



- 45 elementary school students, and the integration of active learning strategies into the  
46 instructional program;
- 47 ● ACPS provides students with opportunities for physical activity through a range of  
48 before and/or after-school programs including, but not limited to, intramurals,  
49 interscholastic athletics and physical activity clubs; and
  - 50 ● ACPS encourages schools to work with the community to create ways for students to  
51 walk, bike, rollerblade or skateboard safely to and from school.

52  
53 ACPS will provide every student with physical education that exceeds the expectations of  
54 the Virginia Department of Education (VDOE) Physical Education SOLs and teaches the  
55 skills needed to achieve and maintain a health-enhancing level of personal fitness and  
56 develop the knowledge, attitudes, behaviors, and confidence needed to be physically active  
57 for life. Details are available in Policy IGAE/IGAF - Health/Physical Education.

58  
59 As it is the School Board’s intention to continue to hold outdoor recess during cold spells,  
60 parents should have their children prepared with jackets, gloves, and hats. Schools will  
61 work with families to ensure that children have adequate clothing. In addition, ACPS  
62 welcomes and supports partnership and grant opportunities that help provide such items  
63 for students who may not have appropriate apparel. The weather-related guidelines for  
64 outdoor student activities are found in Regulation JHCF-R.

65  
66 D. Other School-Based Activities

- 67 ● ACPS will seek to provide school climates that support social and emotional wellbeing  
68 and promote positive relationships among students, staff, parents, and community  
69 members. Using the Collaborative for Academic, Social, and Emotional Learning  
70 (CASEL), schools will provide students with instruction to increase self-awareness,  
71 self-management, social awareness, relationship skills, and responsible decision-  
72 making. Schools will seek to identify students who may have mental health concerns,  
73 challenges, and/or traumatic experiences to provide parents and students with referrals  
74 to appropriate mental health providers in the school and community. Schools will  
75 develop curricula and implement trainings for staff, students, and parents on  
76 recognizing the signs of mental illness and emotional distress and strategies for  
77 addressing their needs.
- 78 ● The school division strives to develop a robust program of physical activity, including  
79 physical education, extracurricular activities, and partnering with City agencies and  
80 community organizations to promote all aspects of youth wellness.
- 81 ● Schools encourage parents and guardians to support their children’s participation in  
82 physical activity, to be physically active role models, and to include physical activity  
83 in family events.
- 84 ● Students are provided an adequate amount of time to eat meals in appropriate  
85 lunchroom facilities.
- 86 ● All children who participate in subsidized food programs are able to obtain food free  
87 of bias and/or reference to their socioeconomic status..
- 88 ● The availability of subsidized food programs is adequately publicized in ways  
89 designed to reach families eligible to participate in the programs.
- 90 ● ACPS forbids the use of food as a reward/incentive or consequence for misbehavior.

- 91 ● ACPS implements environmentally-friendly practices in food preparation and service  
92 where possible and appropriate.
- 93 ● The school division promotes activities that encourage physical, mental, emotional, and  
94 social well-being among school staff.  
95

96 **School Health Advisory Board**

97 In accordance with Policy BCF - Advisory Committees to the School Board, ACPS has formed a  
98 School Health Advisory Board (SHAB).

99 **Nutrition Standards and Guidelines**

100 The School Board incorporates and adopts the nutrition standards in 8 VAC 20-740-10 through 8  
101 VAC 20-740-40.

- 102 ● School Meals are provided according to Policy JHCH - ACPS School Nutrition Services,  
103 Regulation JHCH-R - Regulations for School Meals and Snacks, and Regulation JHCF-R  
104 - Wellness Guidelines for ACPS
- 105 ● Foods Sold Outside of the School Meal Programs (Smart Snacks) are sold according to  
106 Policy JHCH - ACPS School Nutrition Services, Regulation JHCH-R - Regulations for  
107 School Meals and Snacks, and Regulation JHCF-R - Wellness Guidelines for ACPS.
- 108 ● Foods Provided but Not Sold are governed according to Policy JHCH - ACPS School  
109 Nutrition Services, Regulation JHCH-R - Regulations for School Meals and Snacks, and  
110 Regulation JHCF-R - Wellness Guidelines for ACPS.
- 111 ● Food and Beverage Marketing is conducted in accordance with Policy JHCH - ACPS  
112 School Nutrition Services and Regulation JHCH-R - Regulations for School Meals and  
113 Snacks
- 114 ● School-Sponsored Fundraisers are conducted in accordance with Policy JHCH - ACPS  
115 School Nutrition Services, Regulation JHCH-R - Regulations for School Meals and  
116 Snacks, and Regulation JHCF-R - Wellness Guidelines for ACPS.  
117

118 **Implementation**

119 The School Board encourages parents, students, representatives of the school food authority,  
120 teachers of physical education, school health professionals, school administrators and the general  
121 public to participate in the development, implementation and periodic review and update of this  
122 policy.

123 **Leadership**

124 The development, implementation, periodic review and evaluation, and update of this  
125 policy is led, with support from SHAB, by the ACPS Wellness Team consisting of the  
126 Director of School Nutrition Services, the Director of School Health Services, and the  
127 Health and Physical Education Specialist.

128 The ACPS Wellness Team follows a four-step process to complete its work.

- 129 1. Reviews, updates, and conducts the ACPS Student Wellness Policy Triennial  
130 Assessment (Assessment).
- 131 2. Solicits feedback on the results of the Assessment from parents, students,  
132 representatives of the school food authority, teachers of physical education, school  
133 health professionals, school administrators and the general public.
- 134 3. Presents the results of the findings to the Alexandria City School Board
- 135 4. Updates the policy and associated processes, with support from SHAB, as needed. The  
136 updates are informed by:
  - 137 a. information gathered from the Assessment; and
  - 138 b. the latest national and state recommendations pertaining to school health.

139 **Triennial Assessment**

140 The ACPS Wellness Team assesses the Wellness Policy at least every three years through  
141 the ACPS Student Wellness Policy Triennial Assessment (Assessment). The Assessment  
142 includes:

- 143 ● the extent to which the policy is being successfully implemented at the division  
144 level;
- 145 ● the extent to which each school is in compliance with the policy through the  
146 completion of the VDOE School-Level Report Cards, facilitated by the school  
147 wellness coordinator;
- 148 ● the extent to which the policy compares to a model policy by using the Virginia  
149 VDOE Wellness Policy Checklist; and
- 150 ● and a description of the progress made in attaining Wellness Policy goals.

151 The results of the Assessment are used to inform revisions to the goals and language of the  
152 ACPS Wellness Policy and school-level action plans.

153 The contact information for the ACPS Wellness Team members is available on the ACPS  
154 website.

155 **Public Involvement**

156 ACPS invites a diverse group of stakeholders and the public to participate in the  
157 development, implementation, and periodic review of the ACPS Wellness Policy. Public  
158 involvement includes:

- 159 ● notifying the public of ACPS Wellness Policy and policy including content  
160 changes/updates using ACPS’s established public communications methods such  
161 as posting information on the division website, social media posts, and other  
162 methods established in ACPS communications policies and regulations;
- 163 ● providing an annual update to the Board on the Wellness Policy activities;
- 164 ● involving SHAB with the review of the Assessment results; and
- 165 ● providing the Board and the community with the results of the Assessment, and  
166 changes to the Wellness Policy based on the findings in the Assessment using  
167 established Board and public communications methods.

168 **Recordkeeping**

169 ACPS retains records to document compliance with the requirements of the Wellness Policy in  
170 accordance with the division's records retention policies and regulations. The ACPS retains the  
171 following records to document compliance with 7 C.F.R. § 210.31 including:

- 172 ● the written Wellness Policy;
- 173 ● documents demonstrating compliance with community involvement requirements,  
174 including requirements to make the policy and triennial assessments available to the public;
- 175 ● documentation of the triennial assessment of the policy; and
- 176 ● documentation of methods the division uses to make stakeholders aware of their ability to  
177 participate in the development, implementation, and periodic review and update of the  
178 ACPS Wellness Policy.

179

180 Adopted: June 1, 2006

181 Amended: June 12, 2008

182 Affirmed: June 11, 2015

183 Amended: August 7, 2017

184 Amended: June 21, 2018

185 Amended: September 10, 2020

186 Amended: September 9, 2021

187 Amended: July 28, 2022

188 Amended: December 14, 2023

189

190 Legal Refs: 42 U.S.C. § 1758b.

191

192 7 C.F.R. 210.31.E3.

193

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

195

196 *Recover, Redesign, Restart 2020*, Virginia Department of Education (VDOE),  
197 (Revised July 2020).

198

199 *Guidance for Schools*, Centers for Disease Control and Prevention (CDC),  
200 (Updated May 2020), <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>.

201

202

203 *Phase Guidance for Virginia Schools*, Virginia Department of Health (VDH),  
204 (July 1, 2020),  
205 <https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Final-Phase-Guidance-for-Virginia-Schools-6.9.20.pdf>.

206

207

208 Cross Refs: EBCD Emergency School Closures, Delayed Opening and Early  
209 Dismissal

210 EBCD-R Emergency School Closures, Delayed Opening and Early  
211 Dismissal Regulations

212 EFB Free and Reduced Price Food Services

213	IGAE/IGAF	Health Education/Physical Education
214	JHCF-R	Student Wellness Guidelines
215	JHCH	School Meals and Snacks
216	JL	Fund Raising and Solicitation
217	KQ	Commercial, Promotional, and Corporate Sponsorships and
218		Partnerships