

Manassas Park City Schools
Wellness Plan
2019

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Student Wellness

Manassas Park City Schools is a committed and nurturing community, taking responsibility every day for positively impacting the physical, emotional, social, and academic well-being of every child and challenging them to become extraordinary individuals who are empowered to positively impact their families, communities, nation, and the world. Manassas Park City Schools' Policy JHCF recognizes:

- The fundamental link between a child's health and their ability to learn.
- The critical role that school plays in what our children learn about positive health behaviors and choices.
- The necessity of having a unifying vision, goals, and plans for how to best address the needs of the whole child.
- That an essential component of a healthy school environment is a staff that is educated about health and well-being, encouraged to implement this knowledge in their classroom, and supported in their efforts to improve their own health and well-being.
- That poor diet and physical inactivity are the most important factors contributing to the epidemic of overweight and obesity in our children. Food components that contribute to poor diet include sugars, refined grains, solid fats, and sodium.
- That the funding mechanism for division wide wellness initiatives must be prioritized, will be incremental and evolve over time, and should focus, initially, on more creative use of existing funds from local, state, and federal sources.

In an effort to provide all students and staff in Manassas Park City Schools with the opportunities, knowledge, and skills necessary to make healthy choices for a lifetime, the following goals and accompanying Regulation JHFC-R have been established.

Standards for USDA Child Nutrition Programs and School Meals

Manassas Park City Schools will offer breakfast and lunch programs at all schools with menus that meet or exceed the current nutrition standards established by the U.S. Department of Agriculture (USDA) and the Virginia Department of Education (VDOE). School breakfast and lunch items will meet the National School Lunch Program (NSLP) and School Breakfast Program (SBP) by:

Nutrition Standards for School Meals www.schoolnutrition.org

The Healthy, Hunger-Free Kids Act of 2010 required the U.S. Department of Agriculture (USDA) to update federal nutrition standards for school meals. The updated rules went into effect on July 1, 2012. Since that time, USDA adjusted whole grain, sodium, and milk mandates.

The current standards require:

More fruits and vegetables: Schools offer students larger portions of fruits and vegetables with every lunch. Vegetable choices must include weekly offerings of legumes, dark green and red/orange vegetables. Every school breakfast must offer students a full cup of fruits or vegetables. Students are required to take at least one half-cup serving of fruits or vegetables with every school breakfast and lunch.

Whole-grains: At least half of the grains offered with school meals must be whole-grain-rich (at least 51% whole-grain).

Calorie limits: School meals must meet age-appropriate calorie minimums and maximums.

Grades	Breakfast	Lunch
K – 5	350-500 calories	550-650 calories
6 – 8	400-550 calories	600-700 calories
9 – 12	450-600 calories	750-850 calories

Sodium limits: Schools must gradually reduce sodium levels in school meals to meet the following limits:

Sodium Reduction Target Timeline for School Meals

Grades	Target 1 (July 1, 2014)	Target 2 (July 1, 2024)
School Breakfast Program		
K - 5	≤ 540 mg	≤ 485 mg
6 - 8	≤ 600 mg	≤ 535 mg
9 - 12	≤ 640 mg	≤ 570 mg
School Lunch Program		
K - 5	≤ 1,230 mg	≤ 935 mg
6 - 8	≤ 1,360 mg	≤ 1,035 mg
9 - 12	≤ 1,420 mg	≤ 1,080 mg

Limits on unhealthy fat: Meals cannot contain added trans-fat and no more than 10 percent of calories can come from saturated fat.

Low-fat and fat-free milk: Every school meal offers one cup of fat-free or 1% milk. To meet calorie limits, milk processors have developed flavored milk with less added sugar.

Free water: Free drinking water must be available in the cafeteria during lunch and breakfast.

<https://fns-prod.azureedge.net/sites/default/files/cn/MealPatternsSY19-20.pdf>

National School Lunch Program (NSLP) <https://www.fns.usda.gov/nslp>

The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act signed by President Harry Truman in 1946.

School Breakfast Program (SBP) <https://www.fns.usda.gov/sbp/school-breakfast-program>

The School Breakfast Program (SBP) provides reimbursement to states to operate nonprofit breakfast programs in schools and residential childcare institutions. The Food and Nutrition Service administers the SBP at the federal level. State education agencies administer the SBP at the state level, and local school food authorities operate the program in schools.

Smart Snacks Guidelines <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

These are the national nutrition standards for foods and beverages sold outside of the federal reimbursable school meal programs during the school day. These items are called “competitive foods” because they can compete with participation in school meal programs.

A. Breakfast

MPCS will offer a breakfast program at all schools with menus that meet or exceed the current nutrition standards established by the U.S. Department of Agriculture (USDA) and the Virginia Department of Education (VDOE). To ensure that all children have access to breakfast in order to meet their nutritional needs and enhance their ability to learn, all schools will:

1. Encourage families to participate in school meals programs.
2. Provide non-traditional food service options, such as grab and go breakfast and breakfast in the classroom.
3. Continue to fund and operate an annual summer food program.
4. Offer formal marketing campaigns that include, but are not limited to, “cafeteria” sections in newsletters, email, and backpack folders with updates to parents and teachers with a monthly Nutrition Services “News” page on the MPCS website.

B. Free and Reduced-Price Meals

All schools shall make every effort to eliminate any social stigma attached to students who are eligible for free and reduced-priced school lunch meals and shall prevent the overidentification of these students. All schools shall use electronic identification (PIN) and payment systems and promote the availability of school meals to all students.

C. Summer Food Service Program

Manassas Park City Schools, in partnership with the Manassas Park Community Center, shall participate in the Summer Food Service Program when funding is available and state criteria are met by the division. Meals will be provided to all children without

charge and are the same for all children regardless of race, color, national origin, sex, age, or disability, and there will be no discrimination in the course of the meal service.

D. Meal Times and Scheduling

1. Maintain a “closed campus” policy for K-12 students that does not allow them to leave school grounds during lunch.
2. Schedule lunch between the hours of 10:00 AM and 2:00 PM per Department of Education Policy #CFR210.10 (F).
3. No scheduling of tutoring, club, organizational meetings, or activities during mealtimes, unless students may eat during such activities.
4. Provide adequate time for students to eat and enjoy school meals (a minimum of 10 minutes at breakfast and 15 minutes at lunch after being seated).
5. Provide students access to hand washing or hand sanitizing before they eat meals or snacks, and take reasonable steps to accommodate students with special oral health needs (e.g. orthodontia or high tooth decay risk).

E. Qualifications of School Food Service Staff

1. Operate all Child Nutrition Programs under the supervision of professionally trained school food service staff.
2. All food service managers must have a food handler’s permit. The division will hold monthly manager meetings and annual full staff trainings.
3. Support staff professional development in best practices relating to nutrition, culinary skills, management, and customer service.

F. Food and Beverages Sold

All food and beverages sold and served at school will, at a minimum, comply with state and federal law and follow the current USDA guidelines for “Smart Snacks”. These guidelines include limits on fat, sugar, sodium, and calories. This applies to foods and beverages served during afterschool programs or sold a la carte in the cafeteria, vending machines, school stores, and for school fundraisers. It also includes classroom snacks and celebrations, with the exception of birthday celebrations.

1. Vending machines will only be available to secondary school students 30 minutes after school hours and will only contain water.
2. Students and staff will have access to free, safe, and fresh drinking water throughout the day and, specifically, in the dining facilities during meals.

G. Access to Water

1. Students and staff members will have easy access to free and safe drinking water at all times throughout the school day, including during meal times.
2. Students will be allowed to bring drinking water from home into the classroom.

3. Water will be promoted as a substitute for sugary drinks, and school staff will be encouraged to model water consumption.

H. Rewards

Food shall not be used as a reward, incentive, or treat, or withheld as a punishment, on school grounds, at school outings, or in vehicles licensed to transport students.

I. Celebrations

Birthday celebrations are limited to one per month and the offering of nutritious foods will be encouraged for parents who choose to provide food. Non-food celebrations will be encouraged and promoted.

J. Non-Food Fundraising

Non-food fundraising is encouraged, especially fundraising activities that promote physical activity. When school-sponsored fundraising involves food, items must meet the “Smart Snacks” guidelines and cannot be sold during breakfast or lunch times or for immediate consumption. When PTO, club, or sports team fundraising involves food, items cannot be sold during breakfast or lunch times or for immediate consumption.

Nutrition Education

MPCS will use a consistent, sequential, and evidence-based K-10 nutrition curriculum and engage in nutrition promotion by integrating nutritional education into classrooms, activities, including outreach for parents. Staff are strongly encouraged to model healthful eating habits and discouraged from eating in front of children during regular class time. To promote and educate students, staff, and parents on nutrition, MPCS will:

1. Integrate nutrition education into classroom instruction in subjects such as English/language arts, math, science, social sciences, and elective subjects.
2. Coordinate nutrition education between food service staff and teachers, including education for parents and families.
3. Provide lessons that teach the harmful effects of sugar, excessive salt, trans-fats, saturated fats and the importance of portion control and exercise, healthy eating, and physical activity.
4. Ensure that nutrition related content will be taught at all grade levels, K-10, twice a year during physical education or health class.
5. Teach skills that are behavior focused, interactive, developmentally appropriate and or participatory that may include contests, promotions, taste-testing, school garden projects, and cooking from scratch.
6. Provide lessons that teach media literacy with an emphasis on food marketing and reading nutrition labels.

Physical Education

MPCS shall provide a Physical Education Program for all students in kindergarten through 10th grade that includes students with disabilities and students with special health care needs. These programs will provide instruction that promotes lifelong physical activity and provides skills and knowledge necessary for lifelong participation based on standards set by the VDOE and SHAPE America Standards. Program components will include:

1. Sequential programming of physical education instruction incorporating individual and group activities which are taught in a positive environment by certified teachers endorsed in health and physical education.
2. Safe and adequate equipment, facilities, and resources necessary to meet VDOE and SHAPE America Standards.
3. Use a written curriculum for physical education that is based on national or state developed standards, such as the Five 4 Life curriculum.
4. Providing physical activity components for afterschool programs such as CATCH (Coordinated Approach to Child Health), Action-Based Learning Lab, and sports clubs and teams.
5. Sharing the use of physical activity facilities through partnerships with Manassas Parks and Recreation Department with outdoor playgrounds and fields available for community use after school hours and on weekends.
6. Opportunities for family and community engagement in physical activities such as fun runs, walk-a-thons, and field days.

Physical Education Instructional Requirements

1. Minimum of 200 minutes per week of physical activity for all students in grades K-10 with elective offerings at the high school, in addition to required physical education courses.
2. Physical activity may not be used as a punishment; the reduction or elimination of recess is not permitted.
3. Physical Education requirements include:
 - a. A minimum of 60 minutes with a goal of 90 minutes or more per week for students in grades K-4.
 - b. A minimum of 125 minutes on average per week for students in grades 5-6.
 - c. A minimum of 200 minutes per week for students in grades 7-8.
 - d. A minimum of 180 minutes weekly for one semester, yearly for students in grades 9-10. Standard graduation requirements include 2 credits for health/physical education.
 - e. Students will not be permitted to receive a waiver or exemption for physical education class. The only substitution is virtual PE for students in grades 9-10.
 - f. Student-teacher ratio for physical education classes of no more than 200 students per teacher.

- g. Participation in bi-yearly fitness assessments for students in grades 3-8 and yearly for students grades 9-10 with the collection of BMI data for students grades 3-8 yearly. Parents will have the option to opt out their child from the BMI assessment. Students in grades K-2 will practice fitness assessment components.

Health Education Requirements

1. Maintain the division standard for graduation from high school of 2 credits for health/physical education.
2. Provide health education for students in grades 7-10 and incorporate health education in the physical education class for students in grades K-6.
3. Provide comprehensive health education based on the Health Standards of Learning for Virginia Public Schools.
4. Provide appropriate professional development and current resources for teachers implementing the health curriculum.
5. Provide accommodations for students with differing religious values through written application from parents informing the appropriate school officials of the inconsistent nature of the school's curriculum and the tenets of the affiliated religious organization.

Recess

1. Minimum of 30 minutes daily recess for students in grades K-4 and a minimum of 25 minutes daily recess for student in grades 5-6. Recess will be scheduled before lunch when possible. If recess must be held indoors due to inclement weather, teachers are encouraged to promote physical activity during indoor recess.

Staff Wellness

The school division highly values the health and well-being of school staff and will make every effort to offer, plan, and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The division shall support the improvement of staff wellness by:

1. Maintaining a partnership with the Manassas Park Recreation Center and Signal Hill Waterpark to offer no cost membership or reduced admission for employees.
2. Through the human resources department, offer employee assistance programs through the benefits department.
3. Establish and implement a wellness committee, School Health and Wellness (SHAW), involving parents, students, representatives of the school food authority, the School Board, school administrators, and the public. The SHAW will, at least every 3 years:
 - a. Conduct a division wide review of the wellness policy to determine compliance, how it compares to model wellness policies, and progress made in the goals outlined by the wellness policy.

- b. The wellness policy and the triennial assessment will be made available to the public, Superintendent, and the School Board.
 - c. Prepare and submit a report to the School Board and School Health Advisory Board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.
 - d. Maintain current funding to support wellness programs and continue to search and explore additional funding opportunities from local, state, and federal resources.
4. Offer staff health and wellness classes, workshops, educational materials, and an online forum for sharing information, successes, and challenges.
 5. Continue to support access to flu shots and other inoculations.
 6. Continue to support access to medical coverage to include nutrition counseling and smoking cessation.
 7. Ensure the school environment promotes a healthy lifestyle with a clear message that healthy eating and physical exercise are a valuable part of daily life.

Health Services

MPCS will:

1. Employ one Registered Nurse or Licensed Practical Nurse at each school and two at the high school under the supervision of a Nurse Coordinator, with RN credentials.
2. Retain on consultative status a medical advisor as required by the Virginia Department of Education.
3. Provide at least 10 hours of professional development to health care professionals that relates directly to Health Education Regulations and their responsibility which may include attending the annual VA School Nurses' Association Conference.
4. Provide strict adherence to immunizations mandated by VA Department of Health for school enrollment and attendance unless the student meets exception criteria outlined by VDOE and McKinney-Vento.
5. Perform preventative health care services for students including mass screening for hearing, fine and gross motor, speech, and vision. Provide referrals to primary health care providers for students needing immediate attention.
6. Provide staff with training on universal precautions for handling blood and bodily fluids.
7. Provide flu prevention information for students, staff, and parents on an annual basis.
8. Maintain collaboration with community resources and services that may include the Department of Health (DOH), Community Services, Court Services, and Department of Social Services.

9. Report any suspected child abuse/neglect.

Mental Health Services

Student Health and Wellness is a variety of supports provided to students to assist them in being successful in their academic environment. Additional supports are provided in the form of staff training, resources for parents, consultation with specific cases, education in the areas of suicide and bullying prevention, and engagement in programs that aim to assist students in making good choices. Majority of the supports provided under Student Health and Wellness are overseen by the division's Student Assistance Program Specialist. MPCCS will:

1. Provide access to a comprehensive counseling program for students and staff to address a range of mental health and psychological issues.
2. Provide access to quality and ongoing mindfulness, counseling and crisis intervention for all student and staff to promote positive social and emotional development.
3. Provide access to prevention and early intervention services and referrals for treatment programs for mental health.
4. Provide support groups for students from diverse social and economic backgrounds as needed.
5. Employ appropriately credentialed and qualified therapists/counselors based on individual school needs.

Healthy School Environment

Providing a safe and healthy school environment for students and staff is the highest priority. MPCCS will:

1. Provide school resource officers responsible for security issues at school.
2. Provide curriculum as a part of a school wide sustainable effort to increase staff and student awareness about violence prevention and bystander behavior.
3. Conduct school safety audits as mandated by the VDOE with results reviewed by school and division level security teams.
4. Employ a maintenance staff to ensure the school buildings and surrounding areas are in good condition with respect to structure, temperature, noise, and lighting.
5. Prioritize student and staff physical, emotional, and social wellness when planning any renovation or new construction with a focus on design elements that directly impact nutrition and physical activity.

Community Involvement

Schools and Facilities

1. Nutrition Services will provide families with opportunities for input and, to the extent possible, provide monitoring of their children's food purchases at the K-8 level.

2. Encourage feedback from parents and community through stakeholder meetings, surveys, and online access to background materials.
3. Provide parents with information regarding the damaging effects of sugar, excessive salt, trans-fats, saturated fats, and the importance of eating healthy and physical activity.
4. Publicize individual school successes and division wide successes resulting from the implementation of the Wellness Policy and Regulations annually to the school community and general public.
5. Provide nutrition information to parents in forms that may include:
 - a. Handouts
 - b. School website
 - c. Information via school newsletters
 - d. Presentations that focus on healthy lifestyles and nutrition