

**IMPLEMENTATION OF A WELLNESS PROGRAM FOR THE STUDENTS OF  
MAGGIE L. WALKER GOVERNOR'S SCHOOL**

The MLWGS Wellness Committee shall serve as the leadership body ensuring compliance with the MLWGS wellness program, including nutrition and physical activity standards, as outlined in this regulation. The MLWGS Wellness Committee may hold public annual meetings and encourage participation by the MLWGS community and general public to develop, implement, and maintain wellness goals for MLWGS students. At least once every three years, the MLWGS Wellness Committee will conduct an assessment of the MLWGS wellness program as outlined in this regulation to determine schools' compliance with this regulation, the extent to which the MLWGS school wellness program compares to other model local school wellness policies, and the school's progress in obtaining the goals of the MLWGS wellness program. The results of this assessment will be made available to the public by the MLWGS as part of its annual presentation to the Regional School Board.

The following MLWGS staff members will participate on the Wellness Committee:

Activities Director,  
Health and Physical Education teachers,  
Support Staff,  
Cafeteria staff, and  
Student and parent representatives.

Other MLWGS staff, parents, and stakeholders may also participate on an at-large basis.

The Maggie L. Walker Governor's School will offer breakfast and lunch programs at the school that should meet the following guidelines:

- Enable students to make healthier choices by:
  - Limiting total calories from sugars, and
  - Limiting total calories from fats.

Standard implementation includes:

- 100% fruits and fruit juices in all forms without added sugars.
- 100% vegetables and vegetable juices without added sugars.
- Nonfat and/or low-fat milk options and yogurt options, if offered.
- Limited total sodium content in meals.
- Offer salads as an option most days at lunch.
- Strategically place nutritious whole, local, or cooked-from-scratch foods.
- Maintain a marketing-free lunch environment.
- Expand menus to include more culturally diverse meals.
- Encourage families to participate in school meal programs by:

- Having a formal marketing campaign that includes, but is not limited to, e-mail, SwiftReachK12 messaging, Smoke and Scales, Schoology, and the ‘News’ page on the MLWGS website.
- Encouraging families to determine eligibility for reduced or free meals by handing out forms at registration, during open houses, and at parent nights. Forms are also available in the first-floor main office of the school.
- Providing non-traditional food service options, such as grab and go.
- Holding periodic food promotions to encourage taste testing of healthy new additions to school menus.
- Allowing students to eat during the lunch hours of 11:40 AM and 12:15 PM.
- Not scheduling tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Provide adequate time for students to eat and enjoy school meals (a minimum of 10 minutes at breakfast and 15 minutes at lunch after being seated).
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks and take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).
- All food service managers must have a food handler’s permit.
- Will support school staff professional development in best practices relating to nutrition, culinary skills, management and customer service.
- Maintain a cafeteria environment conducive to a positive dining experience with socializing among students and between students and adults.
- With supervision of eating areas by adults who model proper conduct and voice level.
- With adults who model healthy habits by eating with the students.

#### School Nutrition Snack and Beverage Nutrition Standards

- a. Juice beverages should contain 100% fruit juice.
- b. Milk will be non-fat and/or low-fat white, if offered.
- c. All other beverages (non-calorie and low-calorie beverages) will meet USDA guidelines for portion size and calories.
- d. Snack foods will be offered that are whole grain-rich, or have as the first ingredient a fruit, vegetable, dairy product or protein product.

#### Other School-Based Sale of Snacks and Beverages

1. Sale of food and drink items, outside of School Nutrition Services, is restricted by the following:
  - a. All funds related to school vending machines must be included in the school’s internal accounting system. Refer to Policy 7013, “School Activity Funds.”
  - b. School fund-raising activities should promote healthy themes and avoidance of non-nutritional food items (high sugar, high fat food sales).
  - c. No home-made food items can be used for in-house fundraisers.
  - d. Ice cream or ice cream products may not contain any nut products.
  - e. Fundraisers are limited to one-per-month-per-group or club.

### Physical Activity

MLWGS students (grades 9-10) will receive a minimum of 70 minutes per week of physical education with a highly qualified physical educator. Secondary school students will be provided a variety of athletic and non-athletic physical activity choices; example: 70% of students in grades 9-12 participate in after-school athletics.

### Other School-Based Activities Designed to Promote Student Wellness

- a. The school-based team will assist in health referrals for students whose health status may require additional outside consultation.
- b. Students will learn age-appropriate health information in grades 9-10.
- c. Water consumption is encouraged throughout the day to encourage hydration.
- d. MLWGS will promote employee health awareness. The MLWGS fitness center is available for employee use before, during, and after-school hours.
- e. MLWGS will facilitate and enforce a 100% tobacco free environment to all employees.

### Measurement and Evaluation

#### A. Nutrition Education

1. MLWGS will be encouraged to compete in the Governor's Physical Activity and Nutrition (GPAN) Scorecard (K-12), and the State Fitness Gram. Scores will be reported annually to the Virginia Department of Education.
2. The Director may annually review challenges and areas of need based on the results of the GPAN and/or the State Fitness Gram. Students will maintain a personal wellness log with at least one entry per week with the focus on the goal set at the beginning of the year.

#### B. Physical Activity

1. A goal of 70% or higher pass rate for each school will be set for the Virginia wellness-related fitness test.
2. MLWGS students may use personal pedometers, heart rate monitors, and/or pulse sticks during physical education class to provide students with cardiovascular assessment and monitoring.
3. Knowledge and understanding of healthy BMI (as established by CDC pediatric recommendations) ranges will be used as a reference point to promote for students.

Adopted: February 20, 2020