



Book	RPS Bylaws and Policies
Section	Section 8: Student
Title	WELLNESS POLICY
Code	POLICY 8-5.1
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POLICY 8-5.1 WELLNESS POLICY

The School Board of the City of Richmond is committed to the health, safety and well-being of its students. The School Board recognizes that the mental and physical well-being of its students is vital to all students' academic and social progress. To that end, the division superintendent is directed to develop procedures to (1) promote positive and healthy self-images for students; (2) assist in the identification of students who require additional support to re-gain and/or maintain healthy self-images; (3) communicate with parents or guardians of students identified under this policy and (4) identify division-wide and community resources available to support students identified under this policy.

A. Leadership and Public Involvement

Richmond Public Schools, with support from the School Health Advisory Board (SHAB), will implement and ensure compliance with the Local School Wellness Policy. Periodically, Richmond Public Schools will consider revisions to the policy and at that time, in coordination with the SHAB, engage a diverse group of stakeholders. Annually, Richmond Public Schools will inform families and the public about the content, implementation, and/or any updates to the Wellness Policy through the division website and/or School Board updates.

B. School Meals

Richmond Public Schools participate in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Summer Food Service Program (SFSP), Fresh Fruit and Vegetable Program (FFVP), and At-Risk Child and Adult Care Feeding Program (CACFP). All meals served to students must meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at 7CFR210.10 and 7CFR220.8.

Every school within Richmond Public Schools will provide breakfast through at least one alternative breakfast service model in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student. Alternative breakfast models include Breakfast in the Classroom, Grab-and-Go Breakfast, and Second Chance Breakfast.1

C. Water Access

Richmond Public Schools shall ensure schools provide all students, teachers, and staff with free, easily accessible, and safe drinking water on school grounds, both throughout the school day and beyond regular school hours during after school activities that take place on school grounds.

Easily accessible water must be freely available across school campuses in high-traffic and common areas, including but not limited to hallways, cafeterias, gymnasiums, outdoor physical activity spaces, and faculty lounges. During mealtimes, schools must provide adequate, easy access to drinking water; and access to cups or other drinking containers. Water sources must be accessible to all people, regardless of age, ability, or disability.

There must be a minimum of one (1) drinking fountain or bottle filling station per one hundred (100) building occupants. Bottle filling stations may be integrated into drinking fountains.

Water sources must be regularly cleaned to maintain sanitary conditions and maintained on a regular basis to ensure they function properly.

Drinking water must be filtered and cooled to encourage consumption. Students, teachers, and staff shall be allowed to bring and carry approved water bottles. The misuse of water bottles may be subject to disciplinary action as outlined in the SCORE.

D. Competitive Foods and Beverages

Any foods and beverages sold to students at school during the school day other than those foods provided as part of the school meal programs shall meet the standards established in USDA-FNS Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The school day is defined by USDA as the period from midnight the night before to 30 minutes after the end of the instructional day. This includes foods and beverages sold in vending machines and a la carte.

Richmond Public Schools strongly recommends that snacks, including those provided at celebrations or classroom snacks brought by staff or family members, meet or exceed the USDA-FNS Smart Snacks rule. Marketing of any foods and beverages on the school campus during the school day must meet the USDA-FNS Smart Snacks rule.

Foods and beverages will not be used as a reward or withheld as punishment.

E. School-Sponsored Fundraisers

Richmond Public Schools strongly recommends that school fundraisers prioritize non-food items, and schools are encouraged to promote physical activity fundraisers such as walk-a-thons, jump rope for heart, and fun runs. Fundraisers that do include foods and beverages must meet or exceed the USDA-FNS Smart Snacks rule.

Any fundraiser that sells food or beverages may not be conducted during meal service times. This includes from 6:00am to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period.

Richmond Public Schools must approve and monitor fundraisers to ensure compliance with the nutrition standards. Each fundraiser that includes food and/or beverages will be tracked and monitored by the school principal to ensure compliance with Smart Snack standards, and records will be kept in the main office.

F. Nutrition Education

Richmond Public Schools will provide at least 140 minutes of nutrition education to every student and meet or exceed the expectations of the Virginia Department of Education (VDOE) Health Standards of Learning (SOLs) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year. The cafeteria environment will reinforce nutrition education provided in the classroom.

G. Nutrition Promotion

Richmond Public Schools will promote positive nutrition habits in the cafeteria, classrooms, and throughout the school environment. Schools may participate in nutrition promotion through farm to school activities, such as:

- Local foods served in school are promoted with signage and/or social media posts;
- Special events revolve around agriculture or farming;
- Career exploration, internships, and mentoring opportunities are available;
- An active school garden is operated and garden produce is offered in the cafeteria;
- A local agricultural farmer visits a school each school year; and
- Students take field trips to local agricultural farms.

H. Physical Education/Physical Activity

Richmond Public Schools will provide every student with physical education that meets or exceeds the expectations of the VDOE Physical Education SOLs and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life. A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the school year. A program of physical activity is available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year.

I. Recess (Elementary)

All Richmond Public Schools' elementary schools' master schedule will include at least 30 minutes of recess each day. Outdoor recess should be offered when weather allows for outdoor play, unless the temperature is below 35 F or above 95 F, inclusive of wind chill factors and extreme weather conditions. If RPS must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students. Each school will maintain and enforce its own indoor recess guidelines. Recess will not be a substitute for Physical Education.

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

Schools will develop a written recess plan. Schools are encouraged to include a protocol for injuries in their recess plan.

Schools are encouraged to limit the elimination of recess for an extended period of time for alternative instruction, programming, or testing. Teachers and staff will not use physical activity (pushups, running/walking laps, etc.) as a punishment. Withholding recess and other forms of physical activity as a punishment is prohibited.

J. Other Activities that Promote Student Wellness

Richmond Public Schools' will cultivate school climates that support social and emotional wellbeing and promote positive relationships among students, staff, parents, and community members. Using the Collaborative for Academic, Social, and Emotional Learning (CASEL) SEL Framework, schools will provide students with opportunities to foster development around the five core SEL competencies including self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

K. Mental Health

Mental health should be viewed as an integral component of student health. Mental health promotion and social emotional learning should be embedded in curricula and delivered to all students in accordance with both the VDOE's 2020 Health Education Standards of Learning and § 22.1-207 of the Code of Virginia. These interventions will benefit students, families, and staff.

Richmond Public Schools will promote an inclusive culture of mental health awareness for all students. Community partnerships and community building within schools are important strategies for promoting positive mental health at RPS.

L. Triennial Assessment

Richmond Public Schools will evaluate compliance with the Wellness Policy no less than once every three years and make the results available to the public on the school website. The assessment will include the extent to which each school is in compliance with the policy regulations, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy. The assessment results will be used to update the Wellness Policy.

LEGAL REFERENCE: Public Law 108-265; 7 C.F.R. 210 and 220; Code of Virginia, 1950, as amended, §22.1-78; Virginia Administrative Code 8 VAC 20-580-10 et. seq.

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