

POLICY 7-5.11 LOCAL SCHOOL WELLNESS POLICY

Poquoson City Public Schools is committed to the optimal development of every student. The Division believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

The School Board will ensure the following:

- Students in the Division have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the Division in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The Division establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- Superintendent’s Regulation related to student wellness (7-5.11)

This policy applies to all students, staff and schools in the Division.

Under the Healthy, Hunger-Free Kids Act of 2010 and pursuant to the Final Rule the wellness policy will, at a minimum, include the following:

Requirements

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities to promote wellness.
- Standards and nutrition guidelines for all foods and beverages (F&B) sold to students consistent with:
 - School meal nutrition standards
 - Smart Snacks in School nutrition standards
- Standards for F&B provided, but not sold, to students during the school day (e.g. classroom parties, incentive foods and food brought by parents).
- Guidelines for F&B marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in school nutritional standards.
- Wellness Leadership will consist of officials that have the authority and responsibility to ensure each school is in compliance
- Broad participation to include general public parents, students, school food

authority, physical education, school health professionals, school administrators and others.

- Triennial Assessment will be performed by the Local Educational Agency (PCPS).
- Public updates on an annual basis. The Triennial Assessment will be published on the division's website.

Leadership

The Director of Student Services, with support from administrators, the Health and Wellness Committee, the Student Health Advisory Board, Physical Education instructors, and the contracted food services provider director, will oversee the implementation, compliance, evaluation, and updates of the PCPS Wellness Policy. A triennial assessment will be conducted at least once every three years to guide improvements and updates.

Public Involvement

Each year, PCPS will invite various stakeholders to help develop, implement, and review the Wellness Policy. Participation opportunities will be announced on the division website. Invitees may include but not limited to administrators, staff, physical education instructors, food service representatives, the school nurse, community members, students, parents, and School Board members.

Foods Sold Outside of School Meals Programs

All food and beverages sold outside of school meal programs must meet USDA's Smart Snacks Nutrition Standards. The school day, per USDA, runs from midnight before to 30 minutes after instruction ends.

Foods Provided, Not Sold

All foods and beverages on campus must meet or exceed USDA Smart Snack standards, including those for celebrations and classroom snacks. Non-food celebrations are encouraged, with idea lists available for staff and families. Food will not be used as a reward or punishment.

Marketing

Schools will prohibit marketing of food and beverages during the school day unless they meet USDA Smart Snack guidelines.

Fundraisers

School-sponsored fundraisers must follow USDA Smart Snack rules, except for up to 30 exempt fundraisers per year, which are tracked by the principal and recorded in the Main Office. Per Virginia Code 8VAC20-740, food and beverage fundraisers are prohibited during meal service times, including 6:00 a.m. to the end of breakfast and from the first to the last lunch period.

Nutrition Education

Poquoson City Public Schools will deliver a minimum of 140 minutes of nutrition education annually, exceeding the expectations of the Virginia Department of Education's Health Standards of Learning (SOLs). Nutrition concepts and practical skills will be strategically integrated into core subjects such as mathematics, language arts, social science, and a variety of elective courses throughout the academic year.

Nutrition Promotion

Poquoson City Public Schools will foster school environments that support healthy nutrition choices through consistent messaging and engaging activities. Schools will actively promote health and wellness by implementing various programs and initiatives. These efforts will include sharing information with students, families, and the wider school community through weekly newsletters, annual health and wellness fairs, educational nutrition displays throughout school buildings, staff meetings, and/or PTO meetings.

Physical Education/Physical Activity

Poquoson City Public Schools is committed to providing every student with high-quality physical education that surpasses the expectations set by the Virginia Department of Education (VDOE) Physical Education Standards of Learning (SOLs). Our program is designed to equip students with the skills necessary to achieve and maintain a health-enhancing level of personal fitness, as well as the knowledge, attitudes, behaviors, and confidence needed to lead an active lifestyle for life.

Physical Activity Requirements

- Grades K–5: All students will participate in physical activity for at least 20 minutes per day, or an average of 100 minutes per week, throughout the school year.
- Grades 6–12: Students will have access to physical activity opportunities with a goal of at least 150 minutes per week on average during the school year.
- During physical education classes, students will be moderately to vigorously active for at least 50% of the class period.

Equity, Access, and Instructional Quality

- Waivers, exemptions, or substitutions for physical education will not be granted.
- All students will have equal opportunities to participate in physical education. PCPS will provide appropriate accommodations to ensure equitable participation and will adapt activities and equipment as necessary.
- All physical education classes will be taught by licensed teachers endorsed in physical education. These teachers will participate in annual professional development to stay current in best practices and instructional strategies.

Recess and Active Time

- All Elementary schools will provide a minimum of 30 minutes of recess daily.
- Recess will be held outdoors when weather permits. Indoor recess will follow school-specific guidelines designed to encourage physical activity.
- Recess and physical activity will not be withheld for disciplinary reasons, academic testing, or incomplete work. Physical activity will not be used as a punishment.

Active Transportation

Where applicable, PCPS supports and encourages active transportation (e.g., walking or biking to school) through the following efforts:

- Designation and promotion of safe or preferred routes to school, with maps highlighting sidewalks, crosswalks, roads, bike racks, and other infrastructure.
- Availability of secure storage for bicycles and helmets (e.g., bike racks).
- Crossing guards and crosswalks on primary routes to school.
- Promotion of safe routes programs via school newsletters, websites, and local media.

Movement During the School Day

Recognizing that physical activity enhances student focus and readiness to learn, teachers will incorporate regular movement breaks into the school day. This includes:

- Short physical activity or stretch breaks (3–5 minutes) during or between lessons.
- Periodic activity breaks during prolonged sedentary periods, such as during testing.
- Avoiding extended periods of inactivity longer than two hours.

Active Academics and Staff Involvement

- Teachers will integrate movement into core instruction—including subjects like science, math, language arts, and social studies—by using kinesthetic learning strategies.
- PCPS will provide annual professional development on incorporating physical activity into academic instruction.
- Teachers are encouraged to model active behavior by participating alongside students during physical activities.

Before- and After-School Opportunities

Middle and high schools in PCPS will provide opportunities for students to engage in physical activity outside regular school hours. These may include:

- Physical activity clubs
- Virginia High School League and intramural sports programs
- Information on participation opportunities will be shared via school websites and monthly newsletters.

Other Activities that Promote Student Wellness

Poquoson City Public Schools is committed to fostering school environments that support social and emotional well-being while promoting positive relationships among students, staff, parents, and community members. Schools will work to identify students who may be experiencing mental health challenges or trauma and will provide appropriate referrals to mental health professionals both within the school and in the broader community.

To further support mental health awareness, schools will implement training programs for staff, students, and parents on how to recognize the signs of mental illness and emotional distress, as well as strategies for effectively addressing these needs.

In addition, schools will ensure the availability of proper hand-washing facilities and/or hand-sanitizing stations near each cafeteria to promote good hygiene practices before meals. Student health screenings will be conducted by school nurses in accordance with state guidelines and PCPS protocols. These screenings will include assessments of vision, hearing, scoliosis, speech, voice, language, and both gross and fine motor skills.

LEGAL REFERENCE: National School Lunch Program 42 U.S.C. §1751 et seq., School Breakfast Program 42 U.S.C. §1773, Child Nutrition and WIC Reauthorization Act of 2004, Healthy, Hunger-Free Kids Act of 2010 P. L. 222-296, National Food Service Programs, Title, 7, Code of Federal Regulations 7 CFR Part 210, Part 220

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