

ARLINGTON PUBLIC SCHOOLS
Policy Implementation Procedures
25-3 Support for Students -Wellness

Arlington Public Schools supports the implementation of a comprehensive school health model that promotes the healthy development of students and supports the Whole Child. Healthy eating, physical activity, and other activities that support student wellness are critically important to the well-being of all students and staff and increase academic success.

The Wellness Policy Implementation Plan is responsive to the VDOE Superintendent's memo #114-17ⁱ, and demonstrates the determination of the School Board to:

- A. Foster effective and meaningful collaboration among and between resources in APS and the community, including APS programs and services, student, parent/caregiver, and teacher organizations, County government agencies and programs, non-profit organizations, businesses, advisory groups, community groups, and others to ensure that each student is healthy, safe, supported, engaged and academically challenged to meet the needs of the Whole Child.
- B. Recognize the proven correlation between the health and wellness of our students and their academic success; and the reciprocal effect of education as a primary determinant to healthy living.
- C. Utilize the rationale and strategies of the Coordinated School Health Model, developed by our nation's premiere health promotion, prevention, and preparedness agency - the Centers for Disease Control and Prevention (CDC).

I. FOOD AND NUTRITION

School Meals

- All schools within the District will participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and the Summer Food Service Program (SFSP) when eligibility requirements are met.
- 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:
 1. Are accessible to all students;
 2. Are appealing and attractive to students;
 3. Are served in clean and pleasant settings;
 4. Meet or exceed current nutrition requirements established by local, state and Federal statutes and regulations; and
 5. Promote healthy food and beverage choices using the Smarter Lunchroomⁱⁱ techniques.
- Menus will be posted on the APS websiteⁱⁱⁱ and will include nutrient content.
- Menus will be created/reviewed by a team of child nutrition professionals.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

- Students are served lunch at a reasonable and appropriate time of day.
- Withholding access to food will not be used to discipline students.
- Using food as a reward will be discouraged.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure families know what programs are available in their children's schools.

Staff Qualifications and Professional Development

- All school nutrition staff will participate in continuing education and training requirements in the USDA Professional Standards for School Nutrition Professionals.^{iv}

Water

- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.
- Water cups will be available in the cafeteria if a drinking fountain is not present.
- To ensure proper hydration, students will be granted periodic access to water fountains and personal water bottles.

Competitive Foods and Beverages

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

Celebrations and Rewards

- Schools are strongly encouraged to develop policies that prohibit food for in-class birthday celebrations, in order to minimize inadvertent exposure to food allergens and promote healthy celebrations.
- The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- Schools will require the inclusion of healthful food choices for events and celebrations where food is served.
- Teachers and staff will not use candy, soft drinks, or food as a reward.

Fundraising

- The District will encourage non-food-based fundraising, and will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Education, Promotion and Food Marketing

- The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:
 1. Promotes fruits, vegetables, whole-grain products, low fat and fat free dairy products and healthy food preparation methods;
 2. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and other school foods and nutrition-related community services; and

3. Includes nutrition education training for teachers and other staff.
- Individual schools are authorized to institute appropriate precautions where practicable against severe food allergies, consistent with the guidelines outlined within the “Management and Support of Students with Severe Allergies in Arlington Public Schools”^{vi} document, in an effort to protect the health and well-being of all students.

II. PHYSICAL ACTIVITY

Physical Education

- Physical education, taught by highly-qualified licensed health and physical educators, is a planned, sequential K-12 curriculum that provides physical movement and learning experiences to all students, and helps them gain the necessary skills, knowledge and attitudes to pursue lifelong participation in regular physical activity.
- The curriculum will encourage students to develop health-enhancing goals of personal fitness as they learn the relationship between physical activity, chronic-disease prevention, positive health outcomes, and improved academic performance.
- APS will participate with appropriate county agencies and Safe Routes to School to make it easier and safer for students to regularly take public transportation, or walk or bike to and from school.

Health Education

- The health education curriculum provides students with the necessary knowledge, processes, and skills to make healthy choices, prevent chronic disease, and avoid health-risk behaviors. This instruction will include hygiene, communicable and noncommunicable disease prevention, dental health, nutrition, sleep, drug, tobacco and alcohol use, physical activity, body systems, safety, intentional and unintentional injury and violence prevention, internet safety, gangs, bullying, preventive care, and mental health care.
- APS will encourage the development and maintenance of relationships with qualified school and community health experts to assist with health education instructional delivery.

Recess

- All elementary schools will provide recess, typically outdoors, totaling 100 to 125 minutes during weeks without holidays for students in grades 1-5 and 135 to 150 minutes for students in Kindergarten. Recess for PreK students should meet or exceed the Kindergarten requirements. The number of minutes will be modified during weeks with holidays or more than one day of Early Release. When Early Release days are used as instructional make-up days, the 100-125 range of minutes for recess will remain in effect.
- Given the value of recess in a student’s physical and social development and the need for periodic breaks from classroom instruction, withholding of recess will not be permitted.
- During inclement weather, students will engage in inside activities that provide opportunities for movement (i.e., walks, in-seat exercises, movement games) to the

greatest extent practicable.

Active Academics

- Movement, such as instructional strategies for active classrooms and classroom activity breaks, will be integrated across all disciplines and grade levels to improve learning and academic outcomes.

Physical Activity and Punishment

- Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as punishment for unsatisfactory classroom work, performance, or behavior.

Before and After School Activities

- Schools will work to develop partnerships with county agencies, community groups, businesses, and other organizations to provide multiple physical activity opportunities for students, staff members, parents, and community members.
- School spaces and facilities, in accordance with established School Board policy, will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities will also be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

III. OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Health Services

- The District will integrate wellness activities across the entire school setting to promote both health and learning consistent with the Whole Child. (Refer to 25-3.4 School Health Services policy at <https://www.apsva.us/school-board-policies/25-student-services/>.)

Healthy and Safe School Environment

- School security rules, safety plans, and procedures will be communicated to students and parents/caregivers at least once per year.
- Partnerships with community groups, advisory committees, police, or other municipal agencies will proactively develop solutions for reducing crime and illegal activity in and around schools.
- APS will strive to align school start times with evidence-based best practices designed to positively affect student health, wellness and learning environment efficacy; while balancing student transit safety and student transit efficiencies.
- APS will partner with transportation services, community groups, vendors, and parents/caregivers to ensure that automobile and bus idling time does not exceed applicable laws and regulations at school pick-up and drop offs, in school parking lots, on school field trips and at sporting events. APS will work to minimize student and staff exposure to vehicle exhaust in order to help address pollution-sensitive asthma rates and poor air quality in the community.
- APS will periodically review developing and ongoing national data regarding the impact of student cell phone, mobile device, and personal tablet and laptop use,

ARLINGTON PUBLIC SCHOOLS
Policy Implementation Procedures
25-3 Support for Students -Wellness

specific to student safety, health and mental wellness. This information will be used to inform policies and digital citizenship curricula.

- APS staff and students will be asked to utilize safe, personal hygiene and cleanliness practices to reduce the spread of bacteria, viruses, and other pathogens. Students and staff shall have access to hand washing and/or sanitizing equipment that meets the specifics listed below.
- The following practices have been established to reduce the spread of bacteria and viruses, such as the flu, the common cold, Norovirus, and Hepatitis A. APS discourages the use of antibacterial soaps or products for hand washing.

Hand Washing Procedures:

1. Wash hands using soap and warm water, if possible;
2. Wet hands and apply soap. Vigorously rub hands during washing for at least 20 seconds with special attention paid to the backs of the hands, wrists, between the fingers and under the fingernails;
3. Rinse hands well; and,
4. Completely dry hands with a single-use towel or a warm air dryer.

Proper hand washing should be done by all staff and students in APS at the following times:

- Upon arrival at school
- After using the bathroom or helping a student to use the bathroom
- After blowing one's nose or helping a student with their nose
- After coughing and sneezing, if using hand to cover mouth/nose
- Before and after snack, lunch, or handling food or utensils
- After coming in from outside play
- Before and after helping with first aid care
- After handling any items that may be soiled with bodily fluids or waste

Use of Hand Sanitizers:

1. Hand sanitizers may be used in place of hand washing when access to soap and hand sinks are not available. Only hand sanitizers containing 60-90% ethyl alcohol or isopropanol in concentration with equivalent sanitizing strength may be used as an adjunct to proper hand washing*
2. Apply the product to the palm of one hand (read the label to learn the correct amount);
3. Rub hands together; and,
4. Rub the product over all surfaces of hands and fingers until hands are dry.

*Hand sanitizers may not be effective in removing certain allergens, including peanut allergens, and may instead spread them.

- Schools will promote healthy indoor air quality by using low-odor school supplies, by locating machinery such as laminating machines in well ventilated areas away from areas commonly frequented by children, by purchasing products and supplies that do not contain formaldehyde and harmful VOCs, by complying with APS guidelines

against the use of air fresheners and perfumed products, and by properly and continuously operating the HVAC systems in regular and relocatable classrooms.

Socio-Emotional Health

- The Office of Student Services will make available to all APS students school counselors, psychologists, and social workers. Although each of the above listed disciplines has unique responsibilities, they share the responsibility of promoting personal adjustment and the social/emotional growth of students. They assist students in taking maximum advantage of the educational opportunities available to them by providing direct services to students and by working cooperatively with parents, teachers and community agencies on behalf of students. (Refer to 25-3.3 Pupil Services policy at <https://www.apsva.us/school-board-policies/25-student-services/>)
- Schools will foster an environment that supports the needs of the Whole Child and that helps students develop strategies to support self-regulation, resilience, coping with stress, and cultivating calm in difficult situations. Schools are encouraged to explore incorporating yoga, mindfulness activities, meditation, breathing exercises, and time in nature to support students' socio-emotional health and learning.

Health Promotion for Staff Members

- The District recognizes that staff wellness helps reduce stress and boost morale, productivity, and effectiveness in the workplace, and reduces costs associated with employee health care and absenteeism. In addition, improving staff wellness can directly impact student health, not just through improved job performance, but also through positive role-modeling of healthy behaviors.
- The District will provide resources to maintain a work environment that promotes healthy living, by providing opportunities for staff members to improve their health through physical activities, health-related training, health screenings, and programs or opportunities that address stress management, food and nutrition, personal growth, mindfulness, and health care access.
- APS will establish and maintain a staff wellness program. This program will be administered through the Employee Assistance Program.^{vii}

Family and Community Involvement

- Collaborative and effective partnerships will be encouraged among families, schools, and local communities to plan and support the shared responsibility of creating and promoting healthy school environments that foster consistent health and wellness messages between the home and school environment.
- APS will identify common barriers to family involvement in student and/or school-related health and wellness initiatives and will work to mitigate these barriers.
- APS will collaborate with families, county agencies, and community stakeholders to improve wellness in the community. (Refer to 10-9 Family and Community Engagement (FACE)^{viii} Policy at <https://www.apsva.us/wp-content/uploads/legacy-assets/www/034e1308cd-10-09-Family-and-Community-Engagement.pdf>)

IV. SCHOOL WELLNESS COMMITTEES

ARLINGTON PUBLIC SCHOOLS
Policy Implementation Procedures
25-3 Support for Students -Wellness

- APS will establish a District-level Wellness Policy Leadership Team led by one or more school official(s) who have the authority and responsibility to report on the District's and each school's compliance with this policy. The Team may include school administrators representing both elementary and secondary schools, representatives of the school food authority, teachers of health and physical education, parents, students, school health professionals, and school board representatives.
- The Wellness Policy Leadership Team will meet at least four times per year to develop, implement, and periodically review and update this Wellness Policy Implementation Plan, including measurement and accountability as described below.
- Each school will form a Wellness Council, led by the school principal or assistant principal, who will have the authority and responsibility to report on the school's compliance and inform the school community about wellness activities. Wellness Councils should be broadly inclusive and include teachers of physical education, school nurses, counselors, food service staff, parents, students, and others.

V. WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT

- The District-level Wellness Policy Leadership Team will closely collaborate with the School Health Advisory Board (SHAB), which consists of up to 30 members, with broad based community representation including, but not limited to, parents, students, health professionals, educators and others. The SHAB will meet at least semiannually and will submit an annual report on the status and needs of student health.
- The District-level Wellness Policy Leadership Team and SHAB will engage members of the school community and the general public to develop, assess, review and/or revise the APS Wellness Policy and Implementation Plan in order to make recommendations to the School Board.
- APS will continue relationships with county and community partners in support of Wellness Policy implementation. Existing and new partnerships and sponsorships will be monitored to ensure that they are consistent with the wellness policy and its goals.
- To measure wellness and monitor progress, as required by the VDOE Superintendent's memo #114-17, schools will utilize a standardized online assessment instrument, such as the CDC's School Health Index^{ix}, a self-assessment and planning guide that will enable them to identify strengths and weaknesses of school policies and programs for promoting health and safety, and develop a customized action plan. Schools will also publicly post wellness activities twice a year and will report activities and best practices annually to the Wellness Policy Leadership Team.
- Schools will complete the standardized assessment instrument during the 2017-18 school year and every three years thereafter. The Wellness Policy Leadership Team will review and aggregate these results to assess compliance with the wellness policy and progress toward improved wellness, and will report results to the School Board. This process will include assessment of the Wellness Policy and Implementation Plan in relation to model policies and others from around the nation.
- Annual reports will be provided to the public and will include a description of each

ARLINGTON PUBLIC SCHOOLS
Policy Implementation Procedures
25-3 Support for Students -Wellness

- school's progress in meeting Wellness Policy goals; a summary of each school's local wellness events or activities; contact information for the leader(s) of the Wellness Policy Team; and information about how individuals and the public can get involved.
- Wellness Policy information, updates, and the triennial assessment will be made available to the public on a regular and consistent basis.

References

Section 204 of Public Law 108-265: *Child Nutrition and WIC Reauthorization Act of 2004*
Final Rule: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010
Virginia - Action for Healthy Kids
U.S. Dietary Guidelines for Americans
APS School Board Policy 40-3.4 Food Services - Vending Machines
APS School Board Policy 40-3 Food Services - Meals
APS School Board Policy 10-6.4 School Board Organizations
APS School Board Policy 40-1.19 Use of Facilities
APS School Board Policy 25-3.4 School Health Services
APS School Board Policy 25-3.3 Pupil Services
APS School Board Policy 10-9 Family and Community Engagement
8 VAC 20-520-20 Length of school term
8 VAC 20-131-005 Definitions
8 VAC 20-131-80 Instructional program
8 VAC 20-131-200 Extracurricular activities
22 VAC 15-30-481 Daily activities for school aged children
22 VAC 15-30-471.A.1 Outdoor activity

ⁱ VDOE Superintendent's Memo #114-17;

ⁱⁱ http://www.doe.virginia.gov/administrators/superintendents_memos/2017/114-17.shtml

ⁱⁱⁱ Smarter Lunchroom strategies; <https://www.smarterlunchrooms.org/>

ⁱⁱⁱ APS Menus; <http://apsva.nutrislice.com/>

^{iv} USDA Professional Standards for School Nutrition Professionals;

<https://professionalstandards.fns.usda.gov/>

^v Smart Snacks Nutrition Standards; <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

^{vi} "Management and Support of Students with Severe Allergies in Arlington Public Schools;"

<http://apsshaw.weebly.com/food-allergy-guidelines.html>

^{vii} Employee Assistance Program; <https://www.apsva.us/employee-assistance-program-overview/>

^{viii} What is FACE? <https://www.apsva.us/what-is-face/>

^{ix} CDC School Health Index; <https://www.cdc.gov/healthyschools/shi/index.htm>