

**SUSSEX COUNTY
PUBLIC
SCHOOLS**

**LOCAL
WELLNESS
POLICY**

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**Sussex County School Board
November 2023**

Sussex County Public Schools

School Division Wellness Policies on Physical Activity and Nutrition

Sussex County Public Schools recognizes that childhood overweight and obesity rates have nearly tripled in the past thirty years and continue to rise. Poor eating habits and increased sedentary activities have contributed to this trend. There are numerous emotional and health consequences of being overweight. Schools are in a strong position to impact children's nutritional and physical activity habits and reduce the proliferation of childhood obesity. Nutrition and physical activities are essential for students to achieve their full academic and physical potential.

The goals and purposes of this policy are to:

1. Provide a framework for schools to make positive changes that will increase and develop a framework for wellness.
2. Offer recommendations and provide guidelines, at the division level, that will strengthen school nutrition and physical activity programs in Sussex County Public Schools.
3. Address the issues that underlie the soaring rates of overweight children and adolescents in our division.
4. Provide our students with healthier food and beverage options and increase opportunities for physical activities.

Leadership / Committee Members

Director of Instruction

Director of Human Resources

Director of Finance & Business Operations

Nutritional Services Dietary Manager

Director of Pupil Personnel

Introduction

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, a limited number of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the www.choosemyplate.gov website;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Sussex County Public Schools is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. To further that commitment, SCPS has set the following goals regarding student health and wellness to maximize student achievement:

The school division will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing division-wide nutrition and physical activity policies.

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school, including in vending machines, will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and scheduled time for students to sit and eat.

To the maximum extent practicable, all schools in our division will participate in available federal school meal programs including but not limited to the School Breakfast Program, National School Lunch Program, and the Summer Food Service Program. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Division Wellness Committee and School Health Committee

- A. The Division** will convene a representative division wellness committee (here to referred to as the DWC) that meets at least four times per year to establish goals and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this division-level wellness policy (heretofore referred as “wellness policy”).

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 (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists), and members of the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

- B. School Health Committee.** Individual schools within the division will create, strengthen, and work to develop, reasonably implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Committee also will serve as resources to school sites for implementing those policies. (A school health committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

C. Public Involvement

The division will invite a diverse group of stakeholders and the public to participate in the development, implementation, and periodic review and update of the Wellness Policy. The public will be notified through the division website at <https://www.sussex.k12.va.us> for opportunities to participate.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Sussex County Public Schools is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk that are moderate in sodium, low in saturated fat, and contain zero grams trans-fat per serving (nutrition label or manufacturer's specification). The meals aim 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.

School Meals. All schools within the Division participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The division also operates additional nutrition-related programs and activities including *Farm to School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, Fresh Fruit & Vegetable Program (FFVP), Summer Food Service Program (SFSP), and the Community Eligibility Program.*

All schools within the division are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that adhere to the following nutritional guidelines:

NSLP Nutritional Guidelines for Grades K-12. Examples have been added by DWC.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates -Weekly minimum	8 oz. equivalent/week (1 oz. daily minimum)	9 oz. equivalent/week (1 oz. daily minimum)	10 oz. equivalent/week (2 oz. daily minimum)
Vegetables (total) -Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green (broccoli, collard greens)</i>	½ cup/wk.	½ cup/wk.	½ cup/wk.
<i>Red / Orange (carrots, sweet potatoes)</i>	¾ cup/wk.	¾ cup/wk.	1¼ cup/wk.

<i>cucumbers)</i>			
Fruits -Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
Grains / Breads -Weekly minimum - -All whole grain beginning School Year 2014-2015	8 oz. equivalent/week (1 oz. daily minimum)	8 oz. equivalent/week (1 oz. daily minimum)	10 oz. equivalent/week (2 oz. daily minimum)
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 - 850
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%
Sodium** -Weekly average	≤1110	≤1225	≤1280
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving

SBP Nutritional Guidelines for Grades K-12.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met			
Vegetables May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)			
Fruits	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)
Grains / Breads -minimum -At least half whole grain beginning School Year 2013-14	7 oz. equivalent/week (1 oz. daily minimum)	8 oz. equivalent/week (1 oz. daily minimum)	9 oz. equivalent/week (1 oz. daily minimum)

-All whole grain beginning School Year 2014-2015			
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium** Weekly average	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving
*Effective School Year 2014-15 **Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23			

Per the NSLP guidelines, SCPS commits to the following:

A. Meals served through the National School Lunch and Breakfast Programs will:

Be appealing and attractive to children; be served in clean and pleasant settings;

Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

Offer a variety of fruits and vegetables;²

Serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

Ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

B. **Breakfast.** To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn: Schools will, to the extent possible, operate the School Breakfast Program.

Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.

Schools that serve breakfast to students will notify parents and students

of the availability of the School Breakfast Program.

C. **Community Eligibility Provision (CEP) Program**. Schools will make every effort to eliminate any social stigma attached to free and reduced-priced meals. Toward this end, the division will operate the Community Eligibility Provision (CEP) Program. All students currently enrolled in any Sussex County Public School are eligible to receive a healthy breakfast and lunch at no charge. Students will be required to pay cash for additional items.

D. **Meal Times and Scheduling**.

Schools:

Will provide students with scheduled time to eat after sitting down for breakfast and lunch;

Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat lunch or breakfast during such activities;

Will schedule lunch periods to follow recess periods in elementary schools;

Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

E. **Water**. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The division will make drinking water available where school meals are served during mealtimes. 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.

F. **Qualifications of School Food Service Staff**. Qualified nutrition professionals will administer the school meal programs. As part of the school division's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁶

G. **Sharing of Foods and Beverages**. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

A notice of this policy will be shared with parents at the beginning of each school year. It will also be posted on the School Division's website under School Nutrition Services.

- H. **USDA Smart Snacks in Schools (Effective July 1, 2014)**. The Division is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. 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.

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 USDA Smart Snack Guidelines is outlined below:

Smart Snack Guidelines.

Nutrition Standards for Foods (per item as packaged or served)

Any food sold on the school campus, during the school day must:

- Be a whole grain-rich grain product; or
- Have as the first ingredient a fruit, vegetable, dairy product, or protein food; or
- Be a combination food that contains at least ¼ cup fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of a nutrient of public health concern in the *2010 Dietary Guidelines for Americans* (calcium, potassium, vitamin D, or dietary fiber).*

* Effective July 1, 2016, foods may not qualify using the 10% DV criteria.

Foods must also meet all of the specific nutrient standards (with accompaniments):

Calorie limits

Entrée items: ≤ 350 calories

Snack/side items: ≤ 200 calories

Sodium limits

Entrée items: ≤ 480 mg

Snack/side items: ≤ 230 mg**

Fat limits

Total fat: ≤ 35% of total calories

- Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats, seafood with no added fat

Saturated fat: < 10% of total calories

- Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Trans fat: zero grams (<0.5g)

Sugar limit

Total sugar: ≤ 35% of weight from total sugars

- Exemptions: Dried/dehydrated fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

** Effective July 1, 2016, snack/side items must contain ≤ 200 mg sodium.

Exemptions from meeting all nutrient standards:

- Fresh, frozen, and canned fruits and vegetables with no added ingredients except water; or in the case of fruit, packed in 100% juice, extra light, or light syrup
- Canned vegetables that contain a small amount of sugar for processing purposes
- Entrée items offered as part of the lunch program or breakfast program on the day of service or the day after service (Entrée item is a combination food of Meat/Meat Alternative and Grain, or combination of Meat/Meat Alternative and Fruit or Vegetable, or a Meat/Meat Alternative served alone.)
- Sugar-free chewing gum

Beverage Guidelines.

Category	Elem	Middle	High
Plain or Carbonated Water	Any size	Any size	Any size
Low Fat Milk (1%), Unflavored	≤8oz	≤12oz	≤12oz
Non Fat Milk (Skim), Flavored or Unflavored*	≤8oz	≤12oz	≤12oz
100% Fruit or Vegetable Juice (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
100% Fruit or Vegetable Juice, Diluted with Water (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz

**including nutritionally equivalent milk alternatives as permitted by the school meal requirements.*

School-Sponsored Fundraising Activities: Sussex County Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA Nutrition Standards for All Foods sold in schools (smart snacks) rule.

Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the USDA-FNS Smart Snacks rule. Schools are encouraged to promote physical activity fundraisers such as walk-a-thons, jump rope for heart, and fun runs.

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

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the nutrition standards for school-sponsored fundraisers.

All fundraising activities must be approved by the school's principal and then by the Superintendent.

Foods Sold Outside of School Meal Programs (Smart Snacks)

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.

After school Snacks. The School Division will encourage its partners that conduct after school programs, to offer snacks that will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The School Division will also encourage its community partners that donate snacks to SCPS after school programs to donate snacks that will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Rewards. Schools will not use foods or beverages, that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹⁰ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools will eliminate celebrations that involve food during the school day. Some alternatives can include:

Craft or gift making

Reading a special story (Parent/guardian comes into classroom and reads their child's favorite book)

Extra recess

Physical activity party (like a class Zumba party, dance party, field day party, etc.)

*Additional links in appendix

School-sponsored Events. Foods and beverages offered or sold at school-sponsored events outside the school day will strive to meet the nutrition standards for meals or for foods and beverages sold individually by offering a healthy option.

III. Nutrition and Physical Activity Promotion and Food Marketing

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. Information will be disseminated through backpack letters, parent link and website. 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.

Nutrition Education. Sussex County Public Schools aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

includes enjoyable, developmentally-appropriate, culturally- relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

promotes fruits, vegetables, whole grain products, low-fat and fat- free dairy products, healthy food preparation methods, and health- enhancing nutrition practices;

emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

links with school meal programs, other school foods, and nutrition- related community services;

teaches media literacy with an emphasis on food marketing; and includes

training for teachers and other staff.

Nutrition Promotion.

Sussex County 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 our school each school year;
- Students take field trips to local agricultural farms.

Communications with Parents. The division/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The division/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The division/school will provide parents a list of foods that meet the division's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

In addition, the division/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The division/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Healthy food promotion in Schools. The division 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. The division 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 the division is imparting through nutrition education and health promotion efforts. It is the intent of the Division 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 the division's wellness policy.

If and when school-based marketing is permitted it will be reasonably consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

IV. Physical Activity Opportunities and Physical Education

Physical Education and Activity (P.E.) K-12.

In accordance with the Standards of Quality, § 22.1-253.13:1 (D) of the Code of Virginia: Local school divisions shall implement 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.

Daily Recess. All elementary school students will have at least 30 minutes a day of supervised recess, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Outdoor Recess. Daily recess should be held outdoors when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above 35°F or below 95°F, inclusive of wind chill factors and extreme weather conditions including, storms with lightening or thunder and high levels of humidity. It is at the discretion of the building administrator based on his/her best judgment of safety conditions to determine when recess cannot be held outdoors.

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. Each school will maintain and enforce its own indoor recess guidelines.

Recess will complement, not be a substitute for 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.

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. The division 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.

Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs if funding allows. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs sponsored by the school division will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Students, their families and community groups who wish to use school facilities for physical activity shall secure the appropriate approval from Sussex County Public Schools Facility Services.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as a punishment. Teachers will be encouraged not to withhold opportunities (e.g., recess, physical education) for physical activity as punishment. The division will provide teachers and other school staff with ideas or alternative ways to discipline students.

V. Other Activities that Promote Student Wellness

The division will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The Division 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.

Community Partnerships. The division will enhance relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) 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.

Community Health Promotion and Engagement. The division will promote to SCPS parents/caregivers and families the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness. Sussex County Public Schools highly values the health and well-being of every staff member. An SCPS Wellness Committee (established by the Risk Manager) will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The Wellness Committee should distribute its plan to the SCPS DWC annually. The Committee will work with the Employee Wellness Coordinator to ensure that programs are in line with the overall strategic plan of the Wellness-Fitness Program. Each school will have a designated Wellness Champion (as determined by individual school administration) that will work with the Employee Wellness Coordinator to help promote employee wellness initiatives through the program. Wellness Champions may also, if they wish, be part of their school/department Wellness Council.

Professional Learning. When feasible, the division will offer 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.

VI. Implementation, Monitoring and Policy Review

Triennial Assessment¹

The division will evaluate compliance with the Wellness Policy by completing a triennial assessment, 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, as established by the U.S. Department of Agriculture.

Public Update and Information¹

Periodically, the division will inform families and the public about the content, implementation, and/or any updates to the Wellness Policy through the school website and School Board meetings.

Requirement by Code of Federal Regulations: *Local School Wellness Policy* ([7CFR210.31](#))

¹ Recommended best practice by the Virginia Department of Education, Office of School Nutrition Programs.

¹ Requirement by Virginia Code: *Regulations Governing Nutritional Standards for Competitive Foods Available for Sale in Public Schools* ([8VAC20-740](#))