

**Buena Vista City Schools
Local Wellness Policy
Implemented 2021**

Leadership

The wellness policy leader, with support from the health and wellness committee, shall implement and ensure compliance with the Local School Wellness Policy by leading the review, update, and evaluation of the policy.

Public Involvement

The division will invite a diverse group of stakeholders and the public to participate in the development, implementation, and periodic review and update of the Wellness Policy. The public will be notified through the division website or other model of public notification for opportunities to participate.

Nutrition

1. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support students' physical growth, brain development, resistance to disease, emotional stability and ability to learn. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's School Nutrition Department. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.
2. The school lunch and breakfast programs are fully accessible to all students enrolled in school. Free meals are provided to all students in the district under the Community Eligibility Provision Program.

All schools within Buena Vista City Public Schools participate in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Summer Food Service Program (SFSP). 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 &CFR220.8.

F.W. Kling Elementary School, Enderly Heights Elementary School, Parry McCluer Middle School, and Parry McCluer High 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, Grab-and-Go Breakfast, and Second Chance Breakfast.

3. The full meal program will continue to follow the U.S. Government's Nutrition Standards. Federal regulations require that reimbursable meals adhere to the Dietary Guidelines for Americans and provide adequate calories, protein, vitamin C, vitamin A, iron, and calcium. Range limits are also suggested for cholesterol, sodium, and fiber. Federal guidelines limit fat in reimbursable meals to no more than 30% of calories from fat and less than 10% of calories from saturated fat.

4. Buena Vista City Schools will strive to increase participation in the school lunch and breakfast programs.

Students are encouraged to start each day with a healthy breakfast.

5. Buena Vista City Schools employs a food service director who is properly qualified and certified to current professional standards to administer the school food service program and satisfy reporting requirements.

6. A la carte offerings to students shall be nutritious and meet federal recommended guidelines, the recommended dietary allowances, and the dietary guidelines and shall be selected with input from students, parents, and staff.

a. Federal Regulation 7CFR210.11 Minimum nutritional value is defined as a food which does not contain at least five percent of one of the following nutrients: protein, calcium, iron, vitamin A, vitamin C, thiamine, riboflavin, or niacin. Food sold in addition to meals should be thoughtfully selected to ensure optimal nutrition quality and foster healthful eating habits.

7. All foods made available to Buena Vista City School students adhere to the state and local food safety and sanitation guidelines set forth in the 2005-06 Buena Vista City Schools Hazard Analysis and Critical Control Points (HACCP) plans and guidelines to prevent food illness in school.

a. Foods Provided, Not Sold

i. The division requires foods offered on the school campus to meet or exceed the USDA- FNS Smart Snacks rule including those provided at celebrations or classroom snacks brought by staff or family members. Foods and beverages will not be used as rewards or withheld as punishment.

b. Food and Beverage Marketing

i. Marketing of any foods and beverages on the school campus during the school day must meet the USDA-FNS Smart Snacks rules.

c. School-Sponsored Fundraisers:

- i. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the USDA-FNS Smart Snacks rule. Schools are encouraged to promote physical activity fundraisers such as walk-a-thons, jump rope for heart, and fun runs.

Any fundraiser that sells food or beverages may not be conducted during meal service times. This includes from 6:00 a.m. 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 fundraiser designee (secretary at each school building) approves, tracks, and monitors fundraisers to ensure compliance with the nutrition standards for school-sponsored fundraisers. The fundraiser designee for Buena Vista City Public Schools is each building's school administrator and a fundraiser-tracking document is kept on file in the main office.

8. For the safety and security of the food and facility, access to the food service operations is limited to School Nutrition staff and authorized personnel.

9. Any foods and beverages sold to students at school during the school day other than those foods provided as part of the school meal programs shall meet the standards established in USDA-FNS Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The school day is defined by USDA as the period from midnight the night before to 30 minutes after the end of the instructional day. This includes foods and beverages sold in vending machines and a la carte.

10. A lunchroom environment that provides students with a relaxed, enjoyable climate is provided. The lunchroom environment should be a place where students have:

- a. Adequate space to eat and pleasant surroundings;
- b. Adequate time for meals (the American Food Service Association recommends at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated);
- c. Convenient access to hand-washing facilities before meals; and
- d. Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

11. Each school has a Nutrition Advisory Council that meets at least twice a year. The Nutrition Advisory Council consists of the school nutrition manager, a parent, a teacher, and a student representative from each grade. The Council

addresses the issues of unhealthy eating practices and provides ideas for getting students to eat healthy. The Council also offers popular menu suggestions.

12. The School Nutrition Department maintains a website which posts lunch and breakfast menus, the department's mission statement, and school nutrition resources.

13. The School Nutrition Department regularly encourages parents to eat lunch and/or breakfast with their students.

Physical Education:

1. Regular physical activity is linked to enhanced health and to reduced risk for all-cause mortality and the development of many chronic diseases in adults.

2. Comprehensive school health programs have the potential to slow the age-related decline in physical activity and help students establish lifelong, healthy physical activity patterns.

3. Buena Vista City Public Schools 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 on 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.

4. Physical Activity Guidelines for Adolescents recommend that all adolescents be physically active daily, or nearly daily, as part of play, games, sports, work, transportation, recreation, physical education, or planned exercise.

a. National health objectives call for students to be physically active for at least 50% of physical education class time.

b. Parry McCluer High School provides extracurricular physical activity programs that meet the needs and interests of the students.

5. Buena Vista City Schools work to improve the individual's strength, flexibility, and cardiovascular endurance.

a. Testing is used as a mechanism for teaching students how to apply behavior skills (e.g., self-assessment, goal setting, and self-monitoring) to physical fitness development and for providing feedback to students and parents about students' physical fitness.

6. Health instruction is utilized to generate positive attitudes toward healthy behaviors. These positive attitudes include the perception that it is important and fun to participate in physical activity. Health instruction in grades 6-12 covers the importance of nutrition in leading a healthy lifestyle. Nutrition information is covered with children in grades K-5 through their physical education classes.

Buena Vista City Public Schools will provide at least 140 minutes of nutrition education to every student and exceed the expectations of the Virginia Department of Education (VDOE) Health Standards of Learning (SOLs) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses through the school year. The cafeteria environment will reinforce nutrition education provided in the classroom.

Buena Vista City Public Schools will promote positive nutrition habits in the cafeteria, classrooms, and through the school environment. Schools may participate in nutrition promotion through farm to school activities activities such as:

- Local foods served in schools are promoted with signage and/ or social media posts;
- Special events revolve around agriculture or farming;
- Career exploration, internships, and mentoring opportunities are available;
- An active school garden is operated and garden produce is offered in the cafeteria;
- A local agriculture farmer visits our school each year;
- Students take field trips to local agricultural farms.

7. Buena Vista City Schools' physical education program is one of the primary means of educating students with regard to physical skills and the value of participating in physical activity throughout their lives.

a. The physical education programs in Buena Vista City Schools are conducted by certified physical education specialists, who provide the major opportunity for students to be physically active each day.

8. Parry McCluer High School students will demonstrate achievement and maintenance of all health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program. They will:

- a. demonstrate program-planning skills by setting goals, devising strategies, and making timelines for personal physical activity plan.
- b. apply the FITT (Frequency, Intensity, Time, Type) principle and other principles of training such as overload, specificity, and progression, in accordance with personal goals.

- c. include scientific principles and concepts (e.g., methods of stretching, types of muscular contractions) as strategies for improvement of personal fitness.
 - d. use a variety of resources, including available technology, to assess, design, and evaluate a personal fitness program.
 - e. understand the effects on the body of sports enhancing chemicals.
9. Academic teachers at both elementary schools will strive not to remove physical education participation from students as a form of punishment.
10. Parry McCluer High School students will be encouraged to participate in school and community health-enhancing physical activities that provide opportunities for challenge and social interaction. They will:
 - a. maintain a record of daily participation in physical activities;
 - b. develop and evaluate progress toward personal physical-activity goals within and outside of physical education class; and
 - c. analyze long-term physiological and psychological benefits that may result from regular participation in physical activity.

Other Activities that Promote Student Wellness

Buena Vista City Public Schools 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.

Triennial Assessment

The division will evaluate compliance with the Wellness Policy no less than once every three years and make the results available to the public on the school website. The assessment will include the extent to which each school is in compliance with the policy regulations, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals and policy. The assessment results will be used to update the Wellness Policy.

Public Update and Information

Annually, the division will inform families and the public about the content, implementation, and/or any updates to the Wellness Policy through the school website and Board of Education meetings.