

**STUDENT WELLNESS GUIDELINES**

**Nutritional Guidelines for Food Served and Sold by School Nutrition Services**

- A. All foods and beverages available during the school day, including vending and à la carte, shall reflect the current U.S. Dietary Guidelines for Americans and the Code of Virginia.
- B. Nutritional value of meals may be evaluated over a period of days rather than judged on a single meal or food item.
- C. Students should be encouraged by the school division and by their families to eat a healthy breakfast, and breakfast is to be available daily in all schools.
- D. Students must be provided adequate time to eat meals. This requires students to be seated with their meal for a minimum of 10 minutes for breakfast and 20 minutes for lunch.
- E. To meet children’s needs for nutrition when school is not in session, School Nutrition Services will provide lunch for children who are eligible for federal program support during the summer break. All ACPS students and community [18 years old and below] have access to meals during summer learning programming.
- F. Nutrient and ingredient information for all products served during the school day shall be available to school communities.
- G. All foods made available during the school day will comply with local food safety and sanitation regulations.
- H. All School Nutrition Services managers will hold a current Northern Virginia sanitation certification.
- I. All School Nutrition Services staff members shall have professional development opportunities.
- J. The Director of School Nutrition Services will be properly qualified according to current professional standards to administer school nutrition programs.

**Nutritional Guidelines for Vending Machines, Concessions, Celebrations, School-Sponsored Fundraising Activities, and Sporting Events**

- A. Parents are encouraged to provide healthy snacks for their own students/athletes at practice and athletic competitions.
- B. Healthy food choices will be available at extracurricular activities when food is sold. See Appendix A.

- 46 C. Due to allergy and sanitation concerns, consumption of food in the classroom and  
47 throughout school facilities is to be discouraged unless part of a school-sponsored meal  
48 program, in which case it will be monitored. In accordance with Regulation JHCF-R2:  
49 Food Allergy Guidelines, eating surfaces must be cleaned after consumption.  
50
- 51 D. Celebrations with food are to be limited and discouraged pursuant to the ACPS Food  
52 Allergy Guidelines. See Appendix B for nonfood celebration ideas.  
53
- 54 E. All school-sponsored fundraising groups are to be encouraged to choose non-food items to  
55 sell. See Appendix C.  
56
- 57 F. If fundraising activities include the sale of food for consumption on school property, the  
58 purchase of healthy food options must also be available. In addition, such fundraisers must  
59 comply with the “Competitive Foods” requirements in Regulation JHCH-R and must  
60 follow food safety handling and storage guidelines.  
61
- 62 G. Drinking water will be available and accessible to students throughout the school day.  
63
- 64 H. Kindergarten snacks will make a positive contribution to children’s diets and health, with  
65 fruits and vegetables as the primary snacks and water as the primary beverage.  
66
- 67 I. In compliance with federal guidelines, no food other than that provided by the School  
68 Nutrition Services program will be sold to students during the school day.  
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70 **Physical Education, Recess and Physical Activity: General Guidelines**

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72 See Policy IGAE/IGAF – Health/Physical Education for additional information.  
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- 74 A. All students, including those with special needs, are to be given opportunities for physical  
75 activity during the school day through physical education classes, daily recess periods for  
76 elementary students, and the integration of movement activities and “active learning” into  
77 the academic curriculum for elementary, middle, and high school students.  
78
- 79 B. All physical education classes will be taught by teachers certified in health/physical  
80 education, including certification in cardiopulmonary resuscitation and first aid. PE  
81 teachers will use instructional practices that provide for maximum participation for every  
82 student in all physical activities.  
83
- 84 C. If a student is unable to participate fully in physical education class on a particular day due  
85 to illness, injury, or religious practices, they must bring a written note signed and dated by  
86 a parent or guardian or the parent or guardian must email the PE teacher prior to their  
87 scheduled class. This note will be accepted for medically related exemptions up to three  
88 (3) consecutive days, and in the case of observance of a religious holiday. A medical  
89 excuse from total participation of any duration or restrictive participation beyond three (3)  
90 consecutive days shall be confirmed by a physician's statement specifying the type of  
91 illness or injury and the nature and duration of the restriction. The statement should include

92 the types of activities to be avoided in order to allow the physical educator to modify  
93 instruction for the student. When a student is unable to fully participate, daily activities  
94 will be modified accordingly under the direction of the physical educator.  
95

96 D. Physical activity, including but not limited to walking, lap running, or push-ups, may not  
97 be assigned as punishment for behavioral or academic concerns to an individual student or  
98 any group of students. Additional or targeted physical activity is a reasonable  
99 assignment for correction or motivation on a case-by-case basis within physical education  
100 classes or other school-sponsored physical activities.  
101

102 E. Outdoor recess is mandatory. Recess may not be withheld from an individual student or  
103 any group of students as punishment, or to conduct academic or extracurricular activities.  
104 Parent requests for exclusion from recess based on a unique circumstance will be  
105 considered on a case-by-case basis.  
106

107 F. Students with asthma and other respiratory conditions, such as documented seasonal  
108 allergies, will be provided the option for indoor recess as recommended by health care  
109 providers or public health officials. When such recommendations are made, indoor  
110 activities should provide opportunities for movement.  
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112 G. Physical activity-related clubs are to be encouraged through various partners, including  
113 PTAs.  
114

115 H. “Lifetime activity” is to be encouraged for the entire school community. Schools provide  
116 information to families to help them incorporate physical activity into their children’s lives.  
117 See Appendix E.  
118

119 I. The school community promotes education and encourages walking and biking to school  
120 and to work with City of Alexandria staff to develop safe routes to school.  
121

122 J. All physical education facilities, both indoors and outside the school building, are to be  
123 safe, clean, and accessible for students. All middle school and high school facilities will  
124 include a safe and appropriate area for walking and jogging activities.  
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126 **Physical Education, Recess and Outdoor Activities: Weather Guidelines**

127 Outdoor experiences for children are important for many reasons, such as more space for large  
128 motor activities, fresh air, and exposure to sunlight. As it is the School Board’s intention to  
129 continue to hold outdoor recess during cold weather, parents should have their children prepared  
130 with jackets, gloves, and hats. Schools will work with families to ensure that children have  
131 adequate clothing. In addition, ACPS welcomes and supports partnership and grant  
132 opportunities that help provide such items for students who may not have appropriate apparel.

133 However, there are times when weather conditions limit exposure to outdoor activities. Deciding  
134 when students may play outdoors is ultimately the responsibility of the principal or principal’s  
135 designee based on his/her professional judgment. **The principal’s or designee’s decision to stay**

136 **inside or go outdoors may change as conditions change.** Deteriorating weather conditions or  
137 impending inclement weather such as rain, thunder, lightning, extreme winds, etc., are taken into  
138 account when making outdoor activity determinations. Decisions regarding field trips during  
139 inclement weather are made on a case-by-case basis in conjunction with the Office of Pupil  
140 Transportation, and are at the discretion of the principal or designee.

141 The following guidelines should be used when making weather-related decisions regarding  
142 recess and other outdoor activities:

143 **A. National Weather Service Wind-Chill Advisories and Warnings**

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145 During National Weather Service (NWS) Wind-Chill Advisories and Warnings, outdoor  
146 activities will not be held. Principals and designees will be notified by the Director of  
147 Health, Safety and Risk Management when the NWS has issued such advisories or  
148 warnings. **Outdoor activity includes general and physical education classes, recess,  
149 and scheduled fire drills. This does not include students walking to and from school,  
150 students waiting at bus stops, or student patrols.** When weather conditions prohibit  
151 outdoor recess, indoor recess should provide opportunities for large motor activities.

- 152  
153 1. **NWS Wind-Chill Advisory:** Issued when cold wind-chill values are expected to  
154 fall/are occurring between -5°F and -20°F. Such Advisories are issued when cold  
155 and breezy conditions could cause frostbite or hypothermia if precautions, such as  
156 dressing in layers and covering exposed skin, aren't taken.  
157  
158 2. **NWS Wind-Chill Warning:** Issued when dangerously cold wind-chill values are  
159 expected to fall /are occurring at or below -20°F (for 3 hours). Such Warnings are  
160 issued when very cold air and strong winds could cause frostbite or hypothermia in  
161 a matter of minutes. During such Warnings, time outside should be limited,  
162 individuals should be dressed in layers and exposed skin should be covered.

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164 **B. Wind-Chill Factor and Heat Index**

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166 When the weather is cold or hot but no NWS Advisories or Warnings have been issued,  
167 principals and designees should consult the nationally recognized *Child Care Weather  
168 Watch* wind-chill and heat index chart below, developed by the Iowa Department of Public  
169 Health through the U.S. Department of Health & Human Services.

170  
171 Current weather factors, including the charts below, are found on the ACPS website

- 172  
173 1. **Wind-chill** is how cold it “feels” outside (apparent temperature). Wind-chill is  
174 based on the rate of heat loss from exposed skin caused by the effects of wind and  
175 cold. As the wind increases, it draws heat from the body, driving down skin  
176 temperature and eventually the internal body temperature.  
177  
178 2. **Heat index** is a measurement of the air temperature in relation to the relative  
179 humidity. The heat index is based on studies of skin cooling caused by the

180 evaporation of sweat as an indicator of discomfort. The heat index is higher when  
181 high air temperatures occur with high humidity, and lower when they occur with  
182 low humidity.

183  
184 3. When either the **wind-chill factor** or the **heat index** is in the **danger** zone (**RED**),  
185 outdoor activities will be limited and held at the principal's or designee's discretion  
186 based on his/her professional judgment.

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188 4. When either the **wind-chill factor** or the **heat index** is in the **caution** zone  
189 (**YELLOW**), outdoor activities will be held unless in the principal's or designee's  
190 professional judgment, deteriorating weather conditions require outdoor activities  
191 to be limited.

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193 5. When either the **wind-chill factor** or the **heat index** is in the **comfortable** zone  
194 (**GREEN**), outdoor activities will be held.

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**Understand the Weather**

**Wind-Chill**



- 30° is **chilly** and generally uncomfortable
- 15° to 30° is **cold**
- 0° to 15° is **very cold**
- -20° to 0° is **bitter cold** with significant risk of **frostbite**
- -20° to -60° is **extreme cold** and **frostbite** is likely
- -60° is **frigid** and exposed **skin will freeze** in 1 minute

**Heat Index**



- 80° or below is considered **comfortable**
- 90° beginning to feel **uncomfortable**
- 100° **uncomfortable** and may be **hazardous**
- 110° considered **dangerous**

All temperatures are in degrees Fahrenheit

# Child Care Weather Watch

		Wind-Speed Factor Chart (in Fahrenheit)								
		Wind Speed in mph								
Air Temperature		Calm	5	10	15	20	25	30	35	40
	40	40	36	34	32	30	29	28	28	27
	30	30	25	21	19	17	16	15	14	13
	20	20	13	9	6	4	3	1	0	-1
	10	10	1	-4	-7	-9	-11	-12	-14	-16
0	0	-11	-16	-19	-22	-24	-26	-27	-29	
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43	

■ Comfortable for outdoor play    
 ■ Caution    
 ■ Danger

		Heat Index Chart (in Fahrenheit %)												
		Relative Humidity (Percent)												
Air Temperature (F)		40	45	50	55	60	65	70	75	80	85	90	95	100
	80	80	80	81	81	82	82	83	84	84	85	86	86	87
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	90	91	93	95	97	100	103	105	109	113	117	122	127	132
	94	97	100	103	106	110	114	119	124	129	135			
100	109	114	118	124	129	130								
104	119	124	131	137										

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**Child Care Weather Watch**

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

**Condition GREEN** - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups. **INFANTS AND TODDLERS** are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors. **YOUNG CHILDREN** remind children to stop playing, drink a beverage, and apply more sunscreen. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

**Condition YELLOW** - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time. **INFANTS AND TODDLERS** use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play. **YOUNG CHILDREN** may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

**Condition RED** - most children should not play outdoors due to the health risk. **INFANTS/TODDLERS** should play indoors and have ample space for large motor play. **YOUNG CHILDREN** may ask to play outside and do not understand the potential danger of weather conditions. **OLDER CHILDREN** may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

**Understand the Weather**

The weather forecast may be confusing unless you know the meaning of the words.

**Blizzard Warning:** There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

**Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

**Relative Humidity:** The percent of moisture in the air.

**Temperature:** The temperature of the air in degrees Fahrenheit.

**Wind:** The speed of the wind in miles per hour.

**Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

**Winter Weather Advisory:** Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

**Winter Storm Warning:** Severe winter conditions have begun in your area.

**Winter Storm Watch:** Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Child Care Weather Watch, Iowa Department Public Health, Healthy Child Care Iowa. Produced through federal grant (MCJ19T029 & MCJ19K0C7) funds from the US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. Wind-Chill and Heat Index information is from the National Weather Service.

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199 **C. Air Quality Index**

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201 **Principals and designees will be notified by the Director of Health, Safety and Risk**  
202 **Management when the Air Quality Index is at “ORANGE” or higher.** Planning ahead  
203 for Code Orange, Red and Purple Days is the best way to help students avoid problems  
204 associated with high ozone.

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206 1. When the **Air Quality Index** is at “**ORANGE**,” principals and designees should  
207 consult the chart below.

208

209 2. When the **Air Quality Index** is at “**RED**” or higher, outdoor activities will not be  
210 held for elementary students. Principals and designees should consult the chart  
211 below regarding middle and high school students.

212

213 3. School administrators should develop an action plan that:

214 a) Makes arrangements in advance for students to have adequate indoor space  
215 when necessary; and

216 b) Plans appropriate indoor activities if a Code Orange, Red or Purple day  
217 forces students inside.

218

Alert	Elementary School Students	Middle School Students	High School Students
NWS Wind-Chill Advisory/Warning	Refrain from all outdoor activities	Refrain from all outdoor activities	Refrain from all outdoor activities
Wind-Chill / Heat Index Chart: GREEN	Outdoor activities held	Outdoor activities held	Outdoor activities held
Wind-Chill / Heat Index Chart: YELLOW	Outdoor activities held unless weather conditions deteriorate	Outdoor activities held unless weather conditions deteriorate	Outdoor activities held unless weather conditions deteriorate
Wind-Chill / Heat Index Chart: RED	Outdoor activities limited and held at principal's discretion	Outdoor activities limited and held at principal's discretion	<ul style="list-style-type: none"> <li>High School Athletes with current health (physical) examinations on file in school may participate in accordance with VHSL Heat Guidelines.</li> </ul>
Air Quality: Code Orange	<ul style="list-style-type: none"> <li>Students with asthma and respiratory conditions refrain from all outdoor activities</li> <li>Reduce time spent outdoors</li> <li>Limit time outdoors to morning hours when possible</li> <li>Decrease vigorous physical activity while outdoors</li> </ul>	<ul style="list-style-type: none"> <li>Students with asthma and respiratory conditions refrain from all outdoor activities</li> <li>Reduce time spent outdoors</li> <li>Limit time outdoors to morning hours when possible</li> <li>Decrease vigorous physical activity while outdoors</li> </ul>	<ul style="list-style-type: none"> <li>Students with asthma and respiratory conditions refrain from all outdoor activities</li> <li>Reduce time spent outdoors</li> <li>Limit time outdoors to morning hours when possible</li> <li>Decrease vigorous physical activity while outdoors</li> </ul>
Air Quality: Code Red	Refrain from all outdoor activities	<ul style="list-style-type: none"> <li>Students with asthma and respiratory conditions refrain from all outdoor activities</li> <li>Healthy students may participate in leisurely walking</li> <li>Refrain from outdoor band activity</li> </ul>	<ul style="list-style-type: none"> <li>Students with asthma and respiratory conditions refrain from all outdoor activities</li> <li>Healthy students may participate in leisurely walking</li> <li>Refrain from outdoor band activity</li> <li>High School Athletes with current health (physical) examinations on file in school may participate in no more than 1 hour of outdoor activity, which does not include prolonged exertion, and have breaks every 15 to 20 minutes. These activities are equivalent to a "walk-through" practice with no moderate-high intensity drills/activities such as contact, scrimmages, etc.</li> </ul>
Air Quality: Code Purple	Refrain from all outdoor activities	Refrain from all outdoor activities	Refrain from all outdoor activities



220 **Implementation**

221 To assess the progress made toward realizing the goals of Policy JHCF and this regulation, the  
222 Wellness Team, as outlined in Policy JHCF, will assist every ACPS school to form a Wellness  
223 Committee to evaluate the school’s implementation of these guidelines.

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225 **Video Usage**

226 Video can play a constructive and creative role in deepening understanding and supplementing  
227 lessons. It should be limited in its use and should always have pedagogical underpinnings.

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229 Video content that actively engages students in activity, balance, or other forms of movement is  
230 appropriate during times of inclement weather or when students are not able to go outside. Non-  
231 interactive video is not a substitute for indoor recess.

232  
233 **Distribution of Regulations on Student Wellness**

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235 These regulations shall be communicated in writing to all ACPS administrators, teachers,  
236 classroom aides, school support teams, and parents / guardians.

- 237
- 238 Established: May, 2007
- 239 Revised: November, 2013
- 240 Revised: June 11, 2015
- 241 Revised: August 7, 2017
- 242 Revised: June 21, 2018
- 243 Revised: September 10, 2020
- 244 Revised: September 9, 2021
- 245 Revised: July 28, 2022
- 246 Amended: December 14, 2023

- 247
- 248 Legal Refs: 42 U.S.C. § 1758b.
- 249 7 C.F.R. 210.31.E3.
- 250 Code of Virginia, 1950, as amended, § 22.1-253.13:1.

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252 <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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- 255 Cross Refs: EBCD Emergency School Closures, Delayed Opening and Early  
256 Dismissal
- 257 EBCD-R Emergency School Closures, Delayed Opening and  
258 Early Dismissal Regulations
- 259 EFB Free and Reduced Price Food Services
- 260 IGAE/IGAF Health Education/Physical Education
- 261 JHCF Student Wellness
- 262 JHCH School Meals and Snacks
- 263 JL Fund Raising and Solicitation

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Commercial, Promotional, and Corporate Sponsorships and Partnerships

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**Appendix A**  
**Healthy Food and Beverage Options for School Functions\***

At any school function where food is sold, healthful food options should be made available to promote student, staff, and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below:

- Fresh fruit
- Dried fruit
- Single serving applesauce or canned fruit in juice
- Pretzels or reduced fat crackers
- Baked chips
- Low-fat muffins
- Fat-free or low fat flavored yogurt
- Water.

*\*This list is not all-inclusive and is meant only to provide families and school staffers with guidance for healthier food and beverage choices. All items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

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**Appendix B**  
**Non-food Celebration Ideas**

**Zero-cost Alternatives:**

- Sit by friends
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Read to a younger class
- Get a no-homework pass
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play-money for privileges
- Walk with a teacher during lunch
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (i.e., sing)
- Have a teacher read a special book to the class

**Low-cost Alternatives:**

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Receive a video store/movie theatre coupon
- Get a set of flash cards printed from a computer
- Receive a “mystery pack” (notepad, sports cards)

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**Appendix C**  
**Non-food Fundraising Ideas**

- Candles
- Book sale
- Cookbook
- Walkathon\*
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show\*
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Refillable water bottle with the schools logo
- Glow in the dark novelties (popular at dances)
- Greeting cards especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items – tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day

*\*These fundraisers have the added benefit of promoting physical activity for students.*

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**Appendix D**  
**Healthy Food and Beverage Options for Kindergarten Snacks\***

- Fresh fruit
- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honeydew, watermelon, pineapple, oranges, tangelos
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- 100% fruit or vegetable juice
- Dried fruit – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Mini bagels with whipped light or fat-free cream cheese
- Bread sticks; Low-fat muffins
- Pretzels or reduced fat crackers
- Baked chips
- Fat-free or low fat flavored yogurt, pudding cups, milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Water

*\*This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet division nutrient standards (Attachment A), since items vary in sugar, fat, and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

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**Appendix E**

**Physical Activity Outside the School Day = Happy Kids and Fit Kids = Higher Test Scores**

Note: A recent study showed that students with the highest fitness scores also had the highest test scores.

1. Turn off the computer and the TV and take a walk around the block. Adults should set the example for students by eating healthy and exercising on a regular basis.
2. Borrow a pedometer from your school to see how many steps you are taking during activities outside of school.
3. Walk or bike to school.
4. Parents--play with your children every day. Children are encouraged to get at least one hour of physical activity each day. Adults and children will benefit from daily physical activity. This should be fun for adults and children.
5. Do indoor activities that include stretching, lifting light weights, and walking/jogging up and down the stairs, or exercising to a DVD or exercise channel on TV.
6. Play outdoors. Children and adults can walk, jog, bike, and jump rope to promote cardiovascular fitness. Other outdoor activities include flying kites, throwing or kicking a ball, playing frisbee, using a hula hoop, playing hopscotch, and tag games.
7. Swim at a local pool. Chinquapin Park Recreation Center and the Y.M.C.A. provide an opportunity to swim year-round.
8. Contact the Alexandria Parks and Recreation (<http://alexandriava.gov/recreation/>) at 703.746.5500 to obtain a schedule of classes and activities. The City provides a wide range of activities that includes swimming, tennis, football, soccer, basketball, baseball, lacrosse, rugby, softball, track and field, dance, cheerleading, volleyball, racquetball, and boxing. The Youth Sports office can be contacted at 703.746.5414. Most activities are inexpensive and a great way to make new friends and learn new skills. Flag football, volleyball, softball, and soccer are among the adult sports offered to residents of the City of Alexandria.
9. Play at the school playground or at area parks.
10. Go fishing within and outside of the City of Alexandria.
11. Do chores to help stay fit. Some chores might include sweeping the floor, pulling weeds, trimming hedges, mowing the grass, wiping down the countertops and mirrors, dusting furniture or the walls, vacuuming, and going up or down the stairs to do the laundry.
12. Shoot baskets or play a game on one of the many basketball courts around town.
13. Practice your serve or play a game at one of the many tennis courts around town.