

Date: June 21, 2018
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

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

TOPIC: Policy JHCF: Student Wellness
Regulation JHCF-R: Wellness Guidelines for the Alexandria City Public Schools

SUMMARY:

Best Practices/School Division-Initiated Policy Revisions:

As part of the School Board's continuing policy review, we recommend that it approve the proposed revisions to Policy JHCF and Regulation JHCF-R. (Hyperlinks to the current policies are included for reference.)

[Policy JHCF: Student Wellness](#)

[Regulation JHCF-R: Wellness Guidelines for the Alexandria City Public Schools](#)

(Orange text reflects revisions since the 6/7/18 Board Meeting.)

Last reviewed in 2017, this policy and regulation been revised to develop weather guidelines for outdoor student activities. The guidelines outline the following:

- The process for notifying principals and administrators when National Weather Service (NWS) wind-chill advisories and warnings, or Air Quality Index alerts have been issued;
- The procedures to be followed when such alerts have been issued;
- The nationally recognized standards for wind-chill and heat (Child Care Weather Watch) that principals should consult when making weather-related decisions in the absence of NWS alerts;
- The procedures to be followed after consulting the wind-chill and heat standards; and
- The various impacts on outdoor student activities at the elementary, middle and high school levels.

Since being presented at the June 7, 2018 Board Meeting, Policy JHCF and Regulation JHCF-R have been revised (in orange text) to reflect Board Member feedback and further recommendations received from principals and staff to clarify the following:

1. Elementary recess periods will be extended from at least 20 minutes per day for elementary students to at least **30** minutes per day for elementary students (**Pre-K through grade 5**)*. (**Revised 6/19/18**)
2. Principals will use the guidelines in Regulation JHCF-R when making weather-related decisions regarding recess and other outdoor activities. However, deciding when students may play outdoors is ultimately the responsibility of the principal or principal's

designee based on his/her professional judgment. The principal's or designee's decision to stay inside or go outdoors may change as conditions change. Deteriorating weather conditions or impending inclement weather such as rain, thunder, lightning, extreme winds, etc., are taken into account when making outdoor activity determinations.

3. When either the wind-chill factor or the heat index is in the **(YELLOW)** zone, outdoor activities will be held, unless in the principal's or designee's professional judgment, deteriorating weather conditions require outdoor activities to be limited.
4. When either the wind-chill factor or the heat index is in the **(RED)** zone, outdoor activities will be limited and held at the principal's or designee's discretion based on his/her professional judgment.
5. In addition to students with asthma and other respiratory conditions, students with documented seasonal allergies will be provided the option for indoor recess as recommended by health officials. When such recommendations are made, indoor activities should provide opportunities for movement.
6. When the heat index is in the **(RED)** zone, High School athletes with current health (physical) examinations on file in school may participate in accordance with VHSL Heat Guidelines.
7. Video content that actively engages students in activity, balance, or other forms of movement is appropriate during times of inclement weather or when students are not able to go outside. Non-interactive video is not a substitute for indoor recess. It should be limited in its use and should always have pedagogical underpinnings.

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.

RECOMMENDATION:

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

IMPACT:

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

ATTACHMENTS:

1. Proposed revisions to Policy JHCF and Regulation JHCF-R
2. Memo re: Effect of HB1419/SB273 Enactment on ACPS Recess Guidelines

CONTACT:

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