

Staff Contact:

Jane Lipp, Assistant Superintendent, Department of Special Services

Other Staff Present:

Lea Skurpski, Director, Operations and Strategic Planning, Department of Special Services

School Health Advisory Committee Members Present:

Chris Guerre, School Health Advisory Committee Chair

Phyllis Payne, School Health Advisory Committee Member

David Whiting, School Health Advisory Committee Member

Meeting Category: May 31, 2016 - Work Session No. 119

Subject: School Health Advisory Committee (SHAC) 2015-2016 Final Report

School Board Action Required: Discussion

Related To: Policy 1710, Citizen Advisory Committees to the School Board

Key Points:

1. SHAC will present its recommended FCPS Student and Staff Health and Wellness Policy (5008.2). This policy recommendation has been developed collaboratively by the School Health Advisory Committee (SHAC) and FCPS staff members during a three-year process, reviewed by the FCPS staff Leadership Team, and is in compliance with Public Law 111.296 – the Healthy, Hunger-Free Kids Act of 2010. The policy serves to promote student, staff and community health and well-being. The components include physical education; physical activity; health education; health services; healthy and safe school environment; school counseling, school psychology and school social work services; health promotion for staff; family and community involvement; food and nutrition (general); nutrition education; promotion and food marketing; and nutrition guidelines that influence student and staff health and wellness.
2. SHAC will present its recommended FCPS Student and Staff Health and Wellness Regulation (5008.3). This regulation recommendation has been developed collaboratively by the School Health Advisory Committee (SHAC) and FCPS staff advisers to SHAC during a three-year process, but has not yet been reviewed by the FCPS staff Leadership Team. It was written to suggest direction for achieving the goals stated in the recommended FCPS Student and Staff Health and Wellness Policy and to support compliance with the local wellness policy requirements set forth by Federal legislation.

Attachments:

SHAC 2015-2016 Final Report (Recommended FCPS Student and Staff Health and Wellness Policy and Regulation), SHAC 2015-2016 Attendance Report; and SHAC 2015-2016 Public Comment Summary

Special Services

Instructional Services

Financial Services

Human Resources

Student and Staff Health and Wellness

This policy supersedes Policy 5008.1.

I. PURPOSE

In compliance with Public Law 111-296, Healthy, Hunger-Free Kids Act of 2010 (HHFK), the Fairfax County School Board hereby establishes and adopts a Wellness Policy for Fairfax County Public Schools (FCPS) which places the health and wellness of FCPS students and staff members at a level of importance no less than that which is accorded to academic achievement or anything upheld in the Board's beliefs, mission, and vision.

The Policy demonstrates the determination of the School Board to:

- A. Affirm that through direct contact with students for 6-7 hours per school day, FCPS is uniquely positioned to influence student health outcomes.
- B. Lend credence to 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. Encourage positive impacts created through continuous improvement of the interrelationship between the school environment, student health, and learning.
- D. 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).

II. SUMMARY OF CHANGES SINCE LAST PUBLICATION

This policy has been revised in its entirety.

III. PREAMBLE

While a student's health is attributable to many factors, the School Board recognizes that schools may influence the lives of young people more than any other institution except, in most cases, the family. A healthy school environment lends inherent and dynamic potential for affecting and improving the physical, mental, and emotional health and wellness of students, reducing the impact of social disparities, and forever influencing their resiliency, self-perception, and future endeavors.

The Policy sets forth visionary yet measurable and achievable goals that encourage continual progress and the advancement of a long-term, sustainable culture of improved health and wellness throughout FCPS. Some goals may require a gradual progression towards the desired results while others may be ripe for action or immediately reflective of the work being put forth by FCPS staff members each and every day.

Opportunities to achieve the goals of this Policy shall take place in classrooms and throughout the co-curricular and extracurricular roles taken on by our schools. Learning does not start and stop definitively in the classroom and neither do prospects for empowering FCPS students and nurturing real, substantial, and lasting improvements in their health and wellness.

Realizing the comprehensive, holistic intent of the Policy shall require leadership, commitment, persistence, creativity, and collaboration.

This Policy applies to all FCPS staff members and students and is fulfilled through Regulation 5008, and any additional Regulations referenced in 5008.

A. Physical Education

1. Physical education, taught by highly-qualified licensed and endorsed health and physical educators, is a planned, sequential K-12 curriculum and will provide physical content and learning experiences to all students, and help them gain necessary skills and knowledge which can lead to developing lifelong participation in physical activity.
2. The curriculum will increase the physical literacy of students and should provide them with the knowledge, skills, and confidence to pursue health-enhancing goals of personal fitness as they learn the relationship between physical activity, chronic-disease prevention, and positive health outcomes.

B. Physical Activity

1. To improve learning and academic outcomes, movement such as classroom activity breaks, will be integrated across all disciplines and grade levels.
2. Daily recess is required at the elementary level and should provide for student-selected structured and unstructured play through a variety of activities.
3. Physical activity opportunities will be readily available to, and encouraged for, staff members.
4. Schools will develop partnerships with community groups to provide multiple physical activity opportunities for students, staff members, parents, and community members.
5. The school division will support and encourage safe routes to school programs that promote walking and biking to school and the use of public transportation for students, staff members, and community.

C. Health Education

1. Student general health education will include stress management and coping skills, depression, suicide prevention and awareness, other mental health issues, and the relationship of sleep hygiene to mental health.
2. The school division will encourage the development and maintenance of relationships with qualified school and community health experts to assist with health education curriculum requirements.
3. Additional resources will be provided for health education in schools that have high-risk populations.
4. The school division will continue relationships with community partners in support of this Wellness Policy's implementation. Existing and new community partnerships and sponsorships will be monitored to ensure that they are consistent with the wellness policy and its goals.

D. Health Services

1. Access or referral to primary health care and behavioral health care will be made available to all students.
2. Assistance will be provided, as appropriate, for chronic illnesses, injury, and behavioral health issues to ensure the health and well-being of students during the school day.
3. Protocols will be established to guide staff members when a student discloses or exhibits concerning behaviors, such as harm to self or others.
4. In collaboration with the Fairfax County Health Department (FCHD), FCPS will maintain awareness of current best practices and trends for addressing student health and wellness needs and the potential benefits of various school health service delivery models, such as school-based health centers.
5. The division will encourage dialogue and partnerships with organizations that promote health and wellness of students and school partnerships with health care providers and agencies will be encouraged.
6. Regular access to Public Health Nurses (PHNs) will be provided to students to address health, safety, and psychological issues specific to school settings.
7. In collaboration with the FCHD, periodic reviews of Public Health Nurse (PHN) staffing ratios will be conducted in accordance with public law and on nationally recognized standards.

E. Healthy and Safe School Environment

1. School security rules, safety plans, and procedures will be communicated to students at least once per year.

2. 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.
 3. Mentorship programs will be encouraged as a way to help students develop strong, safe, and trusted relationships with a respected adult.
 4. Improvements and solutions will be devised in partnership with stakeholders and agencies to make it safer and easier for students to walk and bike to school. FCPS will support creating safe, non-motorized transportation routes and equity in transportation options for students and families.
 5. Safe, supportive, and culturally responsive school environments that foster teacher-student and student-student relationships, learning and student achievement will be created and maintained.
- F. School Counseling, School Psychology Services, and School Social Work Services
1. The division will create, maintain, and improve upon programs, systems, policies, and regulations that foster the social-emotional health and wellness of its students and staff.
 2. The school division will utilize early identification and intervention for students with, or at risk for, mental health issues and will strengthen youth skills sets through fostering resiliency and healthy coping.
 3. School officials will provide information and resources to families to support access to mental health care and substance use professionals outside of the school system.
 4. The use of student surveys and other data sources will be used to inform suicide prevention efforts.
 5. School-related factors contributing to unhealthy student stress, anxiety, and depression related to peer pressures, academic pressures, and expectations will be analyzed and used to inform policy designed to mitigate those factors.
 6. Students, families, and community members will be encouraged to:
 - a. create proactive and responsive collaborative discussion forums, awareness campaigns, focus groups, and communication vehicles related to student social-emotional health, depression, suicide prevention and awareness, mental health, and student wellness;
 - b. engage in related school and/or division-led initiatives; and
 - c. participate in the development and review of division-wide and school-specific policies, regulations, and procedures addressing these topics.

7. Periodic reviews of staffing ratios for school-based counselors, social workers, psychologists, and mental health support staff will be conducted in accordance with applicable law and on nationally recognized standards.
 8. The school division will recognize the importance of, and advocate for support from Fairfax County, the Commonwealth of Virginia, and the federal government to assist in continually improving upon the mental health and wellness-based services and programs provided to the students and school communities it serves.
 9. FCPS will periodically review developing and ongoing national data regarding the impact of student cell phone and mobile device use, specific to student safety and mental wellness. These data will be used to inform policies and digital citizenship curriculum.
 10. Health and counseling curriculum will include instruction to help students develop positive interpersonal relationships.
 11. FCPS will support and value social and emotional well-being by providing an environment that encourages students and staff members to maintain a healthy balance between work, academics, family life, and recreation. Students and staff members will be given opportunities to learn strategies to identify and manage stressors.
- G. Health Promotion for Staff Members
1. The division will provide resources which maintain a work environment that promotes healthy living; 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.
 2. Community partnerships that enhance health and wellness for staff members will be sought in accordance with FCPS - Business Partnership related guidelines.
 3. Students, families, and staff members will be accepted, respected, valued for their individuality, and encouraged to build positive interpersonal relationships, as detailed in FCPS Policy 4910.
- H. Family and Community Involvement
1. 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.
 2. FCPS will identify common barriers to family involvement in student and/or school-related health and wellness initiatives and will work to mitigate these barriers.

3. FCPS will promote the use of schools as an integral part of community engagement, focusing on the promotion of protective factors and/or assets to support physical, social, emotional health and wellness.
 4. FCPS will use a multidisciplinary team approach to problem-solving, drawing on the strengths and resources within the family, school, health system, and other community organizations, to address students' physical, social-emotional, and health needs.
 5. The school division will collaborate with families, county agencies, and community stakeholders to improve wellness in the community.
- I. Food and Nutrition General
1. The school division will participate in federal child nutrition programs.
 2. Students who participate in the school meal programs will have equal access, in all schools and centers, to the same high quality food and nutrition.
 3. All Food and Nutrition Services (FNS) staff members will meet or exceed annual continuing education and/or training requirements in the USDA professional standards for child nutrition professionals.
 4. Schools will encourage students to eat a healthful breakfast and consider alternative breakfast models, such as "Grab-and-Go", Second Chance Breakfast, and Breakfast in the Classroom in order to increase student participation.
 5. All FCPS staff members are encouraged to model an appreciation for nutritious foods and beverages.
 6. Overt identification of students who are eligible for free and reduced-priced school meals will be prohibited.
 7. FNS will strive to maintain a financially, self-supporting operation with nutritional integrity as a main objective.
- J. Nutrition Education, Promotion, and Food Marketing
1. School-based food and beverage marketing will be consistent with nutrition education objectives.
 2. Schools are responsible for presenting students with the best possible learning opportunities, not only in the classroom, but also throughout the school environment, including the cafeteria.
- K. Nutrition Guidelines
1. FNS will continually strive to reduce its measure of highly processed foods offered to students before, during and after the school day; while increasing the availability of whole, minimally processed, nutrient-rich foods in forms as close to

their natural state as recommended by the Dietary Guidelines for Americans, Action for Healthy Kids Nutrition Standards, and Institute of Medicine.

2. FNS will continually strive to reduce its measure of foods offered to students containing harmful or potentially harmful food additives, preservatives, coloring, and/or processes.
3. FNS will prepare and cook foods following methods that best safeguard nutritional integrity.
4. Vegetarian meal components will be offered daily, and to the extent possible, whole food, plant-based meal options.
5. Individual schools are authorized to institute appropriate precautions where practicable, against severe food allergies, consistent with the guidelines outlined within the FCPS Management of Life Threatening Allergies Program, in an effort to protect the health and well-being of all students.

IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT

- A. The Fairfax County School Board will engage members of the school community and the general public to develop, assess, review and/or revise the FCPS Wellness Policy and Regulations. The School Health Advisory Committee will assess and review the Wellness Policy and Regulations to make recommendations to the School Board and serve as a vehicle for engaging the public.
- B. Every three years, the School Board will review a division-wide assessment of Wellness Policy compliance and progress; to include assessment of the Wellness Policy itself in relation to model policies and others from around the nation.
- C. The school division will establish a Wellness Policy Leadership Team of one or more school official(s) who have the authority and responsibility to report on each school's compliance.
- D. Annual progress reports will be provided to the public and will include a description of each 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 on how individuals and the public can get involved.
- E. Individual schools are encouraged to develop and establish wellness committees to plan, implement, and evaluate activities that support the Wellness Policy.
- F. Wellness Policy information, updates, annual progress reports, and the triennial assessment will be made available to the public on a regular and consistent basis.
- G. At a minimum, the Wellness Policy and corresponding Regulations will include specific goals for nutrition promotion, nutrition education, physical activity, physical education, health education, and other school-based activities that promote and affect student and staff health and wellness.

H. Evidence-based strategies will be reviewed and considered in determining the goals, purpose, and desired outcomes of the Wellness Policy and Regulations.

Legal Reference: Public Law 108-265, Child Nutrition and WIC Reauthorization Act

See also the current version of: Regulation 5008, Student and Staff Health and Wellness

Policy
Adopted:

FAIRFAX COUNTY PUBLIC SCHOOLS

FINANCE

Food Services

Student and Staff Health and Wellness

This regulation supersedes Regulation 5008.2.

I. PURPOSE

In compliance with Public Law 111-296, Healthy, Hunger-Free Kids Act of 2010 (HHFK), the Fairfax County School Board establishes a Wellness Policy for Fairfax County Public Schools (FCPS) that promotes student, staff members, and community health and well-being. The components of the local wellness regulation include physical education; physical activity; health education; health services; healthy and safe school environment; counseling, psychological, and social services; health promotion for staff members; family and community involvement; food and nutrition (general); nutrition education, promotion and food marketing; and nutrition guidelines that influence student and staff health and wellness.

II. SUMMARY OF CHANGES SINCE LAST PUBLICATION

This regulation has been revised in its entirety.

III. PROCEDURES

A. Physical Education

1. Instruction will comply with the Virginia Department of Education Standards of Learning for Physical Education and align with the national standards for K-12 physical education. The physical education program will meet or exceed minimum time requirements (FCPS Regulation 3218, 8VAC20-131-90, 8VAC20-131-100) and provide students with a variety of movement and activity choices, to the extent possible, at all skill levels to address individual needs and interests.

2. Physical education teachers will be afforded professional development opportunities relevant to their professional growth and knowledge.
3. Physical education teachers will strive to engage students in moderate to vigorous activity at least 50 percent of time during physical education classes. Schools will consider facilities and need for activity space when determining class size.

Legal Reference: Virginia Department of Education Regulations: 8VAC20-131-90
Instructional Program in Middle Schools, 8VAC20-131-100
Instructional Program in Secondary Schools

See also the current version of: R3218.3 Elementary School Art, Music, and Physical Education

B. Physical Activity

1. Physical activity and physical education time will meet the minimum legislated requirement (§ 22.1-253.13:1) and as detailed in FCPS Regulation 3218.
2. All students will be provided opportunities to meet the Centers for Disease Control and Prevention guidelines of 60 minutes a day of moderate to vigorous physical activity.
 - a) Opportunities may include, but not be limited to, physical education classes and courses; recess at the elementary school level; extracurricular programs and activity breaks in classrooms.
 - b) Schools are encouraged to incorporate physical activity in all subject areas, providing periodic breaks during which students are encouraged to be moderately to vigorously active. Physical activity conducted outside of physical education class time will not supplant physical education.
 - c) All middle and high schools will support extracurricular programs that provide physical activity opportunities such as clubs or intramurals.
 - d) Schools will inform students of opportunities to participate in community-based physical activities.

- e) All high schools will offer students the opportunity to participate in interscholastic sports programs as detailed in FCPS Regulation 3860.
- f) Supervised recess will be provided to all elementary school students daily, for a minimum of 15 minutes, with a recommendation for 20 minutes, during which physical activity is encouraged. Recess will complement, not substitute for, physical education class. Recess will be scheduled before lunch whenever possible. In larger schools where recess before lunch cannot be provided to all students on the same day, administrators are encouraged to rotate recess times equally, before and after lunch, throughout the year. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff members will follow the indoor recess guidelines that promote physical activity for students.
- g) Except in extraordinary circumstances, withholding recess or physical education and/or activity time from a student shall not be used as a disciplinary action.
- h) Exterior school spaces will be made available to students during non-school hours as appropriate and aligned with FCPS Regulation 8420. Students and families will be informed on how to utilize the facilities.
- i) Students will be encouraged to walk, bike, or use other active transport to and from school, as appropriate for safety concerns.

Legal Reference: § 22.1-253.13:1 Standard 1. Instructional Programs Supporting the Standards of Learning and Other Educational Objectives

See also the current version of: R3218 Elementary School Art, Music, and Physical Education
R3860 Extracurricular Activities—Virginia High School League (VHSL) Interscholastic Activities
R8420 Community Use of School Facilities

C. Health Education

1. Health education, taught by highly-qualified licensed and endorsed educators, is a planned, sequential K-10 curriculum that meets the Virginia Department of Education Standards of Learning for Health Education and aligns with the National Health Education Standards. Instruction will provide content and learning experiences to all students; helping them gain necessary skills and knowledge that can lead to developing lifelong healthy decision making and healthy outcomes.
2. Public and private grants may be sought to support and enhance health education.
3. Evidence-based benefits of healthy sleep will be incorporated into health education.

D. Health Services

1. The division will maintain a memorandum of agreement (MOA) with the Fairfax County Health Department (FCHD) in its provision of school health services to provide coordinated, accessible, high-quality health services for students.
2. School personnel will maintain appropriate levels of training in emergency first aid, cardio-pulmonary resuscitation (CPR), automated external defibrillator (AED), and medication administration, per §22.1-298.1 and FCPS Regulation 2101.

See also the current version of: R2102 First Aid, Emergency Treatment, and Administration of Medication for Students
R2101 Physical Examinations, Immunizations of Students, and Tuberculosis Screening Requirements
R2104 Health Services—School Health-Related Needs
P2170 Automated External Defibrillator Program
P3860 Extracurricular Activities—Athletics, Clubs, and Activities
R2103 Scoliosis Screening
School Health Services Program, Memorandum of Agreement between Fairfax County Public Schools and Fairfax County Health Department
<http://fcpsnet.fcps.edu/ssse/healthinfo/MOA.pdf>

E. Healthy and Safe School Environment

1. Annually, school-specific parent and/or student handbooks, division's parent, student, staff handbook and the Student Rights and Responsibilities Guide will be made available to parents electronically and via hardcopy, as requested.
2. School buildings and grounds, structures, vehicles, and equipment will be maintained in optimum condition and in accordance to FCPS Policy 8560 and all other applicable existing FCPS policies and regulations. All new buildings and renovations will be designed in accordance with FCPS Policy 8230 and meet all current building and/or life safety codes and standards.
3. The school division will maintain the most comprehensive tobacco-free policy allowed by law.
4. As articulated in FCPS Policy 8610 and Regulation 8610, FCPS recognizes the health benefits and encourages parents to consider having their children walk and/or ride a bicycle to and from school. This parental decision is not subject to review by the principal.
5. The division 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.

See also the current version of:

- R2601.29P Student Rights and Responsibilities Booklet
- P8560 Maintenance of Physical Facilities
- P8230 School Design
- R8615.5P School Safety Manual
- P8615 General Safety
- P4419 Smoke-Free Environment
- R4423 Additional Responsibilities and Behaviors
- R2152 Tobacco and Smoking Device Violations by Students
- P8610 School Bus Transportation and Walking Routes
- R8610 Duties and Responsibilities

F. Counseling, Psychological, and Social Services

1. Harassment, intimidation, or bullying of a student shall be prohibited.

2. Social-emotional and mental health services provided by schools will be evidenced-informed and the effectiveness of these services will be evaluated on an on-going basis.
3. FCPS will partner with the Fairfax-Falls Church Community Services Board and the Virginia Department of Behavioral Health and Developmental Disabilities, to provide youth suicide prevention training, as well as training that includes recognition and response to mental health needs. Trainings will be mandatory for all FCPS staff members, and will be made available for the broader school community including coaches, sponsors, parents, and community members.
4. A standardized protocol will be utilized when conducting suicide risk assessments and screenings.
5. The Fairfax County Youth Survey will include questions to monitor student stress, anxiety, and depression in order to inform efforts to reduce these factors.
6. Course scheduling and academic advisement will provide flexibility and emphasis on adequate sleep to positively affect student mental health wellness.

See also the current version of:

- R2412 Full-Day Schedule Requirement for Students
- P2501 Rules and Procedures for School Counseling Services
- R2502 Employment Counseling and Placement Services
- R2504 Counseling Pregnant Students
- P2301 Psychological Services for Students
- R2601 Student Rights and Responsibilities Booklet
- R2610 Rules of Conduct and Disciplinary Procedures
- R2135 Assistance to Students
- P2350 Social Work Services for Eligible Students
- R3205 Homework-Guidelines
- P3205 Homework

G. Health Promotion for Staff

1. The school division will maintain a wellness team as part of the Office of Benefits Services.
2. Each school and department will identify a staff wellness liaison to support the wellness policy.

3. Recreational school spaces will be made available, when feasible, to staff members during non-school hours.

See also the current version of: R4920 Workforce Diversity
P4960 Structure and Use of the Employee Assistance Program (EAP)
P4910 Commitment to Human Relations

H. Family and Community Involvement

1. The School Health Advisory Committee will serve as a vehicle to engage the public and membership will be defined in accordance with the Fairfax County School Board Strategic Governance Manual.
2. Individual school and division business and community partnerships that promote student and staff health and wellness shall be sought.
3. Individual school wellness committees will implement activities to promote school and community health.
4. Schools will implement strategies to increase family involvement in student and/or school-related health and wellness initiatives.
5. Parent liaison programs will help bridge parent-school health and wellness relationships and communication.
6. Schools will conduct activities to promote the development of protective factors and/or assets to support student physical, social, emotional health and wellness.

See also the current version of: P1501 Public Access to Information
P1701 Citizen Advisory Committees to the Superintendent
P1703 Student Advisory Council to the Superintendent
P1720 Parent-Teacher Associations
R4423 Additional Responsibilities and Behaviors
P4910 Commitment to Human Relations
P8420 Community Use of School Facilities

I. Food and Nutrition General

1. The division will participate in federal child nutrition programs including, but not limited to, the National School Lunch Program,

School Breakfast Program, Child and Adult Care Food Program, Summer Food Service Program, Fresh Fruit and Vegetable Program and Community Eligibility Provision.

2. Food and Nutrition Services (FNS) will ensure that all schools, centers, programs and FNS staff members comply with the Fairfax County Health Department food safety requirements
3. Students will have at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch.
4. Student tutoring, meetings, or club activities will not be scheduled during mealtimes unless students may eat during such activities.
5. Lunch periods will be scheduled to follow recess in elementary schools whenever possible.
6. All revenue from the sale of foods and beverages purchased by FNS will accrue to the Office of Food and Nutrition Services.
7. FNS may purchase foods for school fundraisers, or other entities officially sanctioned by the school, through existing food service contracts, as long as the purchase cost is paid in full by the other entity, including any associated labor costs.
8. The sale of all food and beverages on school grounds during the school day will be under the management of FNS.
9. Rewarding student achievement or behavior with food or candy is strongly discouraged.
10. Withholding access to food will not be used to discipline students.
11. Student input will be actively solicited in selecting foods and meals served by FNS.
12. Schools must ensure functioning water fountains are available and accessible to all students without restriction during meal service.
13. Students will be allowed to possess personal containers for drinking water.
14. Schools are encouraged to use non-food items for classroom celebrations.

J. Nutrition Education, Promotion, and Food Marketing

1. Only foods and beverages that meet the “Smart Snacks in School” nutrition standards will be marketed and advertised on school grounds during the school day.
2. School meal menus will promote fresh fruits, fresh vegetables, and whole grains; in addition to the type and number of food choices available to students within a reimbursable meal.
3. Healthy food lessons, appropriate culinary activities, and opportunities to learn through school gardens, field trips, and farm-to-school programs will be integrated into the academic curriculum and after-school programs at all grade levels whenever possible.
4. Food and nutrition education opportunities and information will be offered throughout the school campus, including but not limited to, school cafeterias and classrooms; exposing students to healthy and culturally diverse foods, peer and/or role modeling in regards to healthy eating, or other creative programs designed to increase student awareness and appreciation of healthy foods and eating habits.
5. Staff members providing food and nutrition education will receive appropriate training whenever possible.
6. The nutritional content and ingredients of all foods and beverages offered by FNS to students during the school day will be shared with students and parents.
7. The importance of a daily breakfast will be communicated to students and parents.

K. Nutrition Guidelines

1. All foods and beverages sold as part official reimbursable school meal programs will meet or exceed the minimum nutrition requirements set forth for these programs by federal regulations.
2. All foods and beverages offered for sale to students during the school day, that are not part of the official reimbursable school meal programs, will meet or exceed USDA Smart Snacks in School nutrition standards.
3. Sodas and sports drinks will not be offered for sale to students at any time during the school day.

4. Accommodating children with special dietary needs will comply with guidance published by the USDA.
5. FNS will give purchasing preferences to foods grown, produced, packaged or preserved with the least amount of synthetic chemical inputs; and foods grown in the Commonwealth of Virginia whenever possible.

Legal Reference: §210.18 Administrative reviews
§210.23 Other responsibilities
§210.13 Facilities management
§210.30 School nutrition program professional standards
§220 School Breakfast Programs
§220.8 Meal requirements for breakfasts
§210.10 Meal requirements for lunches and requirements for
afterschool snacks Appendix B to Part § 210—Categories of
Foods of Minimal Nutritional Value
§210.27 Educational prohibitions
§210.12 Student, parent, and community involvement
§225.16 Meal service requirements (Summer Food Service
Program)
§210.11 Competitive food service and standards
§210.9 Agreement with State Agency
§210.21 Procurement

See also the current version of: Notice 5001 School Food Service Program Prices,
School Year 2015-16
Notice 5002 Annual Agreement to Participate in the
School Nutrition
Policy 5008 Student Health and Wellness
Policy 5003 Food Sales and Services
Regulation 5004 Food Sales in Schools
Regulation 5002 Free and Reduced-Price Meals

Legal Reference: Federal Law 111-296 Healthy Hunger Free Kids Act

See also the current version of: Regulation 2145, Use of Positive Reinforcement with
Students
Regulation 5007, Food and Nutrition Services
Manual-Policies and Procedures
Policy 5008, Student and Staff Health and Wellness

SHAC 2015-2016 Attendance

MEETING DATE			16 Sept	21 Oct	18 Nov	16 Dec	20 Jan	17 Feb	22 Feb
MEETING DESCRIPTION			full	full	full	work	full	full	work
<u>COMMITTEE MEMBERS</u>	<u>Representing</u>	<u>Date Appointed</u>							
Chris Guerre	At Large	23-Jul-15	Y	Y	Y	Y	Y	Y	Y
Manisha Maniyar	At Large	23-Jul-15	Y	N	N	N	N	Y	N
David Whiting	At Large	24-Sep-15	N/A	N	Y	Y	Y	Y	Y
Anne-Marie O'Brien	Braddock	10-Sep-15	Y	Y	Y	N	Y	Y	N
Rachel Simon	Dranesville	24-Sep-15	Y	Y	N	Y	N	Y	N
Barbara Mackie Franklin	Hunter Mill	5-Nov-15	N/A	Y	N	N	N	N	N
Roberta H. Ryan	Lee	9-Jul-15	Y	Y	Y	N	N	Y	N
Laurie Lindberg	Mason	25-Jun-15	Y	Y	N	Y	Y	Y	N
Whitney DiBella	Mt. Vernon	23-Jul-15	Y	Y	Y	N	N	Y	Y
Phyllis Payne	Providence	25-Jun-15	Y	Y	Y	Y	Y	Y	Y
Manar Jean Jacques	Springfield	31-Mar-16	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Seema Dixit	Sully	10-Sep-15	N	N	N	N	N	N	N
Jenna Kaufman	FCPS Students	10-Sep-15	Y	Y	Y	Y	N	N	N
Sarah Young	Fairfax City School Board	25-Jun-15	Y	Y	N	Y	N	Y	Y
Carolina Sosa	FCCPTA	9-Jul-15	Y	Y	Y	N	N	N	N
Joanna Hemmat	FCHD	9-Jul-15	Y	Y	Y	Y	Y	Y	Y
William Rees	Medical Society of Northern Virginia	3-Dec-15	N/A	Y	N/A	N	N	N	N
Lorraine Trouton	FCPS, DSS	9-Jul-15	Y	Y	Y	Y	Y	Y	N
Holly McGuigan	ES Principals Association	9-Jul-15	N	Y	N	Y	N	Y	N
Carlyn Floyd	HS / MS Principals Association	3-Dec-15	Y	Y	Y	N	Y	Y	N
<u>ADDITIONAL ATTENDEES</u>									
<u>Community Representatives</u>	<u>Representing</u>								
Sandra Mwila-Martial	INOVA		Y	Y	Y	N	N	Y	Y
Jill Christiansen	INOVA								
<u>School Board Members</u>									
Dalia Palchik	School Board Member		N/A	N/A	N/A	N/A	Y	N	N

SHAC 2015-2016 Attendance

FCPS Representatives	Representing								
Francisco Duran	Chief Academic Officer		N	N	N	N	Y	N	N
Lea Skurpski	FCPS, DSS		Y	Y	Y	N	Y	Y	Y
Jane Lipp	FCPS, DSS		Y	Y	N	Y	Y	Y	Y
Jennifer Spears	FCPS, DSS		Y	N	Y	N	Y	Y	Y
Mary Ann Panarelli	FCPS, DSS		N	N	N	N	Y	N	N
Richard Michelback	FCPS, FTS		Y	Y	N	Y	N	Y	N
Liz Payne	FCPS, ISD		Y	Y	Y	Y	N	Y	Y
Mike Hart	FCPS, ISD		N	N	N	N	N	N	N
Jennifer Glaser	FCPS, ISD		N	N	N	N	Y	Y	Y
Stephanie Gray	FCPS, ISD		N	N	N	N	Y	N	N
Camille Bartus	FCPS, HR		Y	Y	Y	N	N	Y	Y
Rodney Taylor	FCPS, FNS		Y	N	Y	N	N	N	N
Wait Leppin	FCPS, FNS		N	N	N	N	N	N	N
Samantha Ronk	FCPS, FNS		Y	N/A	N/A	N/A	N/A	N/A	N/A
Gary Morris	Mountain View High School		Y	N	N	N	N	N	N
Maria Perrone	FCPS, FNS		N	N	N	N	N	N	N
Katie Pluntke	AP, Belle View ES								
Members of the Public									
Heather Stone Davies						Y	Y		
Glenn Heller	Parent						Y		
John Koch								Y	
Nadja Agnew									Y
Michele Miller							Y		

SHAC 2015-2016 Attendance

9 Mar work	16 Mar full	13 Apr work	20 Apr full	3 May work	18 May full
Y	Y	Y	Y	Y	Y
Y	Y	Y	Y	N	Y
Y	Y	Y	Y	Y	Y
N	Y	Y	Y	N	Y
N	N	Y	N	N	Y
N	Y	N	N	N	N
N	N	N	Y	N	N
N	Y	N	N	N	N
Y	Y	Y	Y	N	Y
Y	N	Y	Y	N	Y
N/A	N/A	N	N	N	N
N	N	N	N	N	N
N	Y	Y	N	N	Y
Y	Y	Y	Y	N	N
N	N	N	N	N	N
N	Y	Y	Y	N	N
N	N	N	Y	N	N
N	Y	N	Y	N	Y
N	Y	Y	Y	N	Y
Y	N	Y	Y	N	N
N	Y	Y	N	N	N
N	N	N	N	N	Y

SHAC 2015-2016 Attendance

N	N	N	N	N	Y
Y	N	Y	Y	Y	Y
Y	Y	N	N	N	Y
N	N	N	Y	N	Y
N	N	N	N	N	N
N	Y	N	Y	N	Y
Y	N	N	N	Y	Y
N	Y	N	Y	N	N
N	N	N	N	N	N
N	N	N	N	N	N
N	Y	Y	N	N	Y
Y	N	N	Y	N	N
N	Y	N	N	N	N
N/A	N/A	N/A	N/A	N/A	N/A
N	N	N	N	N	N
Y	N	N	N	N	N
			Y		
Y					Y

SHAC 2015-2016 Public Comment

Public Commenter	Date	Topic
Michele Miller	1/20/2016	Drug use prevention/Anti-drunk driving program
Heather Davies	1/20/2016	Drug use prevention/Anti-drunk driving program
Glen Heller	1/20/2016	Artificial turf fields
John Koch	2/17/2016	Boosterthon Fun Run