

Date: August 7, 2017
For ACTION ____
For INFORMATION ____
Board Agenda: Yes ____
No ____

FROM: Jennifer Abbruzzese, Clerk of the Board & Policy Liaison

THROUGH: Lois F. Berlin, Ed.D., Interim Superintendent of Schools
Julie A. Crawford, Ed.D., Chief Student Services Officer

TO: The Honorable Ramee Gentry, Chair, and
Members of the Alexandria City School Board

TOPIC: Policy JHCF: Student Wellness

SUMMARY:

Policy JHCF: Student Wellness

Last approved in 2015, this policy has been updated to reflect the adoption of the Healthy, Hunger Free Kids Act of 2010. Incorporation of this statute requires collaborative implementation procedures, assessment and accountability measures to ensure progress in attaining the policy's goals. ***BLUE TEXT REFLECTS FEEDBACK RECEIVED SINCE THE 6/22/17 SCHOOL BOARD MEETING.**

Presented to the School Board for information at its June 8, 2017 and June 22, 2017 Board Meetings, **Policy JHCF** has been revised to incorporate feedback from the School Health Advisory Board (SHAB) at its June 29, 2017 meeting.

Policy JHCF

Pg. 1: II. Goals

This revision clarifies that the student wellness goals are based on the evidence-based strategies and techniques endorsed by the Centers for Disease Control (CDC) and the Association for Supervision and Curriculum Development (ASCD).

Pg. 1: B. Physical Activity

The weekly goal for student physical activity has been increased from 150 minutes per week to 220 minutes per week to reflect not only the Board's desire to exceed VDOE's minimum standards, but also to reflect that most students already receive well over 150 minutes per week. In addition, the policy has been clarified to reflect that these goals apply to grades K-10 only, as physical education is not required in grades 11-12. Further, the middle school average has been revised to reflect that it includes instructional time for Health and Family Life Education.

Regulation JHCF-R

Pg. 2: Nutritional Guidelines for Vending Machines, Concessions, Celebrations, School-Sponsored Fundraising Activities, and Sporting Events (#3)

This has been revised to clarify that monitoring “consumption of food in the classroom and throughout school facilities” relates to food that is part of a school-sponsored meal program. Due to allergy and sanitation concerns, all other food consumed throughout school facilities should be discouraged.

Pg. 3: Physical Education, Recess and Physical Activity Guidelines (#5)

The regulation has been revised to clarify that all physical education classes are taught by teachers certified in health/physical education.

Pg. 4: Physical Education, Recess and Physical Activity Guidelines (#11)

As #11 discusses evaluating implementation at the school level, this has been moved to an implementation section at the end of the regulation.

Pg. 4: Physical Education, Recess and Physical Activity Guidelines (#12)

The School Health Advisory Board recommended incorporating promotion of this regulation through various partners, including PTAs.

BACKGROUND:

The Code of Virginia § [22.1-253.13:7](#) requires that each local school board shall maintain and follow up-to-date policies, and that all policies shall be reviewed at least every five years and revised as needed. In addition, the Alexandria City School Board’s Policy BF provides that policies will be reviewed at least every three years and revised as needed.

RECOMMENDATION:

The Superintendent recommends that the School Board approve Policy JHCF and Regulation JHCF-R.

IMPACT:

By reviewing policies periodically, the School Board ensures that ACPS operations are aligned to support excellence and high performance.

ATTACHMENTS:

Proposed revisions to Policy JHCF and Regulation JHCF-R

CONTACT:

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