

**ACPS WELLNESS POLICY SCHOOL REPORT CARD
TOOL FOR THE TRIENNIAL ASSESSMENT**

School: _____

SY: _____ **Grades Evaluated:** _____

Score: _____

SCHOOL MEETS POLICY GOAL / REQUIREMENT	YES	NO	COMMENTS
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I. STUDENT WELLNESS POLICY GOALS

A. Nutrition Promotion and Education: Goals

Students receive consistent messages on the benefits of a healthy diet from all school personnel.			
Nutrition education is promoted in the school cafeteria, with coordination between food service staff and other school personnel.			
Nutrition education is integrated into the curricula (e.g., health/physical education, math, science, language arts, and social studies).			
Elementary: Students are introduced to the importance and benefits of healthy eating and an active lifestyle. Secondary: Students are taught the necessary skills, attitudes and behaviors to adopt and maintain healthy eating and an active lifestyle.			
Staff members providing nutrition education receive appropriate training and have access to necessary resources.			

B. Physical Activity: Goals*

***Alternative education programs, including but not limited to, the Early Childhood Center, TC Williams Satellite Campus, and Juvenile Detention Center may have different requirements re: outdoor activities.**

The school encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include it in family events.			
To better equip staff members with the tools to provide effective active learning strategies, school administrators promote and encourage participation in related staff development opportunities.			
Elementary PreK-grade 5 students receive at least 30 minutes of recess per day.			

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PreK students receive Health/PE instruction in accordance with the early childhood curriculum and best practices.			
Elementary students receive 60-90 minutes of Health/PE instruction per week.			
Elementary teachers are encouraged to incorporate two 3-5 minute classroom "brain boosts" per day.			
Middle School students receive a minimum of 210 minutes per week of Health/PE instruction.			
Middle School teachers are encouraged to incorporate two 3-5 minute classroom "brain boosts" per day.			
High School students enrolled in HS Health/PE receive an average of 180 minutes of instruction per week.			
High School teachers are encouraged to incorporate two 3-5 minute classroom "brain boosts" per day.			
Students are provided with opportunities for physical activity through a range of before and/or after-school programs (intramurals, athletics, activity clubs, etc.).			
The school works with the community to encourage active commuting (walking, biking, etc.).			
Recess is not withheld from any student or group of students as punishment or to conduct academic or extracurricular activities.			
Recess and other outdoor activities for students with disabilities are provided in accordance with the student's health plan.			
All PE-related facilities, both indoors and outside the school building, are safe, clean, and accessible for students. Middle and high school students have a place to jog/run.			
C. Other School-Based Activities: Comprehensive Student Health Goals			
To help reduce the spread of bacteria and viruses, students and staff are encouraged to wash hands and have access to hand washing and/or sanitizing equipment. Students are instructed on proper hand-washing procedures.			

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<p>Families and staff are notified of the ACPS Illness Guidelines to stay home if they have had any of the following symptoms:</p> <ul style="list-style-type: none">• Fever of 100 or higher in the last 24 hours;• Undiagnosed rash that is accompanied by fever or itching;• Bad cough or difficulty breathing;• Vomiting or diarrhea within the past 24 hours;• Sore throat, with fever or swollen glands in the neck, or• Other symptoms of being sick. <p>If a student or staff member has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours.</p>			
<p>Unless they have opted out, students in grades K-10 receive age-appropriate instruction on healthy relationships and personal boundaries in accordance with Policy IGAH: Family Life Education.</p>			
<p>School staff are provided with training that includes recognition and response to student mental health needs, including suicide prevention training. A standardized protocol is utilized when conducting suicide risk assessments and screenings.</p>			
<p>The Youth Risk Behavior Survey (YRBS) is given to students in grades 8, 10 and 12. It includes questions to monitor student stress, anxiety and depression in order to inform efforts to reduce these factors.</p>			
<p>In support of the Whole Child concept including student mental health and wellness, the MYCAP* survey is given annually to students in grades 6-12 to assist with course scheduling and academic advisement (*MYCAP: Making Your Career and Academic Plan).</p>			
<p>The school fosters an environment that supports the needs of the Whole Child. It helps students develop strategies to support self-regulation, resilience, coping with stress and cultivating calm in difficult situations. This may include incorporating mindfulness activities, meditation, breathing exercises, etc. to support students' social-emotional health and learning.</p>			
<p>Information on student concussions and other traumatic brain injuries (Regulation JJAC-R) are communicated annually to school staff and parents, including the Return to Learn and Return to Play protocols. Each student-athlete participating in an extracurricular physical activity and the student-athlete's parent or guardian signs a statement acknowledging they have received the information.</p>			

II. FOOD CONSUMPTION, NUTRITION STANDARDS AND GUIDELINES

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All food and beverages available during the school day, including vending and a la carte items, reflect current US Dietary Guidelines and the Code of Va.			
All students who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.			
The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.			
School Nutrition Services provides meals for students during summer break at identified summer school sites as permitted.			
Students who do not have money on account or in hand to cover the cost of a meal at the time of service are permitted to charge a full meal (Regulation JHCH-R).			
Students are not permitted to receive food provided by delivery services.			
Students are provided an adequate amount of time to eat meals in appropriate lunchroom* facilities: 10 minutes seated for breakfast and 20 minutes seated for lunch. (*The School Breakfast Program and alternative education programs such as the Early Childhood Center, TC Williams Satellite Campus, and Juvenile Detention Center may have different requirements re: where food is consumed.)			
Food consumption in classrooms and throughout the school is discouraged unless part of a school-sponsored meal. Food consumption in classrooms during the school day is prohibited unless it is: <ul style="list-style-type: none"> • provided by School Nutrition Services; or • eaten with school staff during a student development activity; or • medically necessary. 			
To minimize inadvertent exposure to food allergens, student food-sharing is discouraged.			
Fundraising activities involving the consumption of food on school property are encouraged to include alternative healthy options.			
Healthy food choices are provided at school-sponsored events and celebrations where food is served and at extracurricular activities when food is sold.			

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The school limits celebrations with food. Non-food celebrations are encouraged. To minimize inadvertent exposure to food allergens and promote healthy celebrations, food for in-class birthday celebrations is prohibited. This policy is communicated with parents and staff, and they are provided with a list of non-food celebration ideas (Wellness Regulation JHCF-R: Appendices).			
Marketing of foods and beverages on school campus during the school day is limited to only those that meet the nutrition standards, unless related to an exempted competitive food fundraiser.			
Food allergy guidelines are followed and eating surfaces are cleaned after consumption, as outlined in the Wellness Policy and Regulation.			
The school implements environmentally-friendly practices in food preparation and service where possible and appropriate.			
III. WEATHER GUIDELINES			
The school works with families and relevant Central Office departments to ensure students have adequate clothing for outdoor recess activities.			
School principals or designees work with the Office of Transportation to make any changes to planned field trips due to inclement weather.			
School principals or designees consult the ACPS web page for current weather conditions, and communicate to staff any weather-related decisions regarding limiting recess and other outdoor activities.			
School administrators make arrangements in advance for adequate indoor space for recess when external conditions prohibit outside activities.			
Video usage is limited and always has pedagogical underpinnings.			
Video content that is used during inclement weather or when students are not able to go outside actively engages students in movement.			
Non-interactive video is not substituted for indoor recess.			
IV. ACCOUNTABILITY			
The school principal has appointed and made public the School Wellness Committee members.			
The School Wellness Committee meets regularly to implement and evaluate the school's implementation of the Wellness Policy. Committee members collaborate with the Division-level Student Wellness Team as needed.			

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The Wellness Policy and Regulations are communicated in writing to all school staff and parents/guardians			
The school principal maintains a record of all approved fundraisers that qualify for exemptions to the competitive food guidelines.			

V. ADDITIONAL COMMENTS