

## STUDENT WELLNESS

Albemarle County Public Schools (“ACPS”) will provide a consistent, overarching message in support of the value of wellness practices particularly as they apply to nutrition and physical activity for students and staff.

The Student Wellness policy is reviewed by County ACPS representatives within the department of Strategic Planning, Child Nutrition, School Health Services, Health and Physical Education, School Administration, Community Engagement, and School Health Advisory Board. [The Chief Operating Officer will lead this team with oversight of the Division Wellness policy.](#) The public can view the Student Wellness policy on the County’s website at <https://www2.k12albemarle.org/acps/division/board/Pages/School-Board-Policy.aspx>

Stakeholders are able to participate in the student wellness policy process [by making public comment at School Board meeting as outlined in policy BDDH.](#) <https://www.k12albemarle.org/school-board/school-board-policy>  
<https://www2.k12albemarle.org/acps/division/board/Pages/Public-Comment-Guidelines.aspx>.

School Administrators and Designees will monitor and ensure that their school fulfills the practices and standards of the Student Wellness Policy with the school locations.

The Division will assess the Wellness Policy at least once every three years and make results publicly available with the Triennial Assessment Report posting.  
<https://www.k12albemarle.org/our-departments/nutrition>

Adopted: June 22, 2006  
 Amended: September 7, 2007; October 22, 2009; September 12, 2013;  
 November 13, 2014; August 23, 2018; April 16, 2020; October 24, 2024  
 Equity Review: April 16, 2020

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Legal Ref: 42 U.S.C. §1758b

U.S. Department of Agriculture, SP 46-2-16, Unpaid Meal Charges: Local Meal Charge Policies, July 8, 2016.

U.S. Department of Agriculture, SP 47-2016, Unpaid Meal Charges: Clarification on Collection of Delinquent Meal Payments, July 8, 2016.

7 CFR 210.31

Code of Virginia, 1950, as amended, §§ 22.1-78, 22.1-79.7, 22.1-207.4

8 VAC 20-740-10

8 VAC 20-740-30

8 VAC 20-740-35

8 VAC 20-740-40

Cross Refs:	EFB	Food Services
	IGAE/IGAF	Health/Physical Education
	JL	Fund Raising and Solicitation
	KJ	Advertising in Schools
	KJB	Fundraising in Schools
	KQ	Commercial, Promotional, & Corporate Sponsorships & Partnerships

## Student Wellness

### School Meals

All Albemarle County Public schools participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at [7CFR210.10](#) and [7CFR220.8](#).

Albemarle County Schools is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. The meals served meet the nutrition needs of students within their calorie requirements and are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while special dietary needs.

Meal patterns and nutrition standards align with the nutrition recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, visit the [USDA-FNS Child Nutrition Programs website](#).

Albemarle County Schools provides grab and go breakfast in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student.

The availability of the ~~subsidized meal program~~ [School Meal Program](#) is publicized annually. Applications for free and reduced-price meals (both hard copy and online) are available on Child Nutrition and School website. All students use a different ID number at the cafeteria point of service and there is no disclosure of the eligibility status. Students who do not have money on account or in hand to cover the cost of a meal at the time of service may be permitted to charge the meal. Food Service staff receive ongoing training of food safety and sanitation and food preparation techniques used to comply with the USDA guidelines. Locally grown and produced food is incorporated into the CNP purchases with consideration of availability, cost and USDA health and procurement standards. The CNP helps to promote nutrition education. This may include posters and nutritional material displayed for students in the cafeteria, webpage and menus. Promotions such as farm to school are celebrated annually with scratch-cooked local products allowing taste tasting. School menus are available to the public through media release, CNP webpage.

Albemarle County Public schools will accommodate students with special dietary needs and follow the USDA regulations outlined in [SP 59-2016](#) to make reasonable modifications to accommodate children with disabilities. This includes providing special meals, at no extra charge, to children with a disability that restricts their diet.

### School Facilities

Students will be allowed adequate meal times counting from the time they have received their meal and are seated. Adequate meal times include at least 10 minutes to eat breakfast and at least

20 minutes to eat lunch. Water fountains are available throughout all schools, to include the dining areas.

Any foods and beverages sold to students at school during the school day other than those foods provided as part of the school meal programs shall meet the standards established in USDA-FNS Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The school day is defined by USDA as the period from midnight the night before to 30 minutes after the end of the instructional day. This includes foods and beverages sold in vending machines and a la carte.

Competitive sales of food and beverage, such as fundraisers may not be conducted during school meal service times. This includes from 6:00 am to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period.

Each school shall be permitted to conduct, on the school campus during regular school hours, no more than 30 single or reoccurring school-sponsored fundraisers per school year during which food or beverage are sold that do not meet the USDA-FNS Smart Snacks rule.

The school principal or designee approves, tracks and monitors all food and beverage fundraisers and records kept on file at school location.

The County encourages the use of USDA-FNS Smart Snacks rule for food and beverages served for class parties or other school events

Marketing of any foods and beverages must meet the USDA-FNS Smart Snacks Rule USDA-FNS Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. These standards will apply in all locations and to all services where foods and beverages are sold, which may include, but not limited to, a la carte options in cafeteria, vending machines, school stores, and snack or food carts.

### **Nutrition Education Goals**

Schools will provide nutrition education that is interactive and teaches the skills necessary to adopt healthy eating behaviors that will be integrated in the comprehensive health education curriculum in grades K through 10.

Nutrition education will be incorporated into the core curriculum.

Information about school meals and nutrition will be posted and encouraged on the District website.

Parents will be encouraged to provide healthy food items when packing snacks and lunches.

### **Nutrition Promotion Goals**

Albemarle County School Division will promote positive nutrition habits in the cafeteria, classroom, and throughout the school environment. Nutrition promotions and resources will be posted on the Division website, menus and through parent communications.

### ***Physical Activity Goals***

Physical education (“PE”) classes:

Schools will provide planned and sequential physical education curricula from grade K through 10 that promote enjoyable, lifelong physical activity. These curricula will be consistent with the national standards for physical education.

The PE staff will provide proper instructions and plan the PE time period to keep students physically active and engaged, limiting waiting time. Students will need a note from a parent and doctor to be excluded from more than one (1) class of PE unless there is a clear orthopedic injury. Effort will be made to provide injured students with an adapted or modified form of physical activity. The note should specify dates and time range for excuse.

Lifetime physical activity choices may be offered for upper grade PE classes.

Physical education will emphasize lifetime activities that promote physical fitness.

Adaptive and modified PE will be ensured for all disabled students.

Instruction that helps students develop the knowledge, attitudes, behavioral skills, and confidence needed to adopt and maintain physically active lifestyles will be incorporated into the comprehensive health education curricula.

### **Other Student Wellness Goals**

Schools will meet the developmental needs of students through implementation of responsive classroom at the elementary level and advisory at secondary level.

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