This wellness policy will promote nutritional standards for the school breakfast and lunch programs to include meeting and exceeding state and federal regulations. This wellness plan shall serve the needs and interest of ALL students and staff by effectively using school and community resources.

## **I. School Wellness Committee**

Surry County Public Schools (SCPS) will convene a representative district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

Surry County Public Schools Health Advisory Board will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education/health education teachers; school health services staff (e.g., school nurses); and mental health and social services staff (e.g., school counselors, psychologists, or social workers]; school administrators (e.g., superintendent, principal, assistant principal); school board members; health professionals (e.g., health department nurses); and the general public. To the extent possible, the Surry County Public School Health Advisory Board will include representatives from each school building and reflect the diversity of the community.

## II. Nutrition

### ❖ School Meals

SCPS is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and contain zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. 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 special dietary needs.

- All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).
- Nutrition Services offers healthy, nutritious meals, snacks and beverages in compliance with the most updated USDA guidelines and Dietary Guidelines for Americans.

#### Meals served through the National School Lunch and Breakfast Programs will:

- Be accessible to all students;
- Be appealing and attractive to children;
- Be served in a clean, pleasant setting;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Surry County Public Schools offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using the following Smarter Lunchroom techniques:
  - Whole fresh fruit, sliced or cut / canned fruit is available daily
  - Daily fruit options are displayed in a location in the line of sight and reach of students
  - Non-fried vegetables daily
  - Provide whole grain bread products daily
  - Ensure that half of the served grains are whole grain
  - Serve only low-fat (1%), unflavored or fat free flavored milk
  - White milk is placed in front of other beverages in all coolers
  - Provide reduced fat condiments when available
  - Analyze meals regularly to ensure compliance to updated USDA Guidelines and Dietary Guidelines for Americans

- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- Student artwork is displayed in the service and/or dining areas

➤ **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

➤ **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains and water pictures.

**Nutrition Standards for All Foods and Beverages Sold in Schools**

➤ **USDA Smart Snacks in Schools (Effective July 1, 2014).**

SCPS is committed to ensuring that all foods and beverages available to students "during the school day" support healthy eating. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet the USDA Smart Snacks nutrition standards, at a minimum. These standards will apply in all locations and through 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.

Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the ***USDA Smart Snack Guidelines*** is outlined below:

❖ **Smart Snacks**

➤ **Nutrition Standards for Food**

***To qualify as a Smart Snack, a snack or entrée must first meet the 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 product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories; sodium, sugar, and fats:

<b>Calorie limits</b>	Snack items: ≤ 200 calories Entrée items sold a la carte: ≤ 350 calories <u>Breakfast (average over course of week)</u> 350-500 ( K-5) 400-500 (6-8) 450-600 (9-12) <u>Lunch (average over course of week)</u> 550-650 (K-5) 600-700 (6-8) 750-850 (9 12)
<b>Fat limits</b>	Total fat: ≤35% of calories Saturated fat: < 10% of calories Trans fat: zero grams
<b>Sugar limit</b>	≤ 35% of weight from total sugars in foods
<b>Sodium limits</b>	Snack items: ≤ 200 mg Entrée items sold a la carte: ≤ 480 mg <u>Breakfast (average over course of week)</u> ≤540mg ( K-5) ≤600mg (6-8) ≤640mg (9-12) <u>Lunch (average over course of week)</u> ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9 12)

➤ **Nutrition Standards for Beverages**

***All schools may sell:***

- Plain water (with or without carbonation) (no size limit)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice, with or without carbonation and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and with no added sweeteners.
- ✓ ***Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice.***
- ✓ ***Beyond this, the standards allow additional low and no calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water options for high school students.***
- No more than 20-ounce portions of
    - Calorie-free, flavored water (with or without caffeine and /or carbonation); and
    - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
    - Lower calorie beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces. (Equivalent to 5 calories per fluid ounce).



➤ **Snacks allowed during the school day**

Schools will encourage snacks that make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools are to suggest that snacks brought from home to share at school functions should be purchased and ready to eat with an ingredient label attached on prepared items.

▪ **Suggestions for Healthy Snack Items allowed to be served or sold during the schools day**

Fresh Fruits and Vegetables	Whole grain animal crackers
Graham crackers	Whole grain crackers
Whole grain breadsticks	Whole grain saltines
Whole grain mini muffin	Low fat whole grain cereal bars
Low fat granola bars	Whole grain pretzels
Whole grain fruit bars	100 calorie pack snacks
Baked chips	Whole grain lightly sugared dry cereal
Bagels or bagel bites	Raisins or craisins
Single-serving canned fruit in juice or lite syrup	Yogurt, non-fat, low-fat, or light
Fruit-based snacks	Sugar free gelatin cups
String cheese	Milk, any flavor low fat or fat free
Fat free pudding cups	Bottled water
Fruit juice containing 100% juice	Flavored non-caloric water

➤ **Rewards**

Schools will not use foods or beverages, that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

➤ **Celebrations allowed during the school day**

Schools will limit celebrations that involve food during the school day. Schools are encouraged to consider celebration activities other than food. Schools should encourage students to bring healthy snacks for celebrations when food is served.

### III. Fundraisers

➤ **No limits on fundraisers that meet the new standards**

Fundraisers that sell non-food items or foods or beverages that meet the new standards are not limited under the nutrition standards.

▪ **Schools decide what can be sold at events outside of school hours**

Smart Snacks in School only applies to foods and beverages sold to students on the school campus during the school day. The nutrition standards do not apply to foods and beverages sold at events held after school, off campus, or on weekends, such as school plays or sporting events.

▪ **Exceptions for fundraiser foods not intended for consumption in schools**

Fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards. Distribution of order forms and foods not intended for consumption at school may continue.

❖ **Fundraiser Exemptions**

Board of Education Resolution to Implement an Amendment to § 22.1-207.4 of the *Code of Virginia*, Nutritional Guidelines for Competitive Foods – School-sponsored Fundraisers

*The following is an excerpt from the resolution:*

*NOW THEREFORE, BE IT RESOLVED by the Board of Education that local school divisions shall permit, effective with the date of adoption of this resolution, each public school to conduct on school grounds during the regular school hours, **no more than 30 school-sponsored fundraisers per school year**, during which food and beverages that do not meet the nutrition guidelines for competitive foods may be sold to students. Pursuant to the Regulations for the School Breakfast Program and the Regulations Governing School Lunch Sale of Food Items, the sale of any such food or beverage items cannot take place in competition with the National School Lunch and School Breakfast programs from 6 a.m. until after the close of the last breakfast period and from the beginning of the first lunch period to the end of the last lunch period.*

➤ **Fundraising Activities**

Schools will encourage groups that participate in fundraising activities to promote physical activity and healthy foods by regulating the nutritional quality of individual items sold.

▪ **Suggestions for Healthy Fundraising Sale Items**

Fresh Fruit	Nuts and trail mix
Gift wrap	Magazine subscriptions
Candles	Gift baskets
School spirit items	Car washes
Walk-a-thons	3 on 3 basketball tournaments
Talent shows	Scholastic Books
Chain links (Homecoming)	



#### **IV. Nutrition Promotion and Education**

➤ **Nutrition Promotion**

SCPS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques (refer to Nutrition section); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

➤ **Nutrition Education**

✓ **It is the goal of the policy to nutritionally educate students by:**

- Offering educational materials in the classroom as well as the cafeteria
- Offering educational materials that are interactive and teach students healthy eating behaviors
- Establishing standards in the health education curriculum that addresses both nutrition and physical education
- Appropriately educating students on the benefits of participating in the National School Lunch and Breakfast Program
- Assuring the district health education curriculum standards and guidelines include nutrition education.
- Encouraging staff to be role models for healthy behavior.

- **Division Health Initiatives**

- Mobile Dentist
- Body Mass Index (BMI) tracking – beginning and ending height and weight
- Feeding the Future

➤ **Food and Beverage Marketing in Schools**

SCPS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. SCPS strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information SCPS is imparting through nutrition education and health promotion efforts. It is the intent of SCPS to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with SCPS wellness policy.

If and when school-based marketing is permitted it will be reasonably consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

## V. Physical Activity Opportunities and Physical Education

**Physical Education and Activity (P.E.) K-12.** In accordance with the Standards of Quality, § 22.1-253.13:1 (D) of the Code of Virginia: Local school divisions shall implement a program of physical fitness available to all students with a goal of at least 150 minutes per week on average during the regular school year. Such programs may include any combination of (i) physical education classes, (ii) extracurricular athletics, or (iii) other programs and physical activities deemed appropriate by the local school board. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, SCPS will ensure that its grounds and facilities are safe and that equipment is available to students to be active. SCPS will conduct necessary inspections and repairs.

- **Physical Activity** - It is the goal of the wellness policy to emphasize the importance of student involvement in physical activity by ensuring schools:
  - Provide opportunities for every student to develop knowledge and skills for specific physical activities
  - Maintain physical fitness by presenting opportunities for physical activity during the school day through recess for elementary students, PE classes, and various other physical activities where appropriate
  - Incorporate muscle strengthening activities such as tumbling and push-ups
  - Incorporate bone strengthening activities such as jumping rope or running
  - Promote participation in extra-curricular activities and team sports of all levels
  - Encourage parents and the community to support the students participation in these activities as well as being physically active role models
  - Provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
  - “Walk and Talk” during the lunch period after students have eaten lunch.

➤ **Physical Education** – Physical Education Teachers will continue to implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health. Curriculum will align with the SOL's/Pacing Guide.

- All health and physical education teachers will be fully certified to teach health and physical education
- An appropriate alternative activity to physical education shall be provided for students with disabilities that restrict participation in general physical education settings
- Dedicated spaces will be provided for physical education
- Student fitness levels will be assessed through the use of physical fitness assessment tools.

➤ **Recess (Elementary)**

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. *This policy may be waived on early dismissal or late arrival days.*

**Outdoor recess** will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

➤ **After School Activities**

SCPS offers opportunities for students to participate in physical activity after the school day through a variety of methods including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.



## VI. School Day Matters

- **It is the goal of the wellness policy to provide for the students:**
  - A minimum of 25 minutes to eat meals in a clean, safe, enjoyable meal environment
  - Non-stigmatizing manners that allow students who receive free and reduced meals same as students who pay full price
  - Hand washing facilities that are convenient to all cafeterias for student access
  - Water fountains are accessible to students to consume water during their meal time
  - Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
  - Lunch time as near the middle of the school day as possible.
  - Schedule morning bus routes to allow students to arrive at school in time to eat breakfast
  - Encouragement and opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas

## VII. Other Activities that Promote Student Wellness

SCPS will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.



## **VIII. Implementation**

The Surry County Public Schools Local Wellness Policy will be implemented on July 1, 2017 for use beginning in the 2017-2018 school year. It will be the responsibility of the Food Service Coordinator to assess the use of the Wellness Policy within the school system and suggest corrective action regarding the non-use of the policy. The Food Service Coordinator will use the quarterly School Health Advisory Board meetings to review, assess and update the policy as needed. The Food Service Coordinator will also be responsible for reporting implementation status to the Superintendent as well as the School Board.

### ➤ **Implementation Plan**

Implementation procedures will include performing assessments of schools' existing nutrition and physical activity environments. Assessments will be repeated at least once every three years and the results will be made available to the public, including the extent to which schools are in compliance with the policy 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.

### ➤ **Monitoring**

In each school, the principal or designee will ensure compliance with the wellness policy in his/her school and will report on the school's compliance to the superintendent or designee. School Food Service staff, at the school will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Coordinator of School Nutrition Services. The Coordinator of School Nutrition Services will report on compliance matters to the Assistant Superintendent or designee.

### ➤ **Annual Notification of Policy**

SCPS will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. SCPS will make this information available via the district website ([www.surryschools.net](http://www.surryschools.net)) and/or district-wide communications. Annually, SCPS will also publicize the name and contact information of the school district officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

➤ **Community Involvement, Outreach and Communications**

SCPS is committed to being responsive to community input, which begins with awareness of the wellness policy. SCPS will actively communicate ways in which representatives of the wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. SCPS will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. SCPS will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. SCPS will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

SCPS will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. SCPS will also use these mechanisms to inform the community about the availability of the annual and triennial reports.