

STUDENT WELLNESS REGULATION

A Local Wellness Policy (LWP) is a written document that guides a SFA's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. This regulation is intended to provide guidance for policy implementation.

The superintendent shall implement and ensure compliance with the policy and accompanying regulation by leading the review, update, and evaluation of the policy.

1. The division will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.

Administrator	School nurse
Classroom teacher	Community member/parent
Physical education teacher	Student
SFA representative	Medical/health care professional

2. School Meals – SFAs are required to adhere to meal regulations and include language related to this in the written policy.
 - a. All meals meet or exceed current nutrition requirements established under the Healthy Hunger- free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).
 - b. All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's Nutrition *Standards for All Foods Sold in Schools (Smart Snacks) rule*.
3. The division encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

4. School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.

School nutrition services shall implement at least three Smarter Lunchroom techniques at each school.

5. The division shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The division shall also provide

opportunities for students to participate in physical activity in addition to physical education.

6. The division will offer a family-focused event supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.
7. The division will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.
8. The division will actively inform families and the public about the content of and any updates to the policy through the school website, Policy Manual, and Waynesboro School Board meetings.

Adopted: March 12, 2019

Legal Refs: 42 U.S.C. § 1758b.
7 C.F.R. 210.3.

Code of Virginia, 1950, as amended, § 22.1-253.13:1.

USDA Local Wellness Policy Checklist

Cross Refs:	EFB	Free and Reduced Price Food Services
	IGAE/IGAF	Health Education/Physical Education
	JL	Fund Raising and Solicitation
	JHCH	School Meals and Snacks
	KQ	Commercial, Promotional and Corporate Sponsorships and Partnerships