

STUDENT WELLNESS

I. Policy Statement

The Alexandria City School Board is committed to providing a school environment that enhances learning through the development of lifelong wellness practices.

II. Goals

The Alexandria City School Board has established the following goals to promote student wellness:

A. Nutrition Education

- Students receive consistent nutrition messages from all aspects of the school program.
- Nutrition education is offered in the school cafeteria, with coordination between the foodservice staff and other school personnel. Nutrition education is integrated into the health or core curricula (e.g., math, science, language arts, and social studies).
- Students are taught the skills they need to adopt and maintain healthy eating behaviors.
- Staff that provides nutrition education has access to appropriate training and resources.

B. Physical Activity

The Alexandria City Public Schools has a goal of making a program of physical fitness 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 physical activities.

Students participate in daily physical activity through a variety of means that include but are not limited to physical education (PE) classes, daily recess periods for elementary school students, and the integration of active learning strategies into the instructional program.

C. Other school-based activities

- The school division will partner with City agencies and community organizations to promote all aspects of youth wellness.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

- Students are provided an adequate amount of time to eat meals in appropriate lunch-room facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- ACPS forbids the use of food as a reward/incentive or consequence for misbehavior.
- ACPS implements environmentally-friendly practices in food preparation and service where possible and appropriate.
- The school division promotes activities that encourage physical, mental, emotional, and social well-being among school staff.

D. Nutrition Guidelines

ACPS staff will establish nutrition guidelines for all foods available on every school campus during the school day. The objectives of these guidelines are to promote student wellness.

Separate guidelines will be established through regulations for foods and beverages in the following categories:

- Foods and beverages included in à la carte sales in the food service program on school campuses;
- Foods and beverages sold in vending machines, snack bars, school stores, and concession stands;
- Foods and beverages sold as part of school-sponsored fundraising activities; and
- Refreshments and/or snacks served at parties, celebrations, and breaks during the school day; and
- ACPS School Nutrition Services staff serves meals that meet or exceed state and federal nutritional standards for the school breakfast, school lunch and school snack programs.

III. Implementation

The Superintendent will be responsible for developing a method for monitoring the successful implementation of this policy at each ACPS school site.

Adopted: June 1, 2006
Amended: June 12, 2008
Affirmed: June 11, 2015

Legal Refs: 42 U.S.C. § 1758b
7 CFR Pt. 210, App. B.

Code of Virginia, 1950, as amended, [§ 22.1-253.13:1.D.14](#).

Cross Refs: EFB Free and Reduced Price Food Services
IGAE/IGAF Health Education/Physical Education
JL Fund Raising and Solicitation
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships