



Book	Salem City Public Schools School Board Policy Manual
Section	J: Students
Title	STUDENT WELLNESS
Code	JHCF
Status	Active
Legal	42 U.S.C. § 1758b. 7 C.F.R. 210.31. Code of Virginia, 1950, as amended, § 22.1-207.4 8 VAC 20-740-10 through 8 VAC 20-740-40
Adopted	June 6, 2006
Last Revised	May 12, 2026
Last Reviewed	May 12, 2026
Prior Revised Dates	1/11/2022, 8/13/2024

Goals

Based on review and consideration of evidence-based strategies and techniques, the Salem City School Board has established the following goals to promote student wellness.

Nutrition Promotion and Education

Salem City Schools provide nutrition education to every student by integrating nutrition concepts and skills into mathematics, language arts, social science and elective courses.

Salem City Schools promotes positive nutrition habits in the cafeteria, classroom and throughout the school environment. Schools may participate in nutrition programming through activities such as:

- Local foods and produce service in cafeterias
- School garden programming
- Career exploration and mentoring opportunities
- Cafeteria action stations that demonstrate cooking and provide access to new foods
- Celebrations of culture through food
- Newsletters, signage and social media posts to promote healthy habits

Goals:

- provide nutrition education that teachers skills students need to adopt in order to maintain healthy eating behaviors;
- integrate nutrition into the health education or core curricula;

- promote fruits, vegetables whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

Physical Activity

Salem City Schools will provide every student with physical education that teaches the skills needed to maintain a healthy level of personal fitness and develop the knowledge needed to be physically active for life. A program of physical activity is provided to all students in grades kindergarten through five and physical education program courses are available to all students in grades 6-12. Physical education programming may include any combination of courses, extracurricular athletics, recess or others programs and activities.

Goals:

- Encourage students to received the nationally recommended amount of daily physical activity.
- Encourage students to fully embrace regular physical activity as a personal behavior.
- Strive to integrate physical activity into the other curricula areas where appropriate.
- Provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parent's efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.
- Support at least 20 minutes of supervised recess, preferably outdoors, for all elementary school students during which students are encouraged to participate in moderate to vigorous physical activity, verbally, and through the provision of space and equipment.
- Discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should be encouraged to give students periodic breaks during which they are encouraged to stand and be moderately active.
- Encourage staff to use physical activity as a reward when feasible and prohibit the assignment and withholding of physical activity as a consequence of poor behavior or punishment for any reason.

Other School Based Activities

The Salem City School Division will provide mental health education and create a culture where 80% of middle and high school students can identify school resources available to them to support their mental health, indicate that they would use the resources if they are struggling with a mental health issue, and that they would encourage a friend to use the available resources if he/she is struggling with a mental health issue.

Nutrition Standards and Guidelines

The School Board incorporates and adopts the nutrition standards in 8 VAC 20-740-10 through 8 VAC 20-740-40.

Superintendent's Guidelines:

- All Salem City Schools participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and Summer Food Service Program and/or any additional federal meal program(s) the division or school participates in. All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at 7CFR210.10 and 7CFR220.8.
- Any foods and beverages sold to students at school during the school day other than those foods provided as part of the school meal programs shall meet the standards established in <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf> The school day is defined by USDA as the period from midnight the night before to 30 minutes after the end of the instructional day. This includes foods and beverages sold in vending machines and a la carte.
- The division encourages foods offered on the school campus meet or exceed the USDA-FNS Smart Snacks rule including those provided at celebrations or classroom snacks brought by staff or family members. Foods and beverages will not be used as a reward or withheld as punishment.

The superintendent is responsible for creating

- a. regulations to develop and implement standards for all foods and beverages provided, but not sold, to students on the school campus during the school day; and
- b. standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that promote student health and reduce childhood obesity and are

consistent with the applicable standards and requirements in 7 C.F.R. §§ 210.10, 210.11, and 220.8.

Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, which serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.

Implementation

The Salem City School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy. The public will be notified via social media posts, the division website or other mode of public notification for opportunities to participate.

The Director of Administrative Services, is responsible for implementing and enforcing this policy. The implementation of the policy is measured by feedback received from stakeholders.

The public is informed about the content and implementation of the policy by information on our website.

Implementation procedures include measuring and making available to the public, at least once every three years, an assessment of the implementation of the policy, including the extent to which schools comply with the policy, the extent to which this policy compares to model school wellness policies and a description of the progress made in attaining the goals of the policy. The results of the triennial assessment are considered in updating the policy.

The process for monitoring compliance with this policy is through annual reporting provided to the School Board, the Superintendent, the Director of Food and Nutrition Services, and the Director of Athletics. Additionally, the division will inform families and the public of any content implementation and/or updates through the school website or Board of Education meetings.

The School Board retains the following records to document compliance with 7 C.F.R. § 210.31:

- this policy;
- documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and
- documentation of the triennial assessment of the policy.

Adopted: June 6, 2006

First Revision: August 12, 2008

Second Revision: April 9, 2013

Third Revision: July 11, 2017

Fourth Revision: July 10, 2018

Fifth Revision: July 9, 2019

Sixth Revision: August 10, 2021

Seventh Reading: January 11, 2022

Eighth Revision: August 13, 2024

Ninth Revision: May 12, 2026

Cross Refs.:

EF, Food Service Management

EFD, Food Sanitation Program

EFB, Food Services

IGAE/IGAF, Health Education/Physical Education

JL, Fund Raising and Solicitation

KQ, Commercial, Promotional, and Corporate Sponsorships and Partnerships

SALEM CITY PUBLIC SCHOOLS