

STUDENT WELLNESS

I. Policy Statement

The Patrick County School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in division students.

II. Goals

The Patrick County School Board has established the following goals to promote student wellness.

A. Nutrition Education

1. Students in grades pre-K-12 have access to nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education is offered in the school dining room as well as in the classroom; coordination between the foodservice staff and teachers is encouraged.
3. Students receive nutrition messages throughout schools, classrooms, cafeterias, homes community and media to encourage and support healthy eating..
4. District health education curriculum standards and guidelines offer comprehensive health education, which shall include but not be limited to the following topics: nutrition, personal health and physical fitness, to promote and foster lifelong habits of healthy eating and physical activities.
5. Nutritious food choices are offered and advertised in school dining rooms.

B. Physical activity

1. Students are given opportunities for physical activity through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum is encouraged.
2. Students are given opportunities for physical activity through a range of after-school programs including, but not limited to, interscholastic athletics, and physical activity clubs and recreation department activities.
3. Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

4. Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
5. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain physically active lifestyles and to reduce time spend on sedentary activities, such as watching television.
6. Physical education includes instruction in individual activities, as well as competitive and non-competitive team sports, to encourage life-long physical activity.
7. The school provides a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.
8. Classroom health and physical fitness education will include the effects of alcohol, stimulants, tobacco and narcotics on the human system.
9. The Patrick County school division has a goal of making a program of physical fitness available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities, and other programs and physical activities.

C. Other school-based activities

1. A sufficient amount of time is allowed for students to eat meals in adequate school cafeteria facilities.
2. All children who participate in the school meals program and those who eat free and reduced priced meals are able to obtain food in a non-stigmatizing manner.
3. Drinking fountains are available in all schools, so that students can get water at meals and throughout the day.
4. The school district will schedule lunch time as near to the middle of the school day as possible.
5. The school district will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

6. The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
7. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
8. The school district encourages all students to participate in school meals program, i.e. the National School Lunch, School Breakfast Program and snacks for various after-school programs.
9. The school district promotes and coordinates multiple dental health activities.
10. Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
11. Support for the health of all students is demonstrated by hosting health clinics, conducting health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
12. The school district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

D. Nutrition Guidelines

1. Nutritional standards for the school breakfast and school lunch programs that meet or exceed state and federal standards are in place.
2. The school district sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses.
3. The school district will encourage the limitation of food and beverages sold in vending machines, snack bars, school stores and concession stands that do not meet nutrition standards, or have minimal nutritional value.
4. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity are in place.

III. Implementation

The superintendent, with the assistance of and with input from the division's health advisory committee and the local Virginia's Action for Healthy Kids team, will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success.

Adopted: May 11, 2006

Revised: June 23, 2008

Legal Refs: 42 U.S.C. § 1751 Note

Cross Refs: EFB Free and Reduced Price Food Services
IGAE/IGAF Health Education/Physical Education
JL Fund Raising and Solicitation
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships

(PCSB)