

## **NUTRITION REGULATIONS**

### **Foods and Beverages Covered by Nutrition Regulations**

All foods and beverages made available on school grounds must comply with the current USDA Dietary Guidelines for Americans and with the WJCC School Division's Nutrition Standards (See Appendix A for division's nutrition standards). Other examples of sources of foods and beverages covered by Nutrition Regulations:

- Vending machines
- A la carte
- Beverage contracts
- Fundraisers
- Student stores
- Classroom parties/classroom celebrations

### **Breakfast/Lunch Program**

- The full meal program will follow the USDA standards for national school breakfast and lunch programs.
- The breakfast/lunch provider will make every effort to follow the WJCC School Division's Nutrition Standards when determining the items in a la carte sales.
- Every effort will be made to increase offerings of 50-100% whole grain products.
- Every effort will be made to offer a variety of fruits and vegetables daily as meal and a la carte options.
- A la carte items that do not meet the standards will be acceptable for student consumption only once a week.
- The breakfast/lunch program will be promoted to parents and will be accessible to all students. Free and reduced-price meals will be provided to students who meet income requirements in a manner that ensures that these students are not identified by others.
- Schools will arrange bus schedules and utilize methods to serve breakfasts that encourage maximum participation.

### **Cafeteria Climate**

- The cafeteria environment will be relaxed, attractive and enjoyable for students.
- Students will have adequate time for meals. The School Nutrition Association recommends a minimum of least ten minutes for breakfast and twenty minutes for lunch from the time the students are seated.
- Staff will encourage students to wash their hands either with soap and water or with the use of hand sanitizers before eating; there will be convenient access for hand-washing before meals.

### **Nutrient Information**

- The division will supply nutrient information for breakfast and lunch provided by Child Nutrition Services.

### **After School Snacks**

- At a school where lunch is scheduled earlier than 11:00 A.M., the students at that school who participate in after school educational activities will be provided access to healthy snacks before they begin their activities.
- After- school snacks will meet the division's nutrition standards.

### **Special Occasions and Classroom Snacks**

- School administrators and parent/teacher organizations will promote healthy options for snacks and special occasions. (See Appendix C for healthy options)

### **Meal Schedules**

- For elementary schools, a short, snack-free recess is encouraged before lunch so that students will come to lunch less distracted and ready to eat.
- Whenever possible, schools will not schedule other activities during lunch times.

### **Hydration**

- Students and staff will be encouraged to consume water throughout the day.
- Students will either be allowed to carry water bottles or take water breaks.

### **Educational Reinforcement**

- Foods or beverages will not be used as rewards for academic performance or good behavior.
- Teachers will be provided with a list of recommended incentives.

### **Fundraising**

- School fundraising activities, excluding concessions, will either not involve food or will use only foods that meet the established standards (Appendix A) for foods and beverages sold individually.
- The division will encourage fundraising activities that promote physical and academic activity.
- The division will make available a list of ideas for acceptable fundraising activities.

### **Nutrition Education for Families**

- Nutrition education will be provided to families by means of handouts, newsletters, postings on the division website, presentations, displays at school events, etc.
- Parents will be informed of school nutrition regulations and standards.

**Nutrition Topics to be Integrated into Curriculum**

- Instructional staff (pre-K-12) will be encouraged to integrate nutrition information into daily lessons whenever possible. See Appendix B for topics to be covered.
- Instructional staff will be supported and provided with information and material needed to teach nutrition topics using a variety of instructional strategies.
- Staff development opportunities related to nutrition will be provided for instructional staff at convenient times throughout the school year.

**Qualifications/Training for Child Nutrition Services Personnel**

- The Child Nutrition Services Supervisor and his/her staff at each school will be properly qualified and certified according to current professional standards.
- All Child Nutrition Services personnel will have adequate pre-service training and at least twice a year participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, and other topics directly relevant to the employee's job duties.

**Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.

- Brands that promote predominantly low-nutrition foods and beverages will not be marketed on school grounds.
- Healthy foods, beverages and practices will be promoted in a variety of creative ways

**PHYSICAL ACTIVITY AND PHYSICAL EDUCATION REGULATIONS**

**Physical Education Classes**

- At the elementary level, students will receive a minimum of 90 minutes of physical education weekly. The division will start the process of change to meet, as soon as possible, the national standard of 150 minutes weekly for elementary students.
- At the middle school level, students will receive a minimum of 150 minutes of physical education weekly. The division will start the process of change to meet, as soon as possible, the national standard of 225 minutes weekly for middle school students.
- At the high school level, the students will receive a minimum of 225 minutes of physical education weekly for two semesters over four years. The division will begin the process of change to meet, as soon as possible, the national standard of 225 minutes weekly for all semesters for all four years of high school.
- During physical education, students will engage in moderate to vigorous physical activity at least 75% of the class time.
- Physical education will have a student/teacher ratio that is the same as average classes in the school.

- Physical education will be taught by a certified physical education teacher.
- The physical education curriculum will offer a variety of physical activities that will appeal to the varied interests of students.
- The curriculum will emphasize lifetime physical activities (walking, biking, tennis, yoga) and functional fitness.
- Middle and high school students will design and implement individualized physical activity/fitness plans. Physical education teachers will provide feedback and monitor students' progress in implementing their plans.
- Physical education classes will include students with disabilities and special health-care needs and will accommodate their needs with the assistance of a certified adapted physical education teacher.
- Physical activity will not be used (e.g. running laps, pushups) or withheld (i.e. physical education class) as punishment or to make up missed class/ work/tests. This guideline does not apply to extracurricular sports teams.

#### **The Role of the Physical Education Teacher**

- The physical education teacher will serve as a resource for other teachers to help them introduce more physical activity throughout the school day.
- At the elementary level the physical education teachers will help the classroom teachers plan recess activities that support and complement physical education curriculum goals.

#### **Recess (Elementary)**

- Elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors.
- During recess, all students will be encouraged by staff to be moderately to vigorously active.
- Every effort will be made to offer recess before lunch.
- When weather is inclement, an indoor 20 minute recess will be offered that will involve all students in moderate to vigorous activity.
- Elementary teachers will be provided with training, equipment and materials so that they can promote physical activity during indoor and outdoor recess and throughout the day.

#### **Physical Activity throughout the Day (Pre-K-12)**

- Students will be given periodic breaks during which they will be encouraged to stand, stretch and be moderately active so that no student will be inactive for longer than two-hours.
- Opportunities for physical activity will be regularly incorporated into other subject areas such as math, language arts, social studies, etc.
- Whenever possible during core subjects, teachers will integrate information that will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television.

**Physical Activity as Reward Rather than Punishment**

- Physical activity will not be used as punishment (e.g. running laps, pushups). This guideline does not apply to extracurricular sports teams.
- Recess will not be withheld as punishment for misbehavior except as a last resort, and when it is withheld, it can be withheld for no longer than 5 minutes.
- Recess can be used to make-up missed class work and tests only as a last resort.
- Whenever possible, physical activity will be used as a reward to reinforce academic achievement.

**Before and After School Opportunities to Promote an Active Lifestyle**

- Twice a week, either before or after school, all students will be given opportunities to be moderately to physically active through participation in fitness clubs and intramural programs.
- The before and after school programs to promote physical activity will meet the needs and interests of students.

**Use of Facilities**

- School authorities will minimize use of the gymnasium for non-physical activity programs (such as assemblies) during regularly scheduled physical education class times.

**Family and Community as Partners**

- Information will be provided to help families incorporate physical activity into the lives of all household members. This information will be disseminated through workshops, websites, flyers, pamphlets, displays and demonstrations.
- Information about all the division's opportunities for physical activity and physical education will disseminated to families.
- In neighborhoods where it is possible to do so, the division will work with the community to create ways for students to walk and bike safely to and from school.

**STAFF WELLNESS REGULATIONS**

- The division will implement activities to promote the health and well being of staff. These activities will be determined based on input from staff.
- Existing staff wellness programs will be promoted and supported so that the division's overall staff wellness program will be built on the strengths of its current programs.
- Division resources will be allocated for staff wellness programs.
- The division will strive to obtain meaningful discounts/incentives for staff who participate in wellness activities.

**STUDENT WELLNESS POLICY MONITORING**

- The superintendent or designee will ensure compliance with the division-wide student wellness policy and its regulations.
- In each school, the principal or designee will ensure compliance with the division's student wellness policy and regulations and will report at least annually on the school's compliance to the superintendent or designee.
- Each school will establish a student wellness policy review committee to assist the principal in monitoring compliance with the division student wellness policy and related regulations.
- The student wellness policy review committee at each school will be designated by the principal and will include teachers, administrators, representatives from school health service, and child nutrition service.

**STUDENT WELLNESS POLICY REVIEW**

- Baseline data related to the school student wellness policy will be collected at each school either before or at the start of the first year that the school student wellness policy is implemented. Baseline data will include measures of school environment as well as student and staff behaviors.
- Assessments will be repeated every year to review policy compliance, assess progress and determine areas in need of improvement.
- The School Health Advisory Committee will review the annual assessments and make recommendations to the school board and the superintendent regarding ways to improve compliance with the division's student wellness policy and regulations.

**APPENDIX A**  
**STANDARDS FOR FOODS AND BEVERAGES**

**(Based on USDA guidelines for national school breakfast/lunch programs, and recommendations from the Virginia Action for Healthy Kids)**

**Permitted Beverages**

- Water
- Non-fat and low fat milk (plain or flavored)
- 100% real fruit and vegetable juices without added sugars
- Sports drinks that meet USDA guidelines for National School Breakfast and Lunch Programs
- Carbonated drinks that meet USDA guidelines for the National School Breakfast and Lunch Programs.

**Prohibited Beverages**

- Beverages that contain caffeine (with the exception of those that have only trace amounts of naturally occurring caffeine-related substances such as chocolate milk). This restriction applies only to students, not to staff.
- Fruit and vegetable drinks that contain added sugars and are less than 100% fruit or vegetable juice
- Sport drinks that don't meet the USDA guidelines for National School Breakfast and Lunch Programs
- Carbonated drinks that don't meet USDA guidelines. Note: this restriction applies only to students, not to staff.
- Since staff members are role models for students, they are strongly encouraged to refrain from drinking in front of the students any beverages that are prohibited for the students.

**Permitted Snacks and Side Dishes**

- Permitted snacks and side dishes are those that have:
  - 300 or fewer calories per item
  - 35% or fewer calories from fat
  - 10% or fewer calories from saturated fat
  - 35% or less of their weight from sugar (except fresh, dried or canned fruits and vegetables without additional sweeteners)
- Reduced sodium (at least 25% less than reference food) snacks are recommended. Salt shakers and salt packets shall not be available to students
- Due to nutrient density, nuts (1 oz.), seeds (1 oz.), and cheese (1 oz.) are exempt from fat and saturated fat standards

**Whole Grains, Fruits and Vegetables**

Whenever possible, the following will be provided:

- Whole grain breads and cereals
- A variety of high-quality fruits and vegetables

**Suggested Portion Sizes for Snacks and Beverages**

(calories should be 300 calories or less per item)

- Snacks and sweets: 1.25 oz.
- Cookies/cereal bars: 2 oz.
- Bakery items: 3 oz.
- Frozen desserts, ice cream: 3 oz.
- Beverages (no limit on water or milk): 12 oz.

**APPENDIX B**  
**HEALTHY EATING TOPICS**

- Benefits of healthy eating
- Importance of eating a healthy breakfast
- Food Guide Pyramid and nutritious choices for each food group
- Importance of portion control and moderation in a person's eating habits
- Reading and using food labels
- Importance of and ways to eat five or more fruits/vegetables daily
- Importance of increasing water intake and decreasing intake of calorie dense beverages
- Importance of and ways to increase physical activity and decrease screen time
- Importance of avoiding unhealthy fats and using healthy fats in moderation
- Ideas and recipes for healthy snacks, lunches and celebrations
- The influence of personal preferences, family, media, and culture on dietary behavior
- Finding and utilizing resources related to healthy eating
- Goal-setting and decision-making skills for healthy eating

**APPENDIX C**  
**RECOMMENDED FOODS AND BEVERAGES**

**Recommended Foods for Snacks, Party Treats, and Vending Items**

These recommended items must meet WJCC School Division's nutrition standards for sugar and fat content.

- Fresh vegetables with optional low fat dip
- Fresh, canned or dried fruits (dried in moderation) with optional low fat yogurt dip
- Low fat popcorn
- Pretzels
- Low fat/low sodium crackers
- Baked corn chips and fat free potato chips with salsa and low fat dips
- Dry roasted peanuts, tree nuts and soy nuts (MUST FOLLOW SCHOOL POLICY RELATED TO SAFEGUARDING STUDENTS WITH NUT ALLERGIES)
- Low fat cookies and crackers such as fig bars and gingersnaps
- Low fat, low sodium bread products (preferably whole grain) such as bread sticks, pita bread, small bagels
- Ready-to-eat low sugar cereals
- Low fat granola bars, muffins made with no saturated fat or trans-fat
- Low fat or nonfat yogurt/parfaits
- Low fat, low sodium snack mixes/trail mixes with combinations of cereal/pretzels/low fat crackers and dried fruit with small amounts of nuts/seeds
- Low fat cheese and crackers
- Un-iced angel food or sponge cakes, low-fat, pound cake, gingerbread



- Frozen fruit juice pops
- Low fat ice creams, frozen yogurts, sherbets, sorbets
- Low fat pudding cups and gelatin cups, with or without fruit
- Low fat meat/cheese/hummus/vegetable sandwiches made with whole grain bread and low fat sandwich spreads; sandwiches made with nut butters, whole grain bread, thinly sliced fruit or fruit butters

**Recommended Beverages for Snacks, Party Treats and Vending**

- Plain water, mineral water, sparkling water
- Herbal teas with less than 40% added sugar by weight
- Low fat milk, flavored or unflavored
- Low fat soy beverages, flavored or unflavored
- 100% fruit juices/pasteurized ciders with no additives
- Fruit drinks with more than 25% real juice
- Low fat cocoa or other hot, flavored drinks (Use discretion: hot drinks may not be appropriate for young children for safety reasons.)
- Smoothies made with any or all of the following: low fat milk/yogurt, soy beverage, low fat frozen products, fresh fruit, 100% fruit juices

**APPENDIX D**

**RESOURCES AND PROCESS FOR THE DEVELOPMENT OF THE WJCC SCHOOL  
DIVISION'S WELLNESS POLICY AND REGULATIONS**

- Fall, 2006: Student Wellness Policy Committee (WPC) was formed to develop draft policy and regulations.
- WPC included: Supervisor for Health Services, Coordinator for School Health Initiative, Supervisor for Child Nutrition Services, Coordinator for Health and Physical Education, and Coordinator for Science.
- WPC met throughout the fall and winter to develop draft policy and regulations.
- WPC utilized the following resources as guides in the development of the WJCC School Division's Student Wellness Policy and Regulations:
  - Fit, Healthy, and Ready to Learn: A School Health Policy Guide, developed by the National Association of State Boards of Education (NASBE)
  - School Nutrition Association (SNA) Model Student Policy
  - National Alliance for Nutrition and Activity (NANA) Model Policy
  - Kansas Student Wellness Policy Builder, developed by the state of Kansas
  - School Student Wellness Policy and Practice: Meeting the Needs of Low-Income Students, developed by the Food Research and Action Center (FRAC)

- In addition to the above resources, WPC reviewed over 50 wellness policies and regulations that were developed by other school divisions in the country. The policy and regulations proposed for WJCC Schools include concepts and wording from the following school divisions' wellness policies and regulations:
  - Mercedes Independent School District (Texas)
  - Leon County Public Schools (Florida)
  - Appleton Area School District (Wisconsin)
  - Newport News School Division (Virginia)
  - Charlottesville School Division (Virginia)
- The nutrition standards proposed for the WJCC School Division's Student Wellness Policy and Regulations are taken from the February 27, 2004 Virginia Action for Healthy Kids Recommendations for School Nutrition Standards
- The WJCC School Health Advisory Committee (SHAC) reviewed the draft policy and regulations and made recommendations for changes. SHAC includes members of the community as well as school division employees.
- After SHAC's review, and approval by the school attorney, the draft policy will be sent to the School Board.
- The policy and regulations will be posted on the school website and will be made available at the School Board Office for review by the entire community. Newspaper articles will alert the public to the policy and regulations and how they can access them.
- School Board meetings to discuss the policy and regulations will be open to the public and the public will be encouraged to share their comments and suggestions.
- Presentations about the policy and regulations will be made to the PTA Council and the Council will encourage dialogue within the community about the policy.
- Information about the policy will be given to students for their review and input.
- The School Board will consider input from all segments of the community when they vote on the policy.
- Plans to include the community in the ongoing monitoring and policy review are outlined on page 6.

**Adopted: June 6, 2006**

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