

Richmond County Public Schools Wellness Policy
Supplement



Richmond County Public Schools

P.O. Box 1507

Warsaw, VA 22572

804-333-3681

Achieving Excellence in Education

Richmond County Public Schools Wellness Policy Supplement

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Richmond County Public Schools: Wellness Policy Supplement

Introduction

Richmond County Public Schools (hereto referred to as RCPS) is committed to the optimal development of every student. RCPS believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7}

Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

This policy supplement outlines RCPS's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy supplement establishes goals and procedures to ensure that:

- Students in the Division have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- 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 activity behaviors in and out of school;
- The community is engaged in supporting the work of RCPS in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- RCPS establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.
- RCPS will coordinate the wellness policy with other aspects of school management, including RCPS's School Improvement Plan, when appropriate.

This policy applies to all students, staff, and schools in RCPS.

Division Wellness Committee

Committee Role and Membership

The Division will convene a representative wellness committee as part of the RCPS Leadership team that meets monthly. This team will establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this division-level wellness policy supplement (heretofore referred as “wellness policy”) in July and January.

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The names, titles, and contact information of these individual(s) is:

Name	Title	Email address	Role
Sarah M. Schmidt	Assistant Superintendent	sschmidt@richmond-county.k12.va.us	Assistant Superintendent
Tammy R. Coates	Director of School Nutrition	tcoates@richmond-county.k12.va.us	Director of School Nutrition
Renee M. Edwards	Direction of Special Programs	redwards@richmond-county.k12.va.us	Director of Special Programs
Tammy L. Trader	School Nurse	ttrader@richmond-county.k12.va.us	School nurse

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators. Coordinators are encouraged to establish building level wellness committees.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

RCPS will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines for RCPS, and includes information about: who will be responsible to make changes; establishing specific goals and objectives for nutrition standards for all foods and beverages available at RCPS; food and beverage marketing, nutrition promotion and education; physical activity and education; and other school-based activities that promote student wellness. It is recommended that the school use the [WellSAT 3.0](#) to complete a division level assessment and create an action plan that fosters implementation, while generating an annual progress report.

This wellness policy and the progress reports can be found: www.richmond-county.k12.va.us

Recordkeeping

RCPS will retain records to document compliance with the requirements of the wellness policy at the Richmond County Public Schools Central Office and/or on the SBO Staff Shared Data Drive.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy and its supplement;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

RCPS will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within RCPS in meeting wellness goals. This annual report will be published around the same time each year in September, and will include information from each school within RCPS. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated Division policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.

RCPS will actively notify households/families of the availability of the annual report in the fall, which will be available in English.

The DWC, will establish and monitor goals and objectives for RCPS's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, RCPS will evaluate compliance with the wellness policy to assess the implementation of the policy using the WellSAT-3.0 tool, and will include:

- The extent to which schools under the jurisdiction of RCPS are in compliance with the wellness policy;
- The extent to which RCPS's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of RCPS's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Sarah M. Schmidt, Assistant Superintendent, 804-333-3681.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

RCPS will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as Division priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

RCPS is committed to being responsive to community input, which begins with awareness of the wellness policy. RCPS will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that division. RCPS will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. RCPS will use electronic mechanisms, such as email or displaying notices on RCPS's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. RCPS will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that RCPS and individual schools are communicating other important school information with parents.

RCPS will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. RCPS will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

Our school division is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within RCPS participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *the Afternoon Snack Program (ASP)*. RCPS also operates additional nutrition-related programs and activities including. All schools within RCPS are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (RCPS offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
- RCPS child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- All snacks served for afterschool activities will meet or exceed Smart Snack standards.
- RCPS will implement at least four of the following five Farm to School activities including:
 - Local and/or regional products are incorporated into the school meal program;
 - Messages about agriculture and nutrition are reinforced throughout the learning environment;
 - School hosts a school garden;

- School hosts field trips to local farms; and
- School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). RCPS will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.]

Competitive Foods and Beverages

RCPS is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

High School principals are encouraged to limit the sale of beverages with caffeine to high school students.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. RCPS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).

2. Classroom snacks brought by parents. RCPS will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. RCPS will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. All staff are encouraged to use physical activity for a reward, whenever possible (i.e. extra recess time).

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. RCPS will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*].

RCPS recommends that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

Four exemptions from Smart Snack guidelines will be allowed per school, per year, so any food and beverages may be sold during these fundraisers. This will be monitored by building principals.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

RCPS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that RCPS and individual schools may use are available at www.healthiergeneration.org/smartsnacks.
- The healthiest choices, such as salad and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices. These choices are also made readily available for students to access (i.e. bowls of fruit on lower tables for elementary students)

Nutrition Education

RCPS aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

RCPS will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

RCPS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. RCPS strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Division property that contains messages inconsistent with the health information RCPS is imparting through nutrition education and health promotion efforts. It is the intent of RCPS to protect and promote student's

health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with RCPS's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined¹⁵ as an oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, divisions will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by RCPS.
- Advertisements in digital or print school publications and school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

RCPS will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the building principal.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and RCPS is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in RCPS will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

RCPS will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students, rather than taking away physical activity.

To the extent practicable, RCPS will ensure that its grounds and facilities are safe and that equipment is available to students to be active. RCPS will conduct necessary inspections and repairs.

Physical Education

RCPS will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection).

All students will be provided equal opportunity to participate in physical education classes. RCPS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Division **elementary students (K-5)** in each grade will receive physical education for at least 35 minutes per week throughout the school year and an additional 25 minutes of recess per day, totaling 160 minutes of physical activity per week.

All Division **secondary students (6-7)** are required to take the equivalent of two academic years of physical education, totaling 225 minutes per week (90+90+45).

All Division **secondary students (8-12)** are required to take the equivalent of three academic years of physical education, averaging 225 minutes per week.

RCPS physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or Fitness Gram) and will use criterion-based reporting for each student.

Further, RCPS will ensure that:

- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are not granted.

- All staff involved in physical education will be provided with opportunities for professional development.

Essential Physical Activity Topics in Health Education

RCPS will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools will offer at least **25 minutes of recess** on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play

In the event that the school or division must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

RCPS recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. RCPS recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time.

These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

RCPS will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

RCPS will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

RCPS offers opportunities for students to participate in physical activity either before and/or after the school day (or both). RCPS will encourage students to be physically active before and after school by: offering afterschool sports teams for students in grades 6 through 12. Students at the elementary level may participate in periodic before and after school physical activity events through club activities.

Other Activities that Promote Student Wellness

RCPS will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. RCPS will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in RCPS are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or RCPS's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community and Family Partnerships

RCPS will continue to develop and enhance relationships with community and family partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

RCPS will work with community organizations such as the YMCA, Youth Football Leagues, and other groups to establish joint-use agreements to provide expanded physical activity opportunities for all students and community members.

Community Health Promotion and Engagement

RCPS will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed about, invited to participate in school-sponsored activities, and will receive information about health promotion efforts.

RCPS will use electronic means (such as email or displaying notices on RCPS's website), as well as non-electronic means, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

Schools in RCPS will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors to include:

- Providing afterschool fitness classes free of charge to teachers.
- Providing access to physical activities equipment before and after school
- Providing free filtered water for all staff

- Promotion health programs that will support staff members on a variety of health topics including: healthy eating; weight management; free health screenings and more, though <http://www.commonhealth.virginia.gov/tlc/healthcheck.htm>

Professional Learning

When feasible, RCPS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Division staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing division reform or academic improvement plans/efforts.

Appendix A: School Level Wellness Coordinators

Site	Role	Name
Mackey-Thompson Learning Center (MTLC)	Director	Leslie P. Taylor
Rappahannock High School	Principal	David A. Ferguson
Richmond County Elementary-Middle School	Principal	Jason R. Strong

Appendix B: Key Terms

Extended School Day - time during before and after school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years

Appendix C: Goals and Objectives

Objective: Students will have access to healthy, fresh foods that can be found in the surrounding community.					
Goal	Specific Strategies	Persons Responsible	Implementation Timeline	Resources Needed	Report to Community
Students will have the opportunity to try foods from the surrounding locality.	Produce will be purchased from local sources, as available.	Director of School Nutrition	ASAP, but not later than June, 2022	List of local providers School nutrition funds	June, 2022 school board meeting
Students will engage in agricultural efforts at the school level to provide food for themselves or others.	RHS/NNTC agriculture classes will collaborate with elementary classes to develop school gardens.	Building Principals, grade level teachers, agriculture teachers, Director of CTE	Exploratory small projects by June 2022 Full implementation by June 2024	Suitable agricultural soil/area Funds Human capital	Annually at the June school board meeting
	Partner with local food bank to expand on hydroponics and	Agriculture teacher, Director of CTE, Healthy Harvest Food	Exploratory small projects by June 2022	Hydroponics lab Human capital	Annually at the June school board meeting

	aquaponics activities already in progress	Bank	Full implementation by June 2024		
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Appendix D: Footnotes

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