

Hampton City Schools

Wellness Guidelines on Nutrition and Physical Activity

The Hampton City School Board acknowledges the relationship between student health and learning and desires to provide a comprehensive program promoting lifelong healthy eating and physical activity. Students who are fit, healthy, and ready to learn are better able to achieve their academic potential. Hampton City Schools, in accordance with federal regulations and state code, has selected the following goals and guidelines to promote student health and safety and to address the issues of childhood obesity.

Goals:

To reinforce the division's nutrition education program, foods sold during regular school hours on school premises will be

- carefully selected so as to contribute to students' nutritional well-being and the prevention of disease;
- prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthful eating habits; and
- served in age-appropriate quantities and at reasonable prices.

The Hampton School Board promotes high-quality school meals and snacks by

- involving students in the selection, tasting, and marketing of healthy foods and beverages that appeal to students;
- providing a variety of food options, such as fruits, vegetables, whole grains, and dairy foods, which are low in fat and added sugars;
- offering a variety of healthy choices that appeal to students, including cultural and ethnic favorites;
- limiting student access to unhealthy foods in vending machines, school stores, and other venues that compete with healthy school meals; and
- ensuring that healthy snacks and foods are provided in vending machines, school stores, and other venues within the division's control.
- Providing drinking water access and promoting water consumption.

The Hampton School Board strives to provide an environment conducive to good health by

- allowing an adequate amount of time and space for students to eat school meals;
- scheduling lunch periods at reasonable hours around midday;
- ensuring that drinking fountains are operable, clean, and convenient for use throughout the school day;
- offering extracurricular physical activity programs, such as physical activity clubs, intramural programs, or interscholastic athletics;
- discouraging the promotion and advertising of unhealthy foods;

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- using non-food items rather than food items such as candy, cakes, soda, and foods high in fat, as incentives and rewards for good behavior or academic performance; and
- establishing an approved list of food items for celebrations/recognitions and other parties which support the division nutrition education efforts.

The Hampton School Board supports nutrition education and physical education by

- ensuring that qualified nutrition education and physical education specialists focus on knowledge and skill development so students are able to learn and adopt healthy eating, dental hygiene and physical activity behaviors;
- offering nutrition education in the school dining area(s) and in the classroom, with coordination between food service staff and teachers; and
- eliminating any stigma attached to, and preventing public identification of, students who are eligible for free and reduced-price meals.

A. School Meals

Hampton City Schools is committed to serving healthy meals to children that meet or exceed the nutritional requirements established by local, state and federal regulations.

The goals of the school division's school meal programs are to improve the diet and health of school children, to help mitigate childhood obesity, to model healthy eating habits, to support the development of lifelong healthy eating patterns, and to support healthy choices while also accommodating cultural food preferences and special dietary needs. Meals should also be appealing and attractive and every effort is made to serve in a clean and pleasant environment. Hampton City Schools does not have an open campus policy. Students are not authorized to leave school grounds for lunch.

All schools within the school division participate in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). In addition, the school division may participate in the Afterschool Snack Program (ASP), the Fresh Fruit & Vegetable Program (FFVP), the Summer Food Service Program and Child and Adult Care Program (CACFP) for schools that qualify for these programs. The school division operates other nutrition-related programs and activities including alternative breakfast models.

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The school food and nutrition department and/or individual schools may sponsor promotions or special events, such as food tastings, that highlight nutritious foods or promote healthy hydration with consuming water.

Drinking water will be available to all students throughout the school day and throughout every school campus. The school division will make drinking water available where school meals are served during mealtimes.

B. Competitive Foods and Beverages

These guidelines apply to all foods and beverages sold to include competitive foods on every school campus from 6:00 A.M. until the end of each respective building's school day.

- The school division supports the notion that all foods and beverages offered to students on the school campus during the school day support healthy eating. Therefore, all foods and beverages sold outside of the reimbursable school meal programs, including a la carte items and vending options must meet or exceed the USDA *Smart Snacks in School* nutrition standards,
- No food or beverages shall be offered for sale to students from 6:00 A.M. until the end of the last instructional period of the school day by a provider other than the school Food and Nutrition Services Department of Hampton City Schools, as outlined in, *Policy EFC – Vending Machines/Sale of Food Items*.

C. Nutrition Education

Nutrition education will be offered in the school cafeteria and with coordination between food service staff and other school personnel, including teachers, and school nurse.

Nutrition education will be taught by health and physical education teachers at the middle and high school levels, and by physical education teachers at the elementary level. The school division will include in its health and physical education curriculum essential topics on nutrition and healthy eating – for elementary students, where practicable, and for middle and high school students as required in the curriculum. Nutrition education and topics may also be integrated into other classrooms and other school settings, when applicable.

The school division will commit to periodically posting information related to health and wellness on its website for families and community. Among other things, menus for the federal meal programs, as well as nutritional information.

D. Nutrition Promotion

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Nutrition promotion is to influence lifelong eating behaviors in a positive manner through creating positive food environments that encourage healthy nutrition choices and encouraging participation in school meals programs.

The school division will:

- ensure 100% of food and beverages promoted to students meet USDA *Smart Snacks* in School nutrition standards.
- will host periodic food-tasting opportunities for the purpose of gaining feedback on new food choices that could be offered as a part of the school breakfast and lunch program.
- use locally grown and seasonal foods as available

E. Fundraisers

No food or beverage shall be offered for sale to students from 6:00 AM until the end of the last instructional period of the school day by a provider other than the school food and nutrition department of Hampton City Schools. *Outlined in HCS policy, E-Vending Machines/Sale of Food Items.*

F. Food Given to Students and Classroom Celebrations

Schools should strive to offer foods and beverages on the school campus during the school day that meet or exceed the USDA *Smart Snacks* nutritional standards. Teachers and other school staff are encouraged to give students only healthy snacks during the school day. "Healthy snacks" are defined as any food or beverage that meets the requirements of *Smart Snacks*.

Teachers, other school staff, parents, and PTA/PTOs and other parent organizations shall encourage healthy food choices during classroom celebrations and parties, and are to be aware of and collaborate with the school registered nurse or exceptional education staff to address the needs of students with food and other allergies, as well as other serious health conditions. While it is impossible to prevent all food-sharing by students during lunch, classroom celebrations and other classroom events, to the extent practicable, teachers and other school staff shall take precautions to limit the amount of food-sharing that occurs between and among students. In addition, parents should advise their children about the potentially life-threatening consequences of sharing their food with other students who may have food allergies and/or other serious health conditions. Teachers are also encouraged to provide non-food treats and rewards to students, including in class treasure boxes and other incentive systems.

The school food and nutrition department will provide a list of approved smart snack items as well as a list of suggested non-food treats/rewards for students. This information will be posted on the Food and Nutrition Services website.

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G. Food and Beverage Marketing in Schools

The school division strives to encourage a school environment that provides opportunities for all students to practice healthy eating habits throughout the school day. The school division strives to teach students how to make informed nutritional choices. However, such efforts may be negatively impacted if students hear or see advertising on school division property that is inconsistent with information the school division has emphasized during its nutrition education and health promotion efforts.

“Food and Beverage advertising and marketing” is defined as any oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product, where any such statement is made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

The school division will promote student’s health by permitting only the advertising and marketing of foods and beverages that are permitted to be sold on the school campus, which includes those items maintaining the nutritional standards of *Smart Snacks*, serving to promote student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity.

H. Physical Activity

A program of physical fitness will be required of all students with a goal of at least 20 minutes of physical activity per day or an average of 100 minutes per week during the regular school year for students in Kindergarten through grade 5. For students in grades 6 through 12, HCS has a goal of at least 150 minutes per week. Such programs may include any combination of physical education classes, extracurricular activities, and other programs and physical activities. (22.1-253.13:1.D.15)

Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate. Recess shall not be withheld as a disciplinary measure.

School personnel working in conjunction with PTA’s will encourage parents and guardians to support their children’s participation in physical activity, to be physically active role models, and to include physical activity in family events.

All elementary school students shall have daily recess in accordance with state

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guidelines. (VAC 20-131-200)

Hampton City Schools will provide sequential curriculum that is consistent with the Virginia physical education standards of learning. (22.1-253.13.a1C)

I. Recordkeeping

The school division will retain records to document compliance with this policy as required by the Healthy, Hunger Free Kids Act of 2010. Documentation may include, but will not be limited to:

- the written wellness policy,
- Food and Nutrition Services will maintain documentation of all *Smart Snacks* offered,
- documentation demonstrating compliance with community involvement requirements,
- documentation of the triennial assessment for each school in the school division,
- public notification of the wellness policy and triennial assessments will be made available on the school division's website,
- families will be notified annually of the wellness policy,
- School Health Advisory Board (SHAB) will assist in updating, implementation and evaluation of the wellness policy.

J. Implementation

The Superintendent/designee will be responsible for overseeing the implementation of *JFCF - Wellness Policy on Nutrition and Physical Activity* policy regulations districtwide and ensuring evaluation of the wellness policy is conducted according to the policy.

Each building administrator will be responsible for implementation and evaluation of the policy at the site.

K. Compliance

Triennially, a divisionwide compliance assessment will be conducted with this policy and include:

- to the extent to which schools are in compliance;

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- to the extent to which the wellness policy aligns with current requirements, guidelines, standards related to school wellness; and
- progress on achievement of the policy's goals.

The Director of Food and Nutrition Services and the School Health Advisory Board will be responsible for overseeing the assessment. The Triennially report will be made available on the school district's website.

Definitions

“Competitive food” means all food and beverages other than meals reimbursed under programs authorized by the National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the school campus during the school day. Competitive foods meet the nutrient guidelines established by the Board of Education, including the guidelines for calories, fat, sugar and sodium.

“School campus” means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

“School day” means the period from the midnight before to 30 minutes after the end of the official school day.

Adopted:
6/7/2006

Revised:
3/20/13 (effective September 1, 2013), 9/5/18

CROSS REFS.:

[EFB](#) - FOOD AND NUTRITION SERVICES

[EFC](#) - VENDING MACHINES

[IGAE/IGAF](#) - HEALTH/PHYSICAL EDUCATION

– [JL](#)FUND RAISING

[KG](#) – COMMUNITY USE OF SCHOOL FACILITIES

Superintendent's Memo No. 186, August 15, 2008

http://www.doe.virginia.gov/administrators/superintendents_memos/2008/inf186.htm

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INSERT JFCF Link [|](#)