

## **JHCF. STUDENT WELLNESS**

### **I. POLICY STATEMENT**

The School Board of the City of Norfolk is committed to providing a school environment that enhances learning and the development of lifelong wellness behaviors. In response to and following the requirements of the Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42 U.S.C. 1751 Note, added by P.L. 108-265, Section 204) (hereinafter, Act), a wellness team formed to develop this local wellness policy for Norfolk Public Schools and recommend its passage to the Board. This policy and any regulations developed pursuant to it are intended to meet the requirements of the Act.

Wellness is the quality or state of being in good health especially as an actively sought goal. Two important wellness components are nutrition and physical activity. The School Board of the City of Norfolk recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in division students. It is the goal of the Board to create healthy school environments through adopting sound nutrition and physical activity policies. This wellness policy has been developed to protect the health of Norfolk Public Schools' students so they may achieve their full academic potential.

Norfolk Public Schools (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Based on review and consideration of evidence-based strategies and techniques, the Norfolk City School Board has established the following goals to promote student wellness:

- Students have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.

This policy applies to all students, staff and schools in the District.

## II. SCHOOL WELLNESS COMMITTEE

### A. Committee Role and Membership

A subcommittee of the School Health Advisory Committee (SHAC) will oversee school health and safety policies and programs, including development, implementation and periodic review and update of this policy (heretofore referred as the “wellness policy”). This subcommittee will be called the School Wellness Committee.

Each school will establish a “wellness champion” that will constitute the School Wellness Committee. The wellness champion will ensure school-level compliance with the policy.

### B. Leadership

The Superintendent’s designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, and ensure district-wide compliance.

## III. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

### A. Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generates an annual progress report.

### B. Recordkeeping

Records documenting compliance with the wellness policy will be maintained in the Department of School Nutrition and copied to the Clerk of the Board. Documentation will include but is not limited to:

- the wellness policy;
- opportunities for public comment;
- policy review(s) to include dates and persons involved;
- public notification requirements and notification of opportunities to serve on the SHAC; and
- policy implementation assessments on the school and district levels.

### C. Annual Notification of Policy

The District will actively inform families and the public annually on the progress of implementation of this policy via the district’s communication protocols. The notification will include a summary of the

District's wellness events and activities. The notifications may include opportunities to serve on the SHAC and/or subcommittee(s) as directed by the superintendent.

#### **D. Triennial Progress Assessments**

On a triennial basis, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- the extent to which schools are in compliance with the wellness policy;
- the extent to which the wellness policy aligns with current research and/or requirements, guidelines, standards related to school wellness; and
- a progress report on the achievements of the Board's wellness policy goals.

The Senior Director of School Nutrition and the Chair of the SHAC will be responsible for overseeing the triennial assessments. The assessments will be publically accessible via the district website.

#### **E. Revisions and Updating the Policy**

The SHAC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as the Board's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidelines or standards are issued. The initial School Health Index will be completed no later than June 2018. The wellness policy will be reviewed following the triennial assessment or more frequently if needed.

#### **F. Community Involvement, Outreach and Communications**

The District is committed to being responsive to community input and will actively communicate the work and progress of the implementation of the wellness policy. The District will inform parents of the improvements made to school meals and compliance with school meal standards; the availability of and how to apply child nutrition programs; and compliance with federal nutrition standards for all foods served in schools. The District will ensure that communications are culturally and linguistically appropriate to the community and are communicated via the district's parent/family communication protocols.

### **IV. NUTRITION STANDARDS AND GUIDELINES**

The superintendent is responsible for creating

- regulations to develop and implement standards for all foods and beverages provided, but not sold, to students on the school campus during the school day; and
- standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that promote student health and reduce childhood obesity and are consistent with the applicable standards and requirements in 7 C.F.R. §§ 210.10, 210.11 and 220.8.

## A. School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in U.S. Department of Agriculture (USDA) child nutrition programs, including:

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)

Schools may also participate in:

- Fresh Fruit & Vegetable Program (FFVP)
- Summer Food Service Program (SFSP)
- Child and Adult Care Food Program (CACFP)

The District also operates additional nutrition-related programs and activities including Breakfast in the Classroom and nutrition education opportunities. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices using best practice techniques such as:
  - Fruits and vegetables are attractively displayed.
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
- Menus will be posted on the District website or individual school websites, and will include nutrient content.

- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Elementary lunch should ideally follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- Use of local and/or regional products is encouraged to be incorporated into the school meal program.
- Messages about agriculture and nutrition are reinforced throughout the learning environment;
- Schools are encouraged to host an edible school garden.

#### **B. Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

#### **C. Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.

#### **D. Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA nutrition standards, at a minimum.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA nutrition standards. These standards

will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

#### E. Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA nutrition standards, including through:

1. **Celebrations and parties.** The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. **Classroom snacks brought by parents.** The District will provide to parents a list of foods and beverages that meet nutrition standards.
3. **Rewards and incentives.** The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

#### F. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas [see examples from the Alliance for a Healthier Generation and the USDA].

- All food sold to students anywhere on the campus during the school day must meet Smart Snack regulatory requirements.
- Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
- Schools are permitted to conduct thirty exempt fundraisers per school year. Total exempt fundraising days is thirty days per school per school year.
- There are no limits to the number of fundraisers that sell non-food items or foods and beverages that meet current nutrition standards.
- Fundraising activities that take place outside of school are exempt from nutrition standards.

#### G. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

#### **H. Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

#### **I. Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA nutrition such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.



Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items is not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

Any reviews of existing contracts, acquisitions of new contracts, equipment and/or products purchased (and replaced) should reflect the applicable marketing guidelines established by the wellness policy.

Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11.

## V. PHYSICAL ACTIVITY

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a Comprehensive School Physical Activity Program (CSPAP). A CSPAP reflects strong coordination and synergy across all of these components:

- quality physical education as the foundation;
- physical activity before, during and after school;
- staff, family and community engagement; and
- the District's commitment to providing these opportunities.

Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. The District will provide teachers and other school staff with a list of ideas for alternative ways to manage classroom behavior.



To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

- Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.
- The District will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

#### **A. Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “Essential Physical Activity Topics in Health Education” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year.

All secondary students (middle and high school) are required to take the equivalent of two academic years of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers will be required to participate in professional development at least a once a year.
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.
- Ensure options for handicap students.
- Waivers, exemptions, or substitutions for physical education classes are may be approved as needed.

## **B. Recess (Elementary)**

In accordance with policy *JHCl. Recess*, all elementary schools will offer at least 20 minutes of recess everyday during the school year. The requirements may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above/below District-set temperature, inclusive of wind chill factors, during storms with lightening or thunder, during environmental warnings or alerts, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

## **C. Classroom Physical Activity Breaks (Elementary and Secondary)**

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students daily during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

## **D. Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

#### **E. Before and After School Activities**

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by offering appropriate and reasonable options such as physical activity clubs, physical activity in aftercare, intramurals or interscholastic sports.

#### **F. Active Transport**

The District will support active transport to and from school, such as walking or biking. The District will have a designated coordinator to promote walking and biking to school. The District will encourage this behavior by engaging in six or more of the activities below; including but not limited to:

- a. Designate safe or preferred routes to school
- b. Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- c. Secure storage facilities for bicycles and helmets (e.g., bike rack, shed, cage, fenced area) are strongly recommended
- d. Instruction on walking/bicycling safety provided to students
- e. Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- f. Use crossing guards
- g. Use crosswalks on streets leading to schools
- h. Document the number of children walking and or biking to and from school
- i. Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

### **VI. OTHER ACTIVITIES PROMOTING STUDENT WELLNESS**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SHAC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

#### **A. Handwashing**

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases are spread by not washing hands with soap and clean, running water. The District will ensure all students have access to wash their hands with soap and running water. Students will have the opportunity to wash their hands before and after lunch and after returning from recess. Students will be educated on proper handwashing technique and frequency.

#### **B. Community Partnerships**

The District will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, public health department, civic leagues, department of parks, recreation and open spaces, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

#### **C. Community Health Promotion and Family Engagement**

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms, as well as non-electronic mechanisms, to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

#### **D. Staff Wellness and Health Promotion**

The SHAC will ensure coordination of human resources with the City of Norfolk Employee Wellness and Prevention Program to focus on staff wellness issues, identify and disseminate wellness resources and perform other functions that support staff wellness in coordination with human resources staff.

The School Wellness Champion will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include afterschool physical activities such as yoga, weight lifting, aerobics, encourage hydration, and standing desks. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

The District will encourage healthy meetings for all events via guidelines recommended by SHAC that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.

#### **E. Professional Learning**

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

### **VII. IMPLEMENTATION**

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

The superintendent is responsible for overseeing the implementation of this policy and developing procedures for evaluating the policy, including indicators that will be used to measure its success.

Implementation procedures include measuring and making available to the public, at least once every three years, an assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies and a description of the progress made in attaining the goals of the policy. The results of the triennial assessment are considered in updating the policy.

The School Board retains the following records to document compliance with 7 C.F.R. § 210.31:

- the policy;
- documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and
- documentation of the triennial assessment of the policy.

### **VIII. GLOSSARY**

**Extended School Day** – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

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**Policy Ref.:**

- Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.
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- Change Lab Solutions. (2014). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>



7 CFR 210.10 Meal requirements for lunches and afterschool snack requirements. (1) Requirements for lunch periods - (2) Timing. Schools must offer lunches meeting the requirements of this section during the period the school has designated as the lunch period. Schools must offer lunches between 10 a.m. and 2 p.m. Schools may request an exemption from these times from the State agency

**Policy Ref. Updated:**

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**Legal Ref.:**

42 U.S.C. § 1758b Note (Added by P.L. 108-265. 118 Stat. 730).

7 C.F.R. 210.3.

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

**Legal Ref. Updated:**

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**Cross Ref.:**

EFB. Free and Reduced price Food Services

IGAE/IGAF. Health Education/Physical Education

JL. Fund Raising and Solicitation

JHCH. School Meals and Snacks

KQ. Commercial, Promotional and Corporate Sponsorships and Partnerships

**Cross Ref. Updated:**

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**Adopted** by the Norfolk City School Board June 21, 2006.

**Revised:**

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