

FAUQUIER COUNTY PUBLIC SCHOOLS	Policy: 7-5.7
	Adopted: 04/10/12
	Revised: 07/10/17, 07/12/21
STUDENT WELLNESS	

1. Policy Statement

- 1.1. The Fauquier County Public School Board recognizes that proper nutrition and physical activity are essential components of student well-being and academic excellence. Fauquier County Public Schools is committed to providing a progressive school environment that enhances learning and the development of lifelong wellness practices through the implementation of a student wellness program.

2. Program Goals

- 2.1. The following goals are included in the Wellness Program:
- 2.1.1. Promote nutrition awareness in the K-12 school environment.
 - 2.1.2. Promote physical activity in the K-12 school environment to prepare students for physical endeavors outside of the school environment.
 - 2.1.3. Promote healthy habits in the K-12 school environment for students to integrate as part of lifelong skills.
 - 2.1.4. Ensure access to school breakfast by all students.
 - 2.1.5. Ensure food and beverage for sale during school meal periods that meet or exceed state and federal guidelines.
 - 2.1.6. Support a safe, enjoyable and comfortable breakfast and lunch experience.
 - 2.1.7. Promote healthy food and beverage choices throughout the school day that are appealing to students.
 - 2.1.8. Ensure compliance with the final rule known as “Smart Snacks”.

3. Leadership

- 3.1. The Superintendent or designee shall appoint a district-wide Wellness Committee to oversee compliance with this policy and recommend updates as needed.
- 3.2. The principal or designee of each school shall form a school Wellness Team to implement this policy, ensure compliance with policy goals, and conduct assessments.

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4. Assessment

4.1. At least every three years, the Wellness Committee will evaluate compliance with the wellness policy to include:

- The extent to which each school demonstrates progress toward meeting goals
- Recommendations to the superintendent or designee regarding updates to the policy.

4. Community Notification and Involvement

4.1. The school division will communicate ways in which the community may be educated about the policy and participate in the implementation, periodic review, and updates as more specifically set forth in the accompanying Regulation.

LEGAL REFERENCE: Code of Virginia, 1950, as amended § 22.1-70.

Regulations and Forms Follow

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REGULATION 7-5.7 (A) STUDENT WELLNESS (Revised 12/2022)

1. Generally

- 1.1. In 2016, the United States Department of Agriculture (USDA) adopted a Final Rule on Local Wellness Policy Implementation. This Rule expands the scope of the local wellness policy. Under the Rule, local education agencies that participate in the USDA National School Lunch Program and School Breakfast Program, which includes Fauquier County Public Schools, are required to implement a policy with the provisions set forth herein.
- 1.2. Policy 7-5.7, Student Wellness, authorizes the superintendent to promulgate a regulation to implement policy requirements that fully comply with federal regulations. This regulation is intended for use by school administrators, faculty and staff to achieve the purpose and goals set forth in the policy. More specifically, this regulation establishes actions and best practices to fulfill the essential components of the student wellness program that includes nutrition awareness, physical activity, and student well-being.

2. Program Goals

- 2.1. Promote nutrition awareness in the K-12 school environment.
 - 2.1.1. The supervisor for science, health and physical education, or designee, will be responsible for initiating and overseeing management of this goal.
 - 2.1.2. Nutrition awareness will be provided to all students through
 - 2.1.2.1. Nutrition education in the classroom
 - 2.1.2.2. Activities in the cafeteria
 - 2.1.2.3. Other activities including posters and signage, contests, promotions, taste testing, farm visits, and school gardens
 - 2.1.3. Nutrition education will be offered by grade level as part of a sequential, comprehensive, standards-based curriculum.
 - 2.1.4. Health and physical education classes will include lessons on essential health concepts, including
 - 2.1.4.1. Making healthy food choices based on nutritional content and recommended nutrient intake
 - 2.1.4.2. Understanding fats, carbohydrates, and proteins and their impact on mental and physical performance
 - 2.1.4.3. Understanding caloric intake and balance with energy expenditure (physical activity/exercise)
 - 2.1.4.4. Recognizing the need to eat a balanced diet based on the MyPlate concept
 - 2.1.4.5. Emphasizing the importance of water as an essential nutrient for the body
 - 2.1.4.6. Recognizing the connection between food intake and health risk factors
 - 2.1.4.7. Recognizing the physical, emotional, and social causes and impact of healthy and poor nutritional choices
 - 2.1.5. Training will be offered for teachers and other staff to include nutrition awareness in classrooms and activities.
 - 2.1.6. Staff are encouraged to model good nutrition habits.
 - 2.1.7. Parents will be informed of school nutritional standards and will be encouraged to follow the standards when sending food to school with students.

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- 2.1.8. All food and snacks offered to students during the school day will meet or exceed the USDA standards; this includes vending and food for fundraisers available for consumption during the school day.
- 2.1.9. Food used as a reward for student achievement is discouraged, unless the reward is an activity that promotes a positive nutritional message (chef demonstration, taste testing, farm to school, etc.). Foods used as rewards should meet established nutritional standards such as fruits and vegetables. Teachers are encouraged to use alternatives others than food to award achievements.
- 2.2. Promote physical activity in the K-12 school environment to prepare students for physical endeavors outside of the school environment and to help them realize their full potential within their academic life.
 - 2.2.1. The supervisor for science, health and physical education, or designee, will be responsible for implementing and overseeing management of this goal.
 - 2.2.2. Students will learn the physical, psychological, and social benefits of physical activity and fitness and how it contributes to the academic learning process.
 - 2.2.3. Schools will implement activities that help students achieve and maintain personal fitness.
 - 2.2.3.1. Physical education classes and physical activity opportunities shall be available for all students.
 - 2.2.3.2. Physical education classes shall be age level appropriate, building from year to year with content to include movement, personal fitness, and personal and social responsibility.
 - 2.2.3.3. Students will learn physical skills needed to maintain health and fitness, to set goals and monitor achievement.
 - 2.2.3.4. Accommodations shall be made to provide all students with appropriate physical education regardless of individual physical or mental challenges, medical condition, or disability.
 - 2.2.3.5. Students will be encouraged to participate in physical education, recess, sports, and intramural activities that include moderate to vigorous activity.
 - 2.2.3.6. Students will apply self-assessment skills and use technology to create and implement a personal fitness plan to improve or maintain personal fitness.
 - 2.2.4. Participation in recess or other required physical activity opportunities shall not be denied or used as a disciplinary measure.
 - 2.2.5. Schools shall incorporate physical activity as part of the academic and classroom activities whenever possible.
- 2.3. Promote healthy habits in the K-12 school environment for students to integrate as part of lifelong skills.
 - 2.3.1. The supervisor for science, health and physical education, or designee, will be responsible for implementing and overseeing management of this goal.
 - 2.3.2. Faculty and staff in all schools will be offered training on this policy, regulation and other professional development to assist in implementing and serving as role models in the school environment.
 - 2.3.3. Healthy habits will be included in the health and physical education curriculum and to the extent possible be included in general education curriculum and include topics such as
 - 2.3.3.1. Personal hygiene: germs and disease, the importance of cleanliness and good grooming

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- 2.3.3.2. Importance of food choices, healthy eating habits, and impact on personal health and wellbeing
- 2.3.3.3. Importance of exercise and impact on personal health and wellbeing; inactive lifestyles and chronic disease
- 2.3.3.4. Importance of sleep for physical and mental health and readiness to learn
- 2.3.3.5. Use of medications and prescription drugs
- 2.3.3.6. Use of alcohol, tobacco and other drugs and negative impacts on health and wellbeing
- 2.3.3.7. Mental and emotional health and wellbeing
- 2.3.3.8. Value of interpersonal relationships and ways to overcome peer pressure
- 2.3.3.9. Importance of culture, family and friends
- 2.3.3.10. Importance of regular health and medical screenings

2.4. Ensure access to school breakfast and lunch by all students.

- 2.4.1. All schools are committed to offering school meals through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and other applicable Federal child nutrition programs. To achieve equitable access to meals,
 - 2.4.1.1. All students will be furnished with a *Free and Reduced Priced Meal Application* and *Letter to Household* (available in English and Spanish) each school year. Assistance will be provided to any family that needs help completing an application.
 - 2.4.1.2. Families with prior year free and reduced priced meal approval will be encouraged to reapply in the new school year.
 - 2.4.1.3. Annual Civil Rights training is required for all food service personnel. Training will be provided by the school nutrition director, or designee.
 - 2.4.1.4. Electronic identification and prepayment systems at the point of sale will be used by all students to help prevent overt identification of free and reduced students.
 - 2.4.1.5. Accepted prepayment methods include check, cash, and credit/debit/electronic check payments through MySchoolBucks.
 - 2.4.1.6. All students will be encouraged to select a reimbursable meal to encourage balanced meal choices and help prevent the overt identification of free and reduced eligible students.
 - 2.4.1.7. All students will be given the opportunity to eat breakfast during delayed school openings.
 - 2.4.1.8. Alternative breakfast models will be offered to improve student access to school breakfast; these include but are not limited to grab 'n go, breakfast in the classroom, second chance breakfast, breakfast after the bell, and bus ramp/satellite service.
 - 2.4.1.9. Breakfast will be available for late arrivals and at any time for individual students at the request of the school nurse or school principal at the applicable charge to the student's account.
 - 2.4.1.10. Tutoring, clubs, organizational meetings, or other activities will not be planned during the student's regular meal period unless arrangements have been made for the student to have full access to breakfast and/or lunch during an alternate meal period.
 - 2.4.1.11. Students who are prohibited from being in the cafeteria during meal periods will have access to the same menu options as students who are eating in the cafeteria.
 - 2.4.1.12. All students who will be away from the school on a field trip during regular meal service will be given an option to purchase a grab-and-go breakfast and/or lunch.

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School nutrition staff will coordinate with the school to inform parents and make this option available.

- 2.5. Ensure food and beverage for sale during school meal periods that meet or exceed state and federal guidelines.
 - 2.5.1. The school division is committed to serving healthy meals to students to improve diet, model healthy eating patterns, and support healthy food choices.
 - 2.5.2. The school nutrition director, or designee, is responsible for implementing and overseeing management of this goal and for ensuring that qualified school nutrition professionals will administer the school meal program at each school.
 - 2.5.2.1. All schools will operate breakfast and lunch programs under the USDA guidelines of the School Breakfast (SBP) and National School Lunch Programs (NSLP).
 - 2.5.2.2. Menus are planned according to age group for serving size, calories, sodium level, and nutrient content. Nutrition values of each meal are based on weighted average for calories, total fat, saturated fat, sodium, and vitamins under the Healthy Hungry Free Kids Act 2010 (HHFKA 2010) guidelines.
 - 2.5.2.3. Menus are grade level appropriate for calories and nutrients; a multi-week menu cycle is implemented.
 - 2.5.2.4. A variety of protein rich foods including meatless alternatives will be offered daily.
 - 2.5.2.5. Promotional meals that are age appropriate and meet all the SBP and NSLP requirements will be planned and advertised in advance to students.
 - 2.5.2.6. School Nutrition will strive to keep menu substitutions to a minimum. The nutrition manager will announce promotional menus or unplanned substitutions as far in advance as possible.
 - 2.5.2.7. The school nutrition office will maintain current nutrition and ingredient information on all foods sold to students and used in the preparation of student meals; ingredient lists and nutrition facts labels will be available for parents to view at the school nutrition office.
 - 2.5.2.8. Prior to purchasing, all food items being considered for student consumption will be tested and approved based on quality and nutrient standards. When purchasing, careful consideration will be given to buying foods that are produced with minimal added ingredients.
 - 2.5.2.9. Local Farm to School (F2S) purchases will be made only after determining that the food item, farming practices, and transportation of the food meet safety, security, and sanitation guidelines based on USDA Good Agricultural Practices (GAP) and Good Handling Practices (GHP).
 - 2.5.2.10. A variety of fruit will be offered daily to include whole fresh, dried, canned packed in juice or extra light syrup, and 100% fruit juice.
 - 2.5.2.11. A variety of vegetables will be offered daily to include fresh, canned, frozen, and 100% vegetable juice. Weekly menus will include vegetable offering from all USDA identified subgroups.
 - 2.5.2.12. Grain items offered contain no less than 51% whole grains.
 - 2.5.2.13. Students will have access to water before, during and after the school day both in the cafeteria and throughout the school and campus.
 - 2.5.2.14. If water fountains are unavailable, alternative water sources will be made available. Water sources will be regularly maintained to ensure clean, safe, and good-tasting drinking water is available free of charge.

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2.5.2.15. Students will be allowed to bring water bottles filled only with water to encourage healthy hydration behaviors.

2.6. Support a safe, enjoyable and comfortable breakfast and lunch experience.

2.6.1. Students will have a minimum of 10 minutes to eat breakfast **after being seated** in the cafeteria or in the classroom and a minimum of 15 minutes to eat lunch **after being seated**.

2.6.2. The number of students in the cafeteria and duration of the meal periods will be scheduled in order to minimize the time needed to stand in the serving line and maximize access by all students.

2.6.3. Students will be encouraged to wash their hands prior to eating.

2.6.4. Students will be allowed to converse with one another while they eat.

2.6.5. Tables and seating will be maintained and adequate to accommodate all students during the meal times. The principal will manage replacement and repair of cafeteria tables.

2.6.6. Tables will be washed and sanitized before and after breakfast and between lunch shifts by the custodial staff using cleaning products and procedures outlined in the custodial standard operating procedure handbook. Training of staff will be conducted by the designated custodial supervisor.

2.6.7. Cleaning products used on tables will be deemed safe for human contact and food contact surfaces.

2.6.8. A peanut and nut-free table will be designated in each cafeteria; students with peanut and nut allergies may choose to sit at this table.

2.6.9. Students will be discouraged from sharing foods.

2.6.10. Food prepared in a location other than the school kitchen will not be served to students through the school nutrition program.

2.6.11. The daily breakfast and lunch menu will be posted in clear view at the beginning of the serving line.

2.6.12. Merchandizing and nutrition messaging in the cafeteria and serving line will promote healthy eating habits and choices.

2.6.13. Student involvement will be encouraged through cafeteria promotions, product testing, and surveys.

2.6.14. Farm to School (F2S) activities will be planned to include locally sourced menu items and taste testing, farmer visits, farm field trips, agriculture and nutrition messaging in the cafeteria, school gardens, and site-based F2S activities.

2.6.15. School nutrition staff will foster relationships that enhance the program with school administration, parents, students, industry partners, and community groups as deemed appropriate.

2.6.16. School nutrition staff will

2.6.16.1. Participate in annual continuing education training and will maintain annual CEU credits appropriate to their position based on USDA professional standards for child nutrition professionals

2.6.16.2. Maintain current ServSafe certification

2.6.16.3. Participate in annual safe food handling training

2.6.17. School kitchens will be inspected by the environmental specialist of the local health department biannually; inspections will be posted in a public area of the cafeteria.

2.7. Promote healthy food and beverage choices throughout the school day that are appealing to students.

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- 2.7.1. Schools and their affiliated organizations will refrain from selling any food items to students on school days from 6:00 a.m. until the end of the designated breakfast period and from the beginning of the first lunch period until the end of the last lunch period; included are vending machines in student areas, school stores, booster club sales, and PTO sales.
- 2.7.2. All food and beverage sold to students on the school campus on a scheduled school day from 12:01 a.m. until 30 minutes after the last dismissal bell must be consistent with school meal nutrition regulations and USDA standards; included are vending machines in student areas, school stores, booster club sales, and PTO sales.
- 2.7.3. School administration will encourage and support the planning of activities in their school and classroom that do not focus on food. Classroom celebrations that include foods and beverages will encourage healthy eating by substituting sweet treats with fruits, vegetables, whole grains, and water.
- 2.7.4. Food and beverage marketing, advertising, or other promotions including oral, written, or graphic statements in student areas within the school building during school hours must meet USDA standards.

3. Leadership

- 3.1. Division-wide Wellness Council (Council)
 - 3.1.1. The superintendent, or designee, shall appoint a division-wide wellness council (Council).
 - 3.1.2. The designated official for oversight of the Council is the assistant superintendent for student and special education services, or designee. Responsibilities include
 - 3.1.2.1. Establishing and maintaining Council meeting schedules, agendas and meeting minutes
 - 3.1.2.2. Leading and coordinating Council responsibilities
 - 3.1.2.3. Maintaining records of meetings, school assessments, public communications, and performance action plans
 - 3.1.3. Members of the Council will be composed of broad representation, including the following
 - 3.1.3.1. Supervisor for FRESH Program
 - 3.1.3.2. Director of school nutrition
 - 3.1.3.3. School health coordinator
 - 3.1.3.4. Supervisor of science, health and physical education
 - 3.1.3.5. School administrator(s) (e.g., principal, assistant principal)
 - 3.1.3.6. School counseling/psychological/social services
 - 3.1.3.7. Teachers, to include health and physical education, and elementary, middle and high
 - 3.1.3.8. Health professionals, to include mental health
 - 3.1.3.9. Parents and caregivers
 - 3.1.3.10. Community members
 - 3.1.3.11. School and Community Information Coordinator
 - 3.1.4. Council Responsibilities
 - 3.1.4.1. Meet annually each school year, using the Committee Meeting Checklist in Attachment 7-5.7(A) F1 and membership roster form in Attachment 7-5.7(A) F2.

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- 3.1.4.2. Serve as a resource and wellness advocate for schools and school-based committees
- 3.1.4.3. Oversee implementation of this regulation
- 3.1.4.4. Promote programs that positively affect student health and wellness such as speakers, training, innovative activities that encourage wellness and help achieve wellness goals.
- 3.1.4.5. Annually monitor and assess school performance in complying with policy and regulation
- 3.1.4.6. Triennially require a comprehensive assessment of each school and obtain school reports
- 3.1.4.7. Prepare division-wide assessment to determine compliance with wellness policy and regulation and the extent to which goals have been met by each school
- 3.1.4.8. Develop steps to improve division-wide and school-based assessments to achieve goals
- 3.1.4.9. Monitor legislative changes that may impact this policy and regulation
- 3.1.4.10. Annually review the policy and regulation and compare to federal, state, and local requirements
- 3.1.4.11. Recommend policy and regulation changes to the superintendent

3.2. School-based Wellness Committees

- 3.2.1. The principal, or designee, of each school will be responsible for ensuring compliance in the school with the policy and regulation.
- 3.2.2. The principal, or designee, will appoint a school wellness committee (Committee).
- 3.2.3. At a minimum, the Committee will include the following:
 - 3.2.3.1. School administrator
 - 3.2.3.2. School nurse
 - 3.2.3.3. Teacher(s), including physical education
 - 3.2.3.4. School cafeteria manager
- 3.2.4. The Committee will meet at least two (2) times each school year (Fall and Spring).
- 3.2.5. The Committee will be responsible for
 - 3.2.5.1. Understanding the requirements of the Student Wellness Policy and Regulation
 - 3.2.5.2. Monitoring compliance in the school
 - 3.2.5.3. Performing annual school wellness assessments, using the checklist included as part of this regulation and sending an annual progress report to the Wellness Council
 - 3.2.5.4. Obtaining assistance as needed from the Wellness Council

4. Assessment

4.1. Annual School Assessments

- 4.1.1. Each school will conduct an annual assessment, except in years when the triennial assessments are scheduled
 - 4.1.1.1. Use the Annual School Wellness Program Assessment form included in Attachment 7-5.7(A) F3 (to be developed)

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- 4.1.1.2. Submit the completed assessment to the Wellness Council by March1 each year
- 4.1.1.3. Review and revise annual assessment tool as needed

4.2. Triennial School Progress Assessments

4.2.1. Every three years, each school shall conduct a comprehensive assessment

- 4.2.1.1. Use the Triennial School Wellness Program Assessment form included in Attachment 7-5.7(A) F4
- 4.2.1.2. Submit the completed assessment to the Wellness Council by March 1 of the triennial year

4.3. Triennial Division-wide Progress Assessment

4.3.1. The Council shall use the school assessments to prepare a division-wide assessment report

- 4.3.1.1. To evaluate compliance with the wellness policy
- 4.3.1.2. To assess progress on achieving policy goals
- 4.3.1.3. To determine compliance with the USDA Rule

5. Community Notification and Involvement

5.1. Communications

- 5.1.1. Place notification about the Wellness Policy and Regulation in the Student/Parent Information Handbook.
- 5.1.2. Post information and activities related to the wellness program on each school's webpage and on the division's website.
- 5.1.3. Throughout the school year, issue news releases about activities, updates, performance and ways for parents and the community to be informed, involved and supportive.

5.2. Parent Education

- 5.2.1. Offer educational opportunities for parents to learn about the school division's wellness program goals, including information about nutritious foods and beverages to provide to their student and to bring to school events.
- 5.2.2. Use various methods to accomplish this including handouts, newsletters, presentations, school website, news releases and other appropriate means available.
- 5.2.3. Make nutrition information, nutrient analysis of school menus and nutrition tips available to students, staff, parents and the community.
- 5.2.4. Publish nutritional guidelines for food and beverages brought to school and include a sample list of healthy foods.
- 5.2.5. Provide nutrition information to parents, including nutrition analysis of school meals and offer resources to help parents to improve food they serve at home.

Forms Follow

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7-5.7(A) F1 COMMITTEE MEETING CHECKLIST

Meeting Date: _____

1. Prepare and provide written agenda in advance of meeting
 - Set regular meeting dates and start and end time
2. At least several days prior to each meeting:
 - Provide copies of recommendations from previous meeting
3. On the day of the meeting:
 - Take attendance (and who is absent)
 - Review progress on action items, plans and commitments
 - Equitably assign tasks and responsibilities to members; establish task groups as needed to accomplish goals
 - Review school assessments and provide feedback/recommendations to school leadership
 - Agree on future tasks with deadlines and plans for follow-up
 - Set tentative agenda items for the next meeting and confirm date
4. After the meeting (ideally within 7 days)
 - Prepare draft minutes and send to relevant people for perusal (if required)
 - Distribute draft minutes to members
 - Distribute feedback to school leadership
 - Clarify assignments for next meeting
5. Undertake any follow-up activities required AND/OR
 - Advise responsible persons of their agreed actions (even if they were at the meeting, a reminder or summary of what has been agreed is helpful)

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