

STUDENT WELLNESS

Policy Statement

The Maggie L. Walker Governor's School Regional Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity to school students.

I. Goals

Based on review and consideration of evidence-based strategies and techniques, the Maggie L. Walker Governor's School Regional Board has established the following goals to promote student wellness.

A. Nutrition Promotion and Education

Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.

Students receive consistent nutrition messages from all aspects of the school program.

School health education curriculum standards and guidelines address both nutrition and physical education.

Nutrition is integrated into the health education.

Schools link nutrition education activities with the coordinated school health program.

Staff who provide nutrition education have appropriate training.

The level of student participation in the school breakfast and school lunch programs is appropriate.

B. Physical Activity

Students are given opportunities for physical activity during the school day through physical education (PE) classes, and the integration of physical activity into the academic curriculum where appropriate.

Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

The school works with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.

The school encourages 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.

The school provides training to enable staff to promote enjoyable, lifelong physical activity among students.

C. Other school-based activities

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.

Implementation

The Assistant Director of Maggie L. Walker Governor's School is responsible for enforcing this policy and overseeing the implementation of this policy and developing procedures for evaluating the policy, including indicators that will be used to measure its success.

Adopted: October 18, 2018

Legal Refs:

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

Cross Refs:	Pol No. 7006	Free and Reduced Price Food Services
	Pol No. 3012	Health Education/Physical Education
	Pol No. 4031	Fund Raising and Solicitation
	Pol No. 4003	School Meals and Snacks
	Pol No. 7013	Commercial, Promotional, and Corporate Sponsorships and Partnerships