

To achieve policy goals:

**I. School Health Advisory Board and Arlington Comprehensive School Health Committee**  
Arlington Public Schools (APS) will have a School Health Advisory Board (SHAB) of no more than 20 members, with broad based community representation including, but not limited to, parents, students, health professionals, educators and others. The SHAB will meet at least semi-annually and submit an annual report on the status and needs of student health. The Arlington Comprehensive School Health Committee (ACSHC) will work under the direction of the School Health Advisory Committee and will be comprised of representatives of the SHAB as well as Extended Day Program, Employee Assistance Program, Partnership for Children Youth and Families and other interested citizens. The SHAB and ACSHC Committee will focus their work on activities related to implementing a comprehensive school health program.

**II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**  
**Nutrition Standards for School Meals (School Board PIP 40-3)**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- serve whole grain whenever possible;
- to the extent possible foods will not contain trans fats (hydrogenated and partially hydrogenated oils) added during processing.

The Food Services Office in partnership with schools will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- schools with the support of the Food Services Office, to the extent possible, will operate the School Breakfast Program in accordance with School Board PIP 40-3 Food Services.
- schools will, to the extent possible, work with the Transportation Office to arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, and “grab-and-go” breakfast.

- schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals.** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast. Procedures established in School Board PIP 40-3 Free/Reduced Price Food Services will be followed.

**Meal Times and Scheduling.** Schools will:

- provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- schedule meal periods at appropriate times, e.g., whenever possible lunch should be scheduled between 11 a.m. and 1 p.m.;
- not schedule tutoring, club, or organizational meeting or activities during mealtimes, unless students may eat during such activities;
- schedule lunch periods to follow recess periods when school schedules permit (in elementary schools);
- provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Nutrition Standards for Foods and Beverages Sold Individually** (i.e., foods sold outside of reimbursable school meals, such as cafeteria a la carte [snack] lines, fundraisers and school stores).

**Beverages**

- Beverages that contain at least 25% fruit juice with no added sweeteners.
- Water
- Milk, Low-Fat (1%), Non-Fat milk, milk alternatives.

**Snacks, Sweets, Side Dishes**

- Portion Size: Less than 300 kcal (calories per item)
- Fat: No more than 30% of total calories from fat, except nuts and seeds
- Saturated Fat: No more than 10% of calories from saturated fat
- Low sodium
- Sugar: No more than 35% by weight

**Whole Grains, Fruits and Vegetables**

- Whole Grains: Breads and cereals
- Fruits and Vegetables: Availability of high quality fruits and vegetables at schools

**Suggested Portion Sizes**

- Snacks and Sweets 1.25 oz
- Cookies/cereal bars 2 oz
- Bakery items (e.g., pastries, muffins) 3 oz
- Frozen desserts, ice cream 3 oz
- Yogurt 8 oz
- Beverages (no limit on water or milk) 12 oz

**Vending Machines.** Arlington Public Schools will provide students and staff with a variety of healthy food and drink choices in all its vending machines in accordance with School Board Policy 40-3 on Vending Machines.

**Sharing of Foods and Beverages.** School staff will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets and the possibility of spreading viruses and bacteria.

**Snacks.** Snacks served during the school day or in Extended Day or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The district will disseminate a list of healthful snack items to teachers, Extended Day personnel, and parents.

**Celebrations.** Schools will encourage the inclusion of healthy food choices for celebrations where food is served. Parents and staff will be encouraged to provide students with healthy food and drink choices from a district-wide list. Water, fruit juice and milk will be available in lieu of sodas and sports drinks.

**III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Arlington Public Schools aim to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designated to provide students with the age-appropriate knowledge and skills necessary to promote and protect their health;
- is not only part of health education classes, but also included in classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

- promotes vegetables, fruits, whole grain products, dairy products preferably free of hormones, antibiotics and pesticides, healthy food preparation methods, and health-enhancing nutrition practices;
- discourages consuming products that are rich in trans-fats;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

### **Integrating Physical Activity into the Classroom Setting**

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television and computer use;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents.** Arlington Public Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Arlington Public Schools will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus including a la carte items. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will, to the extent possible, limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**Sale of Food on School Grounds:** The sale of all foods on school grounds while school is in session will be under the management of Food Services and subject to School Board Policy 40-3.

**Food Services –Sale of Food or Beverages in Competition with School Lunch and Breakfast:** The School Lunch and Breakfast Program regulations prohibit the sale of food or beverages for profit in the lunchroom or its general environment during designated lunch periods.

**Food Sold as Fundraisers:** Only approved fundraising events will be held on school property. Event organizers will keep in mind Arlington’s commitment to healthy food and drinks choices when engaged in such fundraising activities.

**Staff Wellness.** Arlington Public Schools highly value the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Arlington Public Schools will establish and maintain a staff wellness program. This program will be administered through the Employee Assistance Program.

#### **IV. Physical Activity Opportunities and Physical Education**

**Physical Education (P.E.) PK-12.** All students in grades K-10, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education for the entire school year. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Students enrolled in preschool programs will participate in a variety of physical development activities as part of their instructional program. High school students in grades 11-12 will be encouraged to engage in physical activities and participate in wellness activities.

**Recess.** All elementary schools will provide recess (unstructured play), 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. 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. In 2007-2008, elementary schools with limited Early Release will provide recess, typically outdoors, totaling 120-150 minutes during weeks without holidays. The following practices should be considered:

- Elementary students should be given the opportunity to participate in moderate to vigorous exercise daily.
- During inclement weather, students should be encouraged to engage in inside activities that provide opportunities for movement (*i.e.*, walks, in-seat exercises, movement

games). Given the value of recess in a student's physical and social development and the need for periodic breaks from classroom instruction, withholding recess will be a rare occurrence, and only used as a last resort.

- Recess should be supervised by appropriately trained personnel.

**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. Other disciplinary consequences will be explored before withholding recess for inappropriate classroom behavior. A list of alternative consequences will be made available to classroom teachers.

**Safe Routes to School.** The school district will assess and, if necessary and to the extent possible, work with county agencies and their officials to make needed improvements to make it safer and easier for students to walk and bike to school. The school district will encourage students to use public transportation when available and appropriate for travel to and from school, and will work with the local transit agency to provide transit passes for students.

**Use of School Facilities Outside of School Hours.** School spaces and facilities 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. Use of facilities by outside groups will be in accordance with established School Board policy. School policies concerning safety will apply at all times.

## **V. Hygiene: Hand Washing**

APS and SHAB recognize that the health of the student is directly related to personal hygiene and cleanliness. 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 and SHAB discourage 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.
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 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; and
- 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.
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.*

References

Section 204 of the Reauthorization Act (P.L. 108-265)  
Virginia Action for Healthy Kids  
APS Vending Machine Standards  
APS School Board Policy 10-6.4 School Board Organizations  
APS School Board Policy 40-3 Food Services-Meals  
APS School Board Policy 40.13 Use of Facilities  
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