

STUDENT WELLNESS

Goals

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

Nutrition Promotion and Education

The Maggie L. Walker Governor's School Regional Board recognizes the link between student health and learning and supports a comprehensive program promoting healthy eating and physical activity for all students. The director, or designee, shall develop and implement regulations that incorporate wellness into the school day, including nutrition education, physical activity, and other school-based activities.

Physical Activity

Students (grades 9-10) will receive a minimum of 70 minutes per week of physical education with a highly qualified physical educator. School students will be provided with a variety of athletic and non-athletic physical activity choices.

MLWGS Goals

- A. BMI information (height to weight ratio as defined in the CDC pediatric growth charts) will be collected for 9-10 students. This data will be recorded and reported to the State if requested.
- B. Students will monitor their own BMI, fitness, motor skills, and personal wellness goals. Students in grades 9-10 will take common cognitive assessments and create logs regarding nutrition, hydration, sleep, and activity. Students will learn healthy habits, managing weight and body composition, and goal setting.
- C. The school-based team will assist in health referrals for students whose health status may require additional outside consultation.
- D. Students will learn age-appropriate health information in grades 9-10. In secondary grades, health education is primarily provided through Health and Physical Education classes.
- E. Water consumption is encouraged throughout the day to encourage hydration.
- F. MLWGS will seek out opportunities to educate the community regarding student health and the wellness program.
- G. The school will develop strategies annually to address health-related factors such as childhood obesity, nutrition practices, as well as sedentary behaviors. School specific targets

will be identified.

H. To minimize health risks (such as allergies), bringing outside foods into the school building for fundraising efforts or other sales is strongly discouraged.

I. Rewards if offered during school hours are encouraged to be non-food items.

J. MLWGS will promote employee health.

K. MLWGS will facilitate and enforce a 100% tobacco-free environment.

Nutrition Standards and Guidelines

The director is responsible for creating

- A. regulations to develop and implement standards for all foods and beverages provided, but not sold, to students on the school campus during the school day; and
- B. choices are offered that meet standards and nutrition guidelines for foods and beverages sold to students on the school campus during the school day that promote student health and reduce childhood obesity and are consistent with the applicable standards and requirements in 7 C.F.R. §§ 210.10, 210.11, and 220.8.

Marketing on the school campus during the school day is permitted provided there are always options for foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.

Implementation

The Regional 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 Regulation 4075-R. Methods by which public participation is encouraged is by nutrition-based surveys and the school wellness committee.

The school shall establish a Wellness Committee and identify a wellness champion to lead wellness coordination in the school building. Among other things, once implemented, the committee shall meet regularly and encourage the implementation of strategies set forth within this policy. The Wellness Committee will also help create and support school wellness goals. Among other participants, the school should consider including the following staff and community members on their Wellness Committee: a school administrator, a school healthcare professional, one or more teachers, a school counselor, a school support staff member, a member of the school's PTSA or other parent organization, a local business person, a physician or pediatrician, the school cafeteria manager, one or more students, the public health nurse, and so forth.

The School Healthcare Professional is responsible for implementing and enforcing this policy. The implementation of the policy is measured by; ● every third year the school will

evaluate compliance with the wellness policy to assess the implementation of the policy and include: • the extent to which the school complies with the wellness policy; • the extent to which the school's wellness policy compares to model wellness policies; and • a description of the progress made in attaining the goals of the school's wellness policy. The triennial report will be published in the fall following every third full school year of implementation. The school will notify families of the availability of the triennial report.

The public is informed about the content and implementation of the policy on the school website on the Required Notifications page. The school will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, the implementation status, and opportunities to get involved with the wellness policy.

Implementation procedures include measuring and making available to the public, at least once every three years, an assessment of the implementation of the policy, including the extent to which the school complies 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. The results of the triennial assessment are considered in updating the policy.

The process for monitoring compliance with this policy will be an annual report to the Regional School Board.

The Regional School Board retains the following records to document compliance with 7 C.F.R. § 210.31:

- the policy;
- documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and
- documentation of the triennial assessment of the policy.

Adopted: October 18, 2018

Amended: February 20, 2020

Amended: October 21, 2021

Amended: October 19, 2023

Legal Refs:

42 U.S.C. § 1758b.

7 C.F.R. 210.31.

Code of Virginia, 1950, as amended, § 22.1-207.4.

8 VAC 20-740-30.

8 VAC 20-740-40.

Cross Refs:	Pol 1012.d	Wellness Committee
	Pol 7006	Food Services
	Pol 3012	Health Education/Physical Education
	Pol 4031	Fund Raising and Solicitation
	Pol 7013	Commercial, Promotional, and Corporate Sponsorships and Partnerships