

## What is the Wellness Policy?

In compliance with federal law 108-265, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004, the Fairfax County School Board adopted a wellness policy to promote student health and contribute to the reduction of childhood obesity. The Office of Food and Nutrition Services in conjunction with the Office of Health and Physical Education, and other affected departments, and with input from parents and students, developed guidelines to implement the policy.

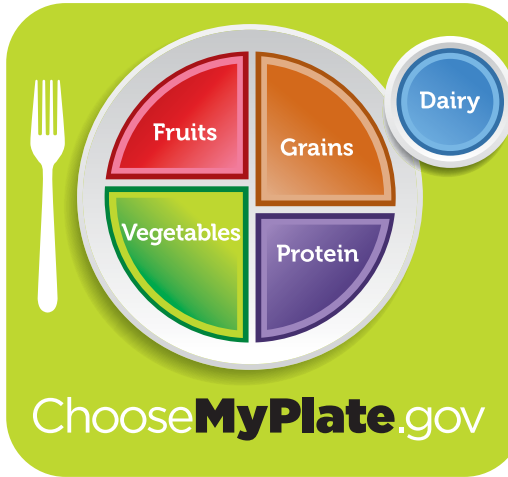


## Wellness Messages

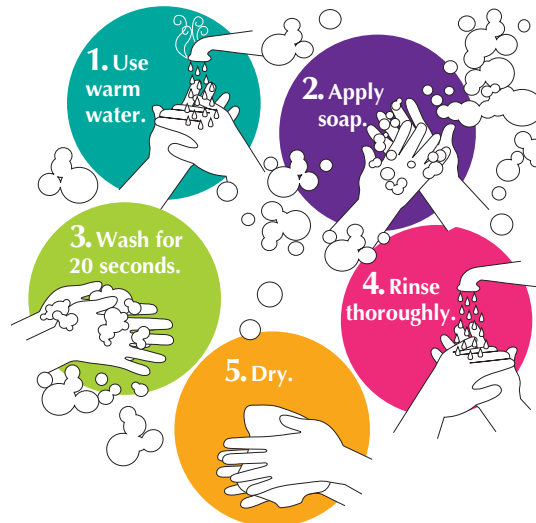
### MyPlate

*Eat Right, Exercise, Have Fun!*

MyPlate is the new food icon based on the 2010 Dietary Guidelines for Americans. It is a guide to making healthy eating choices.



### Wash Your Hands Often!



This institution is an equal opportunity provider.

## WELLNESS POLICY Promotes STUDENT Health



## Nutrition Education

- Students receive nutrition education that provides the knowledge they need to adopt a healthful lifestyle through a balanced diet and regular exercise.
- Nutrient and ingredient information is available for all products served.
- Nutrition information is on monthly menus, principal newsletters, and Energy Zone web site.
- Nutrition education curriculum is provided in K-10 grades.
- Nutrition programs, such as Kids Cooking, are provided in the classroom.
- School sponsored learning gardens and health fairs.

## Food and Beverages Served During the School Day

- Classroom snacks, and celebrations encourage healthful choices, and families receive guidance from schools on appropriate food choices.

- Messages are reinforced by prohibiting the use of food as a reward.
- All foods and beverages available during the school day, including vending and a la carte, reflect the current Dietary Guidelines for Americans and USDA guidelines.
- All foods made available during the school day comply with local food safety and sanitation regulations.
- Healthy catered snacks and celebration foods are available from Food and Nutrition Services.

## Food Environment

- Students are encouraged to eat a healthy breakfast.
- Students are provided adequate time for school meals.
- Students are offered healthy snacks in after-school programs.
- Drinking water is available to students throughout the school day.

- Students are taught the importance of frequent hand washing.
- Fund raisers encourage non-food items.

## Physical Activity and Physical Education

- Students receive regular, age-appropriate physical education.
- Elementary schools provide daily recess.
- Schools provide information to families to help them incorporate physical activity into their children's lives.
- Before and after school programs include supervised, age-appropriate physical activities.

## Suggested Family Physical Activities

- Plan daily family walks.
- Limit TV and computer time to 1 to 2 hours a day.
- Be physically active for 60 minutes a day.
- Encourage play outside with other children.

- Make exercise fun.
- Assign chores that involve activity, such as walking the dog.
- Remember, making a healthy change takes time. Do not expect perfection.
- Help your children find physical activities they enjoy.

## Snack Smart

- Select snacks from a variety of food types.
- Choose snacks low in fat, saturated fat and trans fat.
- Limit sodium and sugar.
- Read labels and rate your snacks using the Energy Zone Nutrition Calculator.
- Limit soft drinks and candy for special events.
- Offer age-appropriate portions.

## Energy Zone Web Site

[www.fcps.edu/fs/food](http://www.fcps.edu/fs/food)



## Wellness Awards

The Wellness Awards recognize schools that focus on wellness in school and its community. It addresses School Board Student Achievement Goals 2.8, students will make healthy and safe life choices, and goal 3.2, students will be respectful and contributing participants in their school, community, country, and world.

The wellness scorecard provides schools opportunity to self-evaluate how they are implementing the guidelines and recommendations of the Wellness Policy.

## Northern Virginia Healthy Kids Coalition

The Coalition was created in response to local concern about the national epidemic of childhood overweight and obesity. It promotes healthy lifestyles for children, youth, and families.

FCPS in Partnership with Northern Virginia Healthy Kids Coalition promotes the 9-5-2-1-0 Zip Code to Your Health message.

## 9-5-2-1-0 ZIP CODE TO YOUR HEALTH!

**GET 9 HOURS OF SLEEP.**

**EAT 5 SERVINGS OF FRUITS AND VEGETABLES EACH DAY.**

**LIMIT SCREEN TIME TO NO MORE THAN 2 HOURS A DAY.**

**GET AT LEAST 1 HOUR OF EXERCISE EACH DAY.**

**0 SUGARY DRINKS!**

