

GALAX CITY PUBLIC SCHOOLS WELLNESS POLICY

I. Policy Statement

The Galax City Public School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in students. The Galax City Wellness Policy has been developed to protect the health of Galax City Students. Physical activity and improved health can effectively contribute to the academic performance of students. Believing that each child's health has a direct effect on his ability to fully access the educational opportunities of our school division, Galax City Public Schools' strive to do everything possible to assist our students in achieving their full academic potential.

II. Goals

The Galax City Public School Board has established the following goals to promote student wellness.

A. Nutrition Promotion and Education

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- Teach students to make healthy choices and select food choices in moderation.
- Students receive nutrition education that teaches the skills they need in order to maintain healthy eating behaviors.
- There is collaboration between the cafeteria and the classroom to reinforce nutrition education (nutritional posters and projects).
- Students are given nutrition education opportunities and resources beyond minimum required classroom instruction.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Students will be encouraged to start each day with a healthy breakfast by promoting school breakfast.
- The School Nutrition Program complies with federal, state and local requirements, and is accessible to all children.
- School Nurses will be a reference to school staff in addressing students with special dietary needs.

B. Physical Activity

The Galax City school division has a goal of making a program of physical fitness available to all students for at least 150 minutes per week on average during the regular school year. Such programs may include any combination of physical education classes, extracurricular activities, and other programs and physical activities. The division's goal for the implementation of its physical fitness program is that physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

- Students are given opportunities for physical activity during the school day through physical-education (PE) classes, daily recess periods for elementary students, and/or the integration of physical activity into the academic curriculum where appropriate.
- Schools provide resources and information to enable staff to promote enjoyable lifelong physical activity among students.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- The school provides a physical and social environment that encourages safe and enjoyable activities for all students.

C. Other School-Based Activities

Other school based activities are designed to promote student wellness.

- An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.
- Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.
- Support for the health of all students is demonstrated by hosting health clinics (when appropriate), health screenings, and helping to enroll eligible children in Medicaid and other state health insurance programs.
- Educational programs are provided at the primary level that demonstrate and explain the purpose of proper hand washing.
- All facilities provide access to soap and sanitary measures for cleanliness.

D. Nutrition Guidelines

Generally, Nutrition Guidelines have been selected by Galax City Public Schools for all foods available on every school campus during the school day. The objectives of the guidelines are to promote student health and learning and reduce childhood obesity.

School Meals:

- All foods made available on campus during the school day will comply with the current USDA Dietary Guidelines for Americans.
- To the maximum extent practicable, all Galax City Schools will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program).
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutritional standards for the school breakfast and school lunch programs that meet or exceed state and federal standards are in place.
- The foods and beverages sold during the school day must be a recognized component of the food based meal pattern or must contain 5 percent of the Daily Value, per serving or per 100 calories, of at least one of these eight essential nutrients: iron, calcium, protein, vitamin A, vitamin C, niacin, thiamine, or riboflavin.
- Low fat milk and low fat flavored milk, and unflavored milk are allowed.
- Cafeteria a la carte items will meet the Dietary Guidelines for Americans and over the next three years each school will work toward a variety of healthier food items.

Elementary Schools: The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should include low-fat and non-fat milk, water, fruits and vegetables.

Middle/High Schools: In middle/high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through snack lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- Beverage Standards

1. During the school day beverages offered will include water, juice, and healthier beverage selections. Vending machines should offer in addition to soft drinks, water, juice, and healthier beverage selections.
2. Juice beverages presently contain 10% real fruit juice. Our suggested goal over the next year is to offer a higher percent of real fruit juice.
3. All water or flavored waters without added sugar or artificial sweeteners are allowed.
4. Low fat milk and low fat flavored milks, and unflavored milk or variety of low fat milks are allowed.
5. Sports drinks and soft drinks are available during special events.
6. Vending machines should only dispense single-servicing size snacks which are available for students after school or on special occasion.

Fundraising Activities.

Schools are encouraged to limit the sale of high fat or high calorie foods and have minimum nutritional standards for all foods sold. Schools will consider ideas of fundraising activities that do not involve food as they become available.

- The school should make fundraising organizations aware of the Wellness Policy Guidelines. The vendor should provide the school with information related to current childhood nutrition issues and the importance of nutrition integrity for all foods available to students.
- The school provides fundraising organizations with examples of foods that meet minimum nutrient standards and portion sizes.

Snacks/parties/celebrations:

- Those served during the school day will make a positive contribution to children's diets and health, with emphasis placed on servicing a healthier variety of snacks and beverages. School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The nutritional content of foods (such as fresh fruits and vegetables yet not limited to), and beverages donated for class parties or other school events will be considered.

Concessions Stands will offer healthy choices.

School-based marketing of foods, and beverages, such as through advertisements in school publications, school buildings, athletic fields, and/or other areas accessible to students, and activities such as incentive programs, has been considered.

Outreach strategies to encourage families to reinforce and support healthy eating and physical activity are in place.

III. Implementation

The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy.

The School Health Coordinator will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the policy, including indicators that will be used to measure its success. The public, including parents, students, and others in the community, will be informed and updated about the content of implementation of the policy. Implementation procedures will include periodically measuring and making available to the public an assessment on the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies, and a description of the progress made in attaining the goals of the policy.