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| Book | Policy Manual |
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STUDENT WELLNESS

Norton City Schools (NCS) is committed to the holistic development of every student. We believe that for students to achieve personally, academically, and socially, we must create a positive, safe, and healthy learning environment at all levels and in all settings during the school year.

Goals

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

Nutrition Promotion and Education

- Students will have access to healthy foods throughout the day – through reimbursable school meals and other foods available on the campus that are in accordance with Federal and state nutrition guidelines.
- Students will receive nutrition education that helps them develop lifelong healthy eating habits.

Physical Activity

- Students have opportunities to be physically active before, during and after school:
 - Morning Mile Program
 - Physical Education
 - Interscholastic athletics
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activities outside the classroom:
 - Fit One gym membership discount
 - Water fountains with features for filling water bottles

Other school-based activities

- The community is engaged in supporting the work of NCS in creating continuity between the school and other settings for students and staff to practice lifelong healthy habits:
 - Walk to School Day
 - Safe Routes to School
 - Outdoor recreation opportunities
 - Summer Camps
 - Tennis
 - Get Fit
 - Basketball
 - Volleyball

- Environmental activities
- Outdoor Adventure

Nutrition Standards and Guidelines

School Wellness Committee:

- Norton City Schools will form a committee that will meet quarterly to establish goals for and to oversee school healthy and safety policies and programs. A periodic review and update of the wellness policy will be conducted by the committee.
- The membership of the committee will be represented by both schools and include to the extent possible, but not limited to parents, students, representatives of the school nutrition program, teachers and administrators, school board members, and health professionals.

Leadership:

- The Superintendent or designee will facilitate development and updates to the wellness policy and will ensure each school's compliance with the policy.
- 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. Norton City Schools Food Service Director will make the final determination for allowable foods and beverages that are NOT sold and for those that are sold to students on the school campus.

Implementation, Monitoring, Accountability and Community Engagement

- Norton City Schools will develop and maintain a plan within each school for determining roles and responsibilities, actions and timelines, as well as meeting specific goals for nutrition standards for all foods and beverages available on the school campus food and beverage marketing, nutrition promotion and education, physical activity and other school based activities that promote student wellness.

Record keeping:

- Norton City Schools will retain records to document compliance with the requirements of the wellness policy at the Central Office and on our District website:
 - The written wellness policy
 - Documentation that the policy has been made to the public
 - Documentation of committee meetings and efforts to review and update the Local school wellness policy
 - Documentation to demonstrate compliance with the annual public notification requirements
 - The most recent assessment on the implementation of the local school wellness policy and its availability to the public.

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 actively informing families and the public each year via the district website and/or district wide communications. Norton City Schools will provide as much information as possible about the school nutrition environment. A summary of events and activities will be provided as they relate to the wellness policy implementation. Annually, Norton City Schools will publicize the name and contact information of the leadership coordinating the committee as well as how the public can get involved with the school wellness committee.

The Superintendent, in collaboration with the Food Service Director is responsible for implementing and enforcing this policy. At least every three years, Norton City Schools will evaluate/measure compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools of the division are following the wellness policy.
- The Food Service Director is responsible for monitoring schools' compliance with the wellness policy.
- Norton City Schools will notify households/families of the availability of the triennial progress report.

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 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:

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

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