

Franklin County Public Schools Wellness Policy

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Mission

The Franklin County School Board recognizes the relationship between student wellness and learning, and therefore is committed to providing a school environment that enhances the learning and development of lifelong wellness practices.

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I. School Wellness Committee

Committee Roles and Membership

Franklin County Public Schools will form a subcommittee in the current Health Advisory Committee that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The wellness membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to members of the extended, diverse community. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed).

Leadership

The Superintendent or designee(s) will convene the school wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

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Name	Title / Relationship to the School or District	Email address
Brenda Muse - Chairperson	Director of Instruction	brenda.muse@frco.k12.va.us
Janet Stockton	Coordinator of Student Services	janet.stockton@frco.k12.va.us
Samantha Strong	School Social Worker	samantha.strong@frco.k12.va.us
Amber Wilson	Extension Agent, 4-H Youth Development	aawilson@vt.edu
Teresa Brown	Coordinator of Nurses	teresa.brown@frco.k12.va.us
Claneshia Cox	Guidance Counselor	claneshia.cox@frco.k12.va.us
Teresa Sanders	Administrator at BFMS East	teresa.sanders@frco.k12.va.us
Donna Ferguson	Piedmont Community Services	dferguson@piedmontcsb.org
Bradley Lang	Physical Education Teacher	bradley.lang@frco.k12.va.us
Gail L. Nordhaus	Carillion Clinic	GLNORTHAUS@carillionclinic.org
Jessica Slough	Physical Education Teacher	jessica.slough@frco.k12.va.us
Eugenia Morrison	Nurse	eugenia.morrison@frco.k12.va.us
Beth Hodges	Teacher	beth.hodges@frco.k12.va.us
Carla Cooper	Teacher	carla.cooper@frco.k12.va.us
Heather Snead	Coordinator of Food Services	heather.snead@frco.k12.va.us

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Linda Taylor	Grandparent of FCPS student	mrtay1968@ymail.com
Rev. Ferris Murphy	Minister	murph500@juno.com
Tyler Lee	Carilion Clinic	jtleel@carilionclinic.org
Donna Cosmato	School Board Member	donna.cosmato@frco.k12.va.us
Rita Murphy	Community Member	ritatm57@gmail.com
Nadia Witcher	Parent/staff member	nadia.witcher@frco.k12.va.us
Mandy Burnette	Staff of FCPS/Parent (middle school)	mandy.burnette@frco.k12.va.us
Regina Clark	Piedmont Community Service	rclark@piedmontcsb.org

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Franklin County Public Schools 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 the division. It also includes information about who will be responsible to make what changes, 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. This wellness policy and the progress reports can be found at: www.frco.k12.va.us.

Franklin County Public Schools will retain records to document compliance with the requirements of the wellness policy at Franklin County Public School, 25 Bernard Rd., Rocky Mount, VA 24151 and/or on the district's central computer network. Documentation maintained in this location will include but will not be

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limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the health advisory committee.
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District person leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, Franklin County Public Schools will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of Franklin County are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of Franklin County Public Schools wellness policy.

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Franklin County Public Schools will notify households/families of the availability of the triennial progress report.

Community Involvement, Outreach and Communications

Franklin County Public Schools is committed to being responsive to community input, which begins with awareness of the wellness policy. The school district will actively communicate ways in which representatives of the health advisory committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for our district. Franklin County Public Schools will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, and to meeting the nutrition needs of schoolchildren within their calorie requirements. The school meal programs aims 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 and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *Summer Food Service Program (SFSP)*. The District also operates additional nutrition- related programs and activities including *Farm to*

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School programs, Breakfast in the Classroom and Grab 'n' Go Breakfast. 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. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
 - 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.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas at the high school.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.) at the high school level.
 - Student surveys and taste testing opportunities are used to inform menu development.
 - 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.*
- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *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 (meets Healthy Schools Program Gold-level criteria).*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted*

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among students and families to help ensure that families know what programs are available in their children's school.

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.

Water

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

- *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.*

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 Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at

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www.foodplanner.healthiergeneration.org.

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 Smart Snacks 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.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks nutrition standards](#) as an option for parents.
2. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#).

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 [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*].

- *Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets Healthy Schools Program Gold-level criteria)*

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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. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

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;

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- 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
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully

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- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

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's 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 Smart Snacks in School nutrition standards, 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 statements 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.¹⁵ 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 are not required; however, districts will replace

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- 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.

As the District/school nutrition, services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

IV. Physical Activity

Franklin County Public Schools recommend that students should participate in at least 20 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive health and physical educational program.

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.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with state

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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.

A recommended guide for FCPS elementary **students** in each grade is to receive physical education for at least 60-89 minutes per week throughout the school year.

All FCPS secondary **students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Fitnessgram with Wellnet software).

All physical education teachers in FCPS will periodically participate in professional development.

- *All physical education classes in FCPS are taught by licensed teachers who are certified or endorsed to teach physical education.*
- *Waivers, exemptions, or substitutions for physical education classes are rarely granted, unless special circumstances arise. All requests must be submitted and approved by the building principal...*

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a

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minimum of 12 of the essential topics on physical activity: (See the VDOE website at doe.virginia.gov)

Recess (Elementary)

It is recommended that all elementary schools offer recess daily as deemed appropriate.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and promote physical activity.

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, the division recommends that students be offered periodic opportunities to be active or to stretch throughout the day at teacher discretion.

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 and VDOE](#).

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 periodic

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professional development opportunities and resources

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 programs/services. The District will encourage students to be physically active before and after school by: Options include:

- variety of sports including: basketball, football, soccer, track and field, tennis, swimming, golf, etc.
- intramural sports year long
- open gym at the middle and high school
- walking clubs
- cross country

Franklin County Public Schools may integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Franklin County Public Schools may 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.

Franklin County Public Schools are encouraged to coordinate content across curricular areas that promote student health

Community Partnerships

Franklin County Public Schools will continue relationships with community partners in support of this wellness policy implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

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Partnerships:

Franklin County YMCA

American Heart Association

Others

Community Health Promotion and Family Engagement

Franklin County Public Schools will encourage parents/guardians through sponsored events and/or through communication to support their children's participation in physical activity, to be physically active role models, and to include physical activities in family events. Franklin County Public Schools may offer health and nutrition education training and development through partnerships and community resources.

Staff Wellness and Health Promotion

Employees are offered a \$20 rate deduction per month when obtain a yearly physical. Employees are also offered a discounted rate for YMCA memberships. Other health incentives are being considered and will be added.

Professional Learning

When feasible, Franklin County Public Schools may 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 Franklin County Public Schools staff understand the connections between academics and health and the ways in which health and wellness are integrated.

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School Level Contacts

- Brenda Muse, Director of K-12 Curriculum
- Heather Snead, Coordinator of Food Services
- Janet J. Stockton, Coordinator of Student Services