

## WELLNESS

Loudoun County Public Schools (LCPS) recognizes the connection between adequate nutritious food for student readiness to learn. The Division of School Nutrition Services support the education mission by participating in various meal programs. LCPS is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity and social emotional wellbeing.

### A. Principles

1. The School Division will strive to engage students, parents, teachers, staff members, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and periodically reviewing and updating the Division wellness policy.

2. To the maximum extent possible, all schools in the Division shall participate in available federal school meal programs (including the School Breakfast Program, the National School Lunch Program, the Summer Food Service Program and the Child and Adult Care Food Program-Supper). Foods and beverages sold or served through the school shall meet the nutrient standards established by the United States Department of Agriculture (USDA) Smart Snacks for Schools. No funds from Division of School Nutrition Services may be used to support student or non-School Nutrition staff meals of food and beverage charges.

3. Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will make efforts to accommodate the cultural diversity of the student body in meal planning.

4. All students are encouraged to be physically active in accordance with Policy 5011.

5. Loudoun County Public Schools will teach, model, encourage and support nutrition education and physical education to foster lifelong habits of mindful eating and physical activity for all students. This shall establish linkages between health education and school meal programs, as well as with related community services. Grade level appropriate and culturally responsive education materials will be provided.

6. Schools will support the development of emotional and social wellness in students to help improve overall resiliency and self-esteem.

### B. Nutrition Integrity of Foods and Beverages Sold and Served on Campus

1. School Meals. The Division of School Nutrition Services shall share information about the nutritional content of meals with parents and students via the School Nutrition website, cafeteria menu boards, and point-of-purchase signage.

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2. Free and Reduced- Priced Meals. Schools shall prevent the overt identification of these students.
3. Breakfast. Parents and students will be notified of the availability of School Breakfast Program.
4. Summer Food Service Program. Summer School sites will be determined annually by the Division. Sites that qualify more than 50 percent of their students as eligible for free or reduced-price school meals will participate in the Summer Food Service Program.
5. Meal Times and Scheduling. Schools should use the following guidelines for serving school meals:
  - a. Provide students with at least 10 minutes to eat after receiving breakfast and 15 minutes after sitting down for lunch on an average day.
  - b. Campuses should serve lunch between 10:00 a.m. and 2:00 p.m. An exemption may be applied for through VDOE for unusual circumstances.
6. Snacks. Snacks sold or served during the school day, or in after-school programs shall make a positive contribution to children's diet and health.
7. Student Hydration. Schools should promote drinking water availability as an essential component of student wellness by improving access to free, safe drinking water in varied locations on school campuses and encouraging drinking water throughout the day.
8. Food and Beverages Sold
  - a. School Nutrition Services is the primary provider of nutritious food or beverages during the school day. Per 7 CFR 210.10, 7 CFR 210.11, and 7 CFR 220.8, no food or beverages other than those sold by School Nutrition Services shall be sold to students from 6:00 a.m. until after the final breakfast bell nor during any lunch periods.
  - b. All food and beverages sold in the school during the school day to students (defined as from 12:00 a.m. until 30 minutes after the final bell, with exception as noted in section 7) shall meet the nutrition standards outlined by USDA, referred to as Smart Snacks.

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- c. Each public school shall be permitted to conduct, on the school campus during regular school hours, no more than 30 school-sponsored fundraisers per school year during which food or beverages that do not meet the nutrition standards in 8VAC20-740-35 or in the U.S. Department of Agriculture's regulations may be sold to students.

9. Food Modeling, Behavior and Advertising

- a. Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times. Given concerns about allergies and other restrictions in certain children's diets, food and beverages should not be shared. Refer to LCPS Procedural Handbook for Supporting Students with Allergies.
- b. School employees shall not use food or beverages to reward students for good behavior and achievement in the classroom. School staff shall not withhold food, including food served through school meals, as a punishment.

C. Nutrition Education. The School Division shall follow the current Health Education Standards of Learning for Virginia Public Schools. The school division will provide classroom nutrition education each year for all students in kindergarten through grade ten. School Nutrition Services Registered Dietitians may serve as a resource for current, evidence-based nutrition information.

D. Physical Education. LCPS shall provide a Physical Education Program for all students in kindergarten through grade 12 that shall include students with disabilities and with special health-care needs, as well as students in alternative educational settings.

1. Physical Education Instruction Kindergarten through Grade 10. Physical education classes shall provide students with instruction that is aligned with the Virginia Standards of Learning and the LCPS Physical Education Curriculum in order to prepare all students with the knowledge and skills to develop healthy lifestyles.

E. Physical Activity Opportunities

1. Daily, unstructured activity time during the school day is encouraged per Policy 5011. The recess period shall meet the following criteria: Space and equipment is provided to students to engage in moderate vigorous physical activity with encouragement of teachers.

2. After-school childcare and enrichment programs shall work cooperatively with the School Division to provide and encourage – through the provision of space,

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equipment, activities and through teacher support – daily periods of moderate to vigorous physical activity for all participants.

F. Social and Emotional Wellness. A comprehensive approach to the social and emotional health of students as defined by the Virginia Department of Education Standards for School Counseling Programs supports student learning and creates a safe, inclusive school culture and climate.

1. Social Wellness Program Goals

- a. Students have respect for self and others.
- b. Students form and maintain healthy relationships.
- c. Students recognize and appreciate differences among peers.
- d. Students practice effective conflict resolution.
- e. Students use good communication skills.
- f. Students identify their support systems.
- g. Students are engaged with the community.

2. Emotional Wellness Program Goals

- a. Students have a strong sense of self.
- b. Students are able to self-advocate.
- c. Students express their feelings in an appropriate manner.
- d. Students take responsibility for their actions.
- e. Students maintain a confident and healthy body image.
- f. Students engage in healthy coping strategies.
- g. Students identify protective factors.

3. Social/Emotional Wellness Program Goals. LCPS supports the implementation of a comprehensive social/emotional wellness approach in which students learn to establish positive relationships, recognize and manage emotions,

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identify risk of harm to self or others, support factors and develop healthy coping strategies.

- a. Promote Emotional Health.
- b. Assess/address risk factors.
- c. Create inclusive schools.
- d. Reduce absenteeism.
- e. Increase connectedness.
- f. Reduce social/emotional barriers to learning.

#### 4. School Wide Strategies to Assess Social and Emotional Wellness

- a. Schools will conduct team-based assessments and evaluations on students who are in crisis.
- b. School personnel will follow suicide screening protocols as directed by Loudoun County Public Schools policy.
- c. School personnel will follow threat assessment protocols as directed by Loudoun County Public Schools policy.
- d. As needed, school personnel will refer students and families to community based mental health professionals or emergency room.
- e. Schools will assess the needs of the students every year.
- f. Schools will provide professional development for teachers to include social/emotional wellness.
- g. Schools will develop school-wide prevention/education programs.
- h. Schools will conduct annual data collection on school climate.

G. Other activities that promote student wellness. The Wellness Policy will be followed when grant-directed activities, school celebrations and extra-curricular activities are planned and conducted, and parents will be informed when appropriate or feasible.

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H. Department and School Staff Wellness. Departments and schools shall value the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle. A healthy lifestyle includes not only good nutrition, physical fitness, and mental and emotional wellness, but also the elimination of the use of tobacco products and illegal drugs. Each department and school will take the following actions to improve staff wellness:

1. The School Division will develop a voluntary Division wide program to offer incentives to staff members who make healthy lifestyle choices. If a program is authorized, the Division shall develop, implement, and monitor the program with the support of the Supervisor of Health, Wellness and Benefits in the Business and Financial Services Division.

2. LCPS shall permit parents, students, representatives of school nutrition, physical education teachers, school health professionals, the school board, school administrators and the general public to participate in the development, implementation and periodic review and update of the wellness policy.

3. Each school and department, with strong support of building administration, shall encourage nutritious eating, physical activity, elimination of the use of tobacco products, and other elements of a healthy lifestyle among department and school staff members.

4. LCPS shall promote staff wellness by offering professional learning opportunities, workshops, and/or information that encourage physical, mental, nutritional, and relational health.

I. Strategies. The School Division shall continue providing strategies for teachers, parents, school administrators, students, school nutrition professionals, and community members to serve as models in practicing nutritious eating, physical activities, and mental and emotional hygiene, eliminating use of tobacco products, and not using illegal drugs both in school and at home. Teachers are encouraged to consider their position as a wellness role model by modeling drinking water and consuming nutritious meals and snacks. School staff should practice sensitivity to remarks regarding self-esteem and media images and refrain from making remarks regarding body image,

J. Assessments. The appropriate staff and offices in the School Division shall assess and, if necessary, make needed improvements to make it safer and easier for students to walk or bike to school and to enter the school building when parent, guardian, or caregiver transportation is provided. When appropriate, the Division shall work with local public works, public safety, and/or police departments in those efforts. The School Division shall explore the availability of federal "safe routes to school" funds, administered by the Virginia Department of Transportation, to finance such improvements.

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K. Compliance. School Nutrition Services staff, at the school or Division level, shall ensure compliance with USDA regulations within school nutrition service areas and shall report to the Assistant Superintendent for Support Services. The Division will retain records to document compliance with the requirements of the wellness policy at 21000 Education Court Room # 206 and on LCPS computer network.

1. A summary report shall be developed every three years on compliance with the Division's established Wellness Policy.

L. Implementation of the Wellness Policy. The Assistant Superintendent for Support Services shall conduct an assessment of the school's existing nutrition, physical activity and social emotional environments and policies. The results of those assessments shall be compiled at the Division level to identify and prioritize needs.

1. Assessments shall be repeated triennially to help review policy compliance, assess progress, and determine opportunities for improvement. The Division, and each school and department within the Division, shall, as necessary, provide information to revise the Wellness Policy and develop action plans to facilitate implementation of the Wellness Policy. The policy, most recent assessment, updates and implementation status will be made available to public annually.

2. The Assistant Superintendent for Support Services is responsible for implementing and monitoring this policy.

[Former Policy 3-4]  
Adopted: 4/4/06  
Current Revision: 10/22/19

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Leg Refs: [Food and Nutrition Services, Department of Agriculture, 7 Code Federal Regulations Chapter II](#) §§ 210.1-210.33, 220.1-22  
National School Lunch Act, 42 U.S.C. 1751 et seq.  
7 CFR 210.30(c)(2) Nutrition Guideline for All Foods  
7 CFR 210.30(c)(3) Available to students on campus during school day  
7 CFR 210.11(c)(3) Comp Foods that are Marketed Must meet Standards  
7 CFR 210.30(c)(2) Triennial Report Available to Public  
7 CFR 220.8, 220.10, 210.11  
Code of Virginia §§ [22.1-79.7](#), [22.1-16.4](#), [22.1-207](#)

Cross Refs: [Policy 7550](#), Drug- And Alcohol-Free Workplace; [Policy 7552](#), Smoke-Free Workplace; [Policy 5011](#), Unstructured Activity Time