

**STUDENT WELLNESS**

**I. STUDENT WELLNESS GUIDELINES RELATED TO COVID-19**

Changes to student wellness protocols, including specific public health precautions related to COVID-19, are outlined in Regulations JHCF-R. Unless specifically amended in the regulations, all other provisions of this policy remain in effect.

**II. POLICY STATEMENT**

The Alexandria City School Board is committed to providing a school environment that enhances learning through the development of lifelong wellness practices.

**III. GENERAL ILLNESS GUIDELINES (WHEN NO DECLARED PUBLIC HEALTH EMERGENCY IS IN EFFECT)**

To protect the health of students and staff, students should stay home if they have had any of the following symptoms:

- Fever of 100.0 F or higher in the last 24 hours;
- Undiagnosed rash that is accompanied by fever or itching;
- Bad cough or difficulty breathing;
- Vomiting or diarrhea within the past 24 hours;
- Sore throat, with fever or swollen glands in the neck;
- COVID-19 symptoms in accordance with CDC guidelines;
- New onset of symptoms typical of generalized illness, including being unusually tired, fussy, pale or difficulty waking.

If a student has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and a health care provider has given permission for the student to return to school.

**IV. GOALS**

Based on review and consideration of evidence-based strategies and techniques put forth by the Centers for Disease Control (CDC), the Association for Supervision and Curriculum Development (ASCD) and other stakeholders, the School Board has established the following goals to promote student wellness:

**A. Nutrition Promotion and Education**

- Students receive consistent nutrition messages from all aspects of the school program.
- Nutrition education is offered in the school cafeteria, with coordination between the foodservice staff and other school personnel. Nutrition education is integrated into the health or core curricula (e.g., math, science, language arts, and social studies).

- Students are taught the skills they need to adopt and maintain healthy eating behaviors.
- Staff that provides nutrition education has access to appropriate training and resources.

B. Physical Activity

The Alexandria City Public Schools has a goal of making a program of physical activity available to all grade K-10 students for at least 220 minutes per week on average during the regular school year. (Physical education is not required for 11<sup>th</sup> and 12<sup>th</sup> grade students.) For example:

- At the elementary level, students receive an average of 60-90 minutes of physical education instruction per week, plus at least 30 minutes of recess per day for students in Pre-K through grade 5, which may be divided into two periods. In addition to the 160-190 minutes of physical activity, teachers are also encouraged to incorporate two 3-5 minute classroom reboots or “energizers” per day.
- At the middle school level, students receive a minimum of 210 minutes per week of health/physical education instruction. These numbers are averages as students spend somewhere between 3 - 6 weeks in the classroom setting with Health and Family Life Education Instruction.
- Students enrolled in high school health/physical education classes receive an average of 180 minutes of instruction per week. At the secondary level, teachers are encouraged to incorporate classroom reboots or “energizers” as well.

As it is the School Board’s intention to continue to hold outdoor recess during cold spells, parents should have their children prepared with jackets, gloves, and hats. Schools will work with families to ensure that children have adequate clothing. In addition, ACPS welcomes and supports partnership and grant opportunities that help provide such items for students who may not have appropriate apparel. The weather-related guidelines for outdoor student activities are found in Regulation JHCF-R.

The Division’s goal for the implementation of its physical activity program is:

- To have students participate in daily physical activity through a variety of means that include but are not limited to physical education (PE) classes, daily recess periods for elementary school students, and the integration of active learning strategies into the instructional program;
- To provide students with opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs; and
- To encourage schools to work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.

93 C. Other School-Based Activities

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- 95 • The school division strives to develop a robust program of physical activity, including
- 96 physical education, extracurricular activities, and partnering with City agencies and
- 97 community organizations to promote all aspects of youth wellness.
- 98 • Schools encourage parents and guardians to support their children’s participation in
- 99 physical activity, to be physically active role models, and to include physical activity
- 100 in family events.
- 101 • Students are provided an adequate amount of time to eat meals in appropriate
- 102 lunchroom facilities.
- 103 • All children who participate in subsidized food programs are able to obtain food in a
- 104 non-stigmatizing manner.
- 105 • The availability of subsidized food programs is adequately publicized in ways
- 106 designed to reach families eligible to participate in the programs.
- 107 • ACPS forbids the use of food as a reward/incentive or consequence for misbehavior.
- 108 • ACPS implements environmentally-friendly practices in food preparation and service
- 109 where possible and appropriate.
- 110 • The school division promotes activities that encourage physical, mental, emotional,
- 111 and social well-being among school staff.
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113 **V. NUTRITION STANDARDS AND GUIDELINES**

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115 Regulation JHCF-R outlines:

- 116 • The standards for all foods and beverages provided, but not sold, to students on the
- 117 school campus during the school day; and
- 118 • The standards and nutrition guidelines for all foods and beverages sold to students on
- 119 the school campus during the school day that promote student health and reduce
- 120 childhood obesity and are consistent with the applicable standards and requirements
- 121 in 7 C.F.R. §§ 210.10, 210.11 and 220.8.
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123 Marketing on the school campus during the school day is permitted only for those foods and  
124 beverages that meet the nutrition standards under 7 C.F.R. § 210.11, or meet the standards for  
125 fundraisers discussed in Policy JHCH.

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127 **VI. IMPLEMENTATION**

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129 The School Board encourages parents, students, representatives of the school food authority,  
130 teachers of physical education, school health professionals, school administrators and the  
131 general public to participate in the development, implementation and periodic review and  
132 update of this policy with the School Health Advisory Board.

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134 The Student Wellness Team, including the Instructional Specialist for Health & Physical  
135 Education, the Director of Nutrition Services and the Health Services Coordinator is  
136 responsible for overseeing the implementation of this policy and developing procedures for  
137 evaluating the policy, including indicators that will be used to measure its success.

139 Implementation procedures include measuring and making available to the public, at least  
140 once every three years, an assessment of the implementation of the policy, including the  
141 extent to which schools are in compliance with the policy, the extent to which this policy  
142 compares to model school wellness policies and a description of the progress made in  
143 attaining the goals of the policy. The results of the triennial assessment are considered in  
144 updating the policy.

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146 Adopted: June 1, 2006  
147 Amended: June 12, 2008  
148 Affirmed: June 11, 2015  
149 Amended: August 7, 2017  
150 Amended: June 21, 2018  
151 Amended: September 10, 2020  
152 Amended: September 9, 2021  
153 Amended: July 28, 2022

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156 Legal Refs: 42 U.S.C. § 1758b.  
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158 7 C.F.R. 210.31.E3.  
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160 Code of Virginia, 1950, as amended, § 22.1-253.13:1.  
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162 *Recover, Redesign, Restart 2020*, Virginia Department of Education (VDOE),  
163 (Revised July 2020).  
164  
165 *Guidance for Schools*, Centers for Disease Control and Prevention (CDC),  
166 (Updated May 2020), [https://www.cdc.gov/coronavirus/2019-](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html)  
167 [ncov/community/schools-childcare/schools.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html).  
168  
169 *Phase Guidance for Virginia Schools*, Virginia Department of Health (VDH),  
170 (July 1, 2020),  
171 [https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-](https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf)  
172 [virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf](https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf).

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174 Cross Refs: EBCD Emergency School Closures, Delayed Opening and Early  
175 Dismissal  
176 EBCD-R Emergency School Closures, Delayed Opening and Early  
177 Dismissal Regulations  
178 EFB Free and Reduced Price Food Services  
179 IGAE/IGAF Health Education/Physical Education  
180 JHCF-R Student Wellness Guidelines  
181 JHCH School Meals and Snacks  
182 JL Fund Raising and Solicitation  
183 KQ Commercial, Promotional, and Corporate Sponsorships and  
184 Partnerships