

# School Nutrition Program and Student Wellness Policy

Culpeper County Public Schools recognizes that children need access to healthful foods in order to grow, learn, and thrive. Culpeper County Public Schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition policies.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program.

## ***Free and Reduced Meal Benefits***

Students from families that qualify based on the USDA eligibility guidelines and application process will receive either free or reduced priced meals. Reduced priced meals at all grade levels are as follows: breakfast, \$0.30 and lunch, \$0.40. Family application forms and instructions are available online on the CCPS website and also sent home with the student at the beginning of the school year. Families need to fill out just one application for the entire household. Families who received free or reduced priced meals in the prior school year **MUST** complete a new application each year. Completed forms should be returned to the student's school as soon as possible to avoid incurring meal charges. Applications will be forwarded to the Food Services Office .

Applications will be processed within 10 days of receipt in the Food Services Office, after which a letter will be sent home with eligibility results. Applications cannot be processed unless they are completely filled out with the gross income of all household members (related or unrelated), all family members (adults and children), and the signature and social security number of the parent or guardian requesting benefit. Incomplete applications will be returned and will delay processing. Income information is not necessary if a valid food stamp number or Virginia TANF number is provided **OR** the student is a foster child. Random verification of applications will be done annually.

Families can apply for free and reduced priced meal benefit at any time during the school year. Families may apply for temporary assistance if the need arises at any time during the school year. Any questions regarding applications or determination of benefits should be directed to the Director of Food Services at (540) 825-8212. Monday—Friday, 7:00 a.m. to 3:30 p.m. **Free and Reduced letters of eligibility should be retained as proof for applying for waiver of school fees and dental benefits.**

## **Meal Costs**

**Breakfast → K—12 \$1.60      Lunch → K—5 \$2.40      6—12 \$2.70**  
**Adult Breakfast → \$1.95    Adult Lunch → \$3.35**

## ***Meal Charges***

If a student does not have cash or money on their cafeteria account and desires to purchase a meal, the student may charge the meal. The charge can only be made for a “meal” as defined by school nutrition regulations. Students cannot charge for ala carte items, snacks, ice cream, or beverages. The monetary charge limit for elementary students is \$4.80 (equivalent to two lunches) and \$2.70 (equivalent to one lunch) for secondary students.

When a student makes a charge, the cafeteria manager will notify the parents via letter or email. *Parents are responsible for the meal charges made by their children.* If meal charges reach beyond the limit, the student will be offered an alternative entrée with the meal at no cost to the student. No student can be disciplined or asked to perform labor for failure to pay their meal charges. To avoid meal charging,

parents are encouraged to make regular pre-payments on their student's account by using cash, check, or My School Bucks ([www.myschoolbucks.com](http://www.myschoolbucks.com)).

## ***STUDENT WELLNESS (from Policy JHCF)***

### ***Policy Statement***

The Culpeper County School Board recognizes the link between student health and learning, and to that end desires to provide programs promoting students' healthy eating, physical activity, and emotional and social well-being. The School Board has established the School Health Advisory Board (S.H.A.B.) to provide recommendations to the Superintendent and School Board on the policies, regulations, programs, and curricula to be implemented to meet the Board's goals. Based on review and consideration of evidence-based strategies and techniques, the Culpeper County School Board has established the following goals to promote student wellness.

### ***Nutrition Promotion and Education***

- \* The schools will seek to maximize the level of student participation in the school breakfast and school lunch programs.
- \* Students and parents are provided information on the prices and payment methods for food and beverage items sold in the food service programs, the availability of subsidized meals at school, the menu of items served, and the of nutrition standards of the food service program.
- \* An adequate amount of time is allowed for students to eat meals in adequate cafeteria facilities.
- \* All students who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner. Students not qualifying for free meals who are unable to pay for the standard breakfast or lunch meal are not to be denied nutritious food and beverage. These students will be offered an alternative meal at no cost to the student. (No labor be required of the student or disciplinary action taken due to failure to pay for meals.)
- \* The availability of subsidized food programs both in the school and community is adequately publicized in ways designed to reach families eligible to participate in the programs.
- \* Students will receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- \* Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the food service staff and other school personnel, including teachers.
- \* Students receive consistent nutrition messages from all aspects of the school program.
- \* Division health education curriculum standards and guidelines address both nutrition and physical education.
- \* Nutrition is integrated into the core curricula (e.g., math, science, language arts).
- \* Staff who provide nutrition education have appropriate training.
- \* Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens and non-disposable tableware have been considered and implemented where appropriate.

### ***Physical activity***

- \* The school division has a goal of making a program of physical fitness available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities and other opportunities for physical activity occurring on school property be made available to students.
- \* Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.
- \* Students are given opportunities for physical activity through a range of before- and/or after-school programs.

- \* Schools will work with community partners to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- \* Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- \* Schools will work with community partners to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- \* Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- \* Schools will collaborate with community youth sports leagues and the Culpeper County Parks and Recreation Department to disseminate information on the availability of athletic and physical fitness activities in the community.
- \* Schools will make their indoor and outdoor facilities available for use by qualifying organizations to promote physical fitness and wellness for residents.
- \* Schools will provide training or other opportunities to enable physical education staff to promote enjoyable, lifelong physical and leisure activities among students.
- \* Physical education teachers will work collaboratively across the school division to promote equity in opportunity among students in learning outcomes.

### ***Other school-based activities***

- \* Schools will collaborate with public agencies and private organizations in the community to provide information and resources to families related to nutrition, physical and mental health.
- \* Wellness programs designed to benefit staff health have been considered and to the extent practical, implemented.

### ***Emotional and Social Well-Being***

- \* Schools will seek to provide climates that promote positive relationships among students, staff, parents, and community members.
- \* Schools will provide students with explicit instruction in social skills, provide opportunities to apply appropriate social skills in a variety of settings, and provide meaningful feedback and support to increase their social competencies.
- \* Schools will provide students with explicit instruction to increase self-awareness, self-regulation, and stress reduction.
- \* Schools will seek to identify students who may have mental health disorders and/or traumatic experiences to provide parents and students with referrals to appropriate mental health providers in the school and community.
- \* Schools will develop curricula and implement trainings for staff, students, and parents on recognizing the signs of mental illness and emotional distress in children and adolescents, and strategies on how to address their needs.
- \* Schools will seek to prevent substance abuse by students.

### ***Social-Emotional Learning***

Social-emotional learning is defined by the Collaborative for Academic, Social, Emotional Learning (CASEL) as the process by which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to: understand and manage emotions; set and achieve positive goals; feel and show empathy for others; establish and maintain positive relationships and make responsible decisions.

***What it is not?*** Social and Emotional Learning is not Family Life education. There are topics that use similar references such as “identity.” In Family Life, this term may reference sexual identification. In SEL, this refers to social cliques and associations. Do students associate themselves with a social group? The SEL curriculum assists students in recognizing that making friendships are important while

understanding the role of group dynamics.

***How does SEL support a positive school climate?*** When students are taught lessons in developing proper social and emotional skills, schools can expect to see fewer violations of the code of conduct. More positive interactions and relationships between students and staff will develop while preventing bullying between students. Students with difficulty in self-regulation will learn strategies to help them be more focused on learning.

***Implementation***

The School Board encourages parents, students, school counselors, teachers of health & physical education, school nurses and mental health professionals, school administrators, representatives of county and state agencies, health professionals in the community, and interested members of the general public to participate in the development, implementation and periodic review and update of this policy.