



Book	Henry County Schools Policies and Regulations
Section	J. Students
Title	Student Wellness
Number	JHCF
Status	Active
Legal	42 U.S.C. § 1758b. 7 CFR Pt. 210, App. B. Code of Virginia, 1950, as amended, § 22.1 253.13:1.D.14.
Adopted	July 10, 2008
Last Revised	May 2, 2013
Last Reviewed	May 2, 2013

I. Policy Statement

The Henry County School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in division students.

II. Procedures

A. Nutrition Promotion and Education

1. Students receive nutrition education that provides the knowledge they need to adopt a healthful lifestyle through a balanced diet and regular exercise.
2. A qualified nutrition professional participates in the review of nutrition education materials.
3. Families receive educational information that encourages healthful eating and physical activity.

B. Foods and Beverages Served and Sold During the School Day

All foods and beverages available during the school day reflect the current Dietary Guidelines for Americans.

1. Nutrient and ingredient information for all products served during the school day are available to school communities.
2. Classroom snacks and celebrations encourage healthful choices, and families receive guidance from schools on appropriate food choices.
3. All foods made available during the school day comply with local food safety and sanitation regulations.

C. Food Environment

1. Students are encouraged to eat a healthful breakfast.
2. Students are provided adequate time for lunch.
3. Students participating in after-school programs are encouraged to eat a healthful snack.
4. Drinking water is available to students throughout the school day.
5. Hand-washing/sanitizing facilities and supplies are conveniently located, and students are taught the importance of frequent hand sanitization.

D. Physical Activity and Physical Education

1. Students receive regular age-appropriate quality physical education.
2. Elementary schools provide daily recess that promotes physical activity beyond physical education classes.
3. Physical education classes are taught by certified physical education teachers.
4. Physical education programs provide age-appropriate skill development for all students, including those with special needs.
5. Schools provide information to families to help them incorporate physical activity into their children's lives.
6. Before and after-school programs include supervised age-appropriate physical activities that appeal to a variety of interests.

III. Evaluation

The School Nurse Coordinator will evaluate the effectiveness of the student health and wellness policy on an annual basis.

Cross References:

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



Book	Henry County Schools Policies and Regulations
Section	J. Students
Title	School Meals and Snacks
Number	JHCH
Status	Active
Legal	42 U.S.C. § 1758. 7 CFR 210.10. 7 CFR 210.11. Code of Virginia, 1950, as amended, § 22.1-78.
Adopted	August 2, 2012
Last Revised	January 8, 2015
Last Reviewed	January 8, 2015

The Henry County School Board recognizes that students need adequate, nourishing food in order to learn, grow, and maintain good health.

Generally

To reinforce the division's nutrition education program, foods sold during regular school hours on school premises will be

- carefully selected so as to contribute to students' nutritional well-being and the prevention of disease;
- prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthful eating habits; and
- served in age-appropriate quantities and at reasonable prices.

The Henry County School Board promotes high-quality school meals and snacks by

- involving students in the selection, tasting, and marketing of healthy foods and beverages that appeal to students;
- providing a variety of food options, such as fruits, vegetables, whole grains, and dairy foods, which are low in fat and added sugars;
- offering a variety of healthy choices that appeal to students, including cultural and ethnic favorites;
- restricting student access to unhealthy foods in vending machines, school stores, and other venues that compete with healthy school meals; and
- ensuring that healthy snacks and foods are provided in vending machines, school stores, and other venues within the division's control. The healthy options should cost the same or less than unhealthy alternatives.

The Henry County School Board strives to provide an environment conducive to good health by

- allowing an adequate amount of time and space for students to eat school meals;
- scheduling lunch periods at reasonable hours around midday;
- ensuring that drinking fountains are operable, clean, and convenient for use throughout the school day;
- offering extracurricular physical activity programs, such as physical activity clubs, intramural programs, or interscholastic athletics;
- discouraging the promotion and advertising of unhealthy foods;

- using non-food items rather than food items such as candy, cakes, soda, and foods high in fat, as incentives and rewards for good behavior or academic performance; and
- encouraging parents to support the division's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.

The Henry County School Board supports nutrition education and physical education by

- ensuring that qualified nutrition education and physical education specialists focus on knowledge and skill development so students are able to learn and adopt healthy eating and physical activity behaviors;
- offering nutrition education in the school dining area(s) and in the classroom, with coordination between food service staff and teachers; and
- eliminating any stigma attached to, and preventing public identification of, students who are eligible for free and reduced-price meals.

Meals and Snacks

Meals and snacks offered as part of the National School Lunch Program or the School Breakfast Program meet, at a minimum, the requirements established by state and federal law and regulation.

Schools make potable water available and accessible without restriction to children at no charge in the place(s) where lunches are served during the meal service.

Competitive Foods

Definitions

"Competitive food" means all food and beverages other than meals reimbursed under programs authorized by the National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the school campus during the school day.

"School campus" means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

"School day" means the period from the midnight before to 30 minutes after the end of the official school day.

All competitive food sold to students on the school campus during the school day meets the nutrition standards specified by federal and state law and regulation.

The Henry County School Board is responsible for maintaining records that document compliance with this policy. Those records include receipts, nutrition labels and/or product specifications for the competitive food available for sale to students.

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Cross Refs:

EFB	Free and Reduced Price Food Services
IC/ID	School Year/School Day
IGAE/IGAF	Health Education/Physical Education
JHCF	Student Wellness
JL	Fundraising and Solicitation
KQ	Commercial, Promotional, and Corporate Sponsorships and Partnerships



Book Henry County Schools Policies and Regulations
Section I. Instruction
Title Health Education/Physical Education
Number IGAE/IGAF
Status Active
Legal Code of Virginia, 1950, as amended, §§ 22.1 207, 22.1-253.13:1.
8 VAC 20-320-10.
Adopted September 6, 2001
Last Revised June 4, 2015
Last Reviewed June 4, 2015

Each school organizes and maintains a physical and health education program in accordance with Board of Education regulations and State Board of Health guidelines.

The Henry County school division's goal is that a program of physical fitness will be available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities and other programs and activities. The School Board of Henry County has incorporated a goal for the implementation of such program during the regular school year into its wellness policy, JHCF Student Wellness.

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Cross Refs.:

IGAG Teaching About Drugs, Alcohol, and Tobacco
JHCA Physical Examinations of Students
JHCF Student Wellness
JO Student Records