

Newport News Wellness Policy Assessment Tool

| Regulation | Fully implemented | In progress |
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| Foods and beverages sold on school grounds during the school day are consistent with the current federal and state regulations for school meal program nutrition standards and <i>Smart Snacks in School</i> nutrition standards. | 40 | 2 |
| No organization (other than CNS) offers for sale any food or beverage item during the hours of the school meal program, per state regulation. This applies to but is not limited to school stores, snack bars, fundraisers, and vending not operated by Child Nutrition Services. | 42 | |
| Meal and a la carte item pricing are prominently posted for customers' information. | 42 | |
| The transportation department facilitates maximum participation in the school meal program, especially breakfast, through scheduling and routing. | 42 | |
| With advance notice, lunches are available from Child Nutrition Services for field trips and off site events that occur during the hours of the school meal program. | 42 | |
| The cafeteria environment is relaxed-and enjoyable for students. Cafeteria monitors support this. Whistles, bullhorns, and yelling are not used as disciplinary tools during school meal times. | 42 | |
| Students will have adequate time for meals-with a minimum of ten minutes for breakfast and twenty minutes for lunch from the time the students are seated. | 26 | 16 |
| Student recess is scheduled in such a way as to not hasten school meal time. When possible, recess is scheduled before lunch so that students arrive at lunch ready to eat. | 42 | |
| Student access to meal lines and dismissal from the cafeteria are managed in such a way as to not impinge on adequate meal time. | 26 | 16 |
| Students are given the opportunity to wash their hands either with soap and water or with the use of hand sanitizers before entering the cafeteria. | 42 | |
| Child Nutrition Services supplies nutrition information for breakfast and lunch entrees offered for sale on the division website. | | 42 |
| Nutrition information is provided to school nurses. | 42 | |
| Healthy eating materials, such as posters and serving line signs, are on display in each cafeteria. | 42 | |
| After school academic programs are given the opportunity to participate in the After School Snack Program administered by Child Nutrition Services. | 42 | |
| A list of healthy party ideas is provided to parents and teachers, including non-food celebration ideas on the Website. | 42 | |
| If foods or beverages are used as rewards for academic performance or good behavior, they meet the <i>Smart Snacks in School</i> nutrition standards. | 42 | |
| All school cafeterias make potable water available to children at no charge in the place where meals are served during the meal service, per federal regulation. | 42 | |

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| Students are allowed to carry water bottles or take water breaks throughout the school day. | 42 | |
| Child Nutrition Services staff receive nutrition education, in accordance with their professional standards. | 42 | |
| In school marketing and advertising is permitted only for those foods and beverages that meet the <i>Smart Snacks in School</i> nutrition standards | 42 | |
| School nurses are the primary point of contact for food allergy concerns, particularly life-threatening allergies. School nurses work in partnership with students, parents, appropriate staff, administration, and Child Nutrition Services. Management of life threatening food allergies is guided by the Life Threatening Allergy Management Plan provided to the school from the student's health care provider and parent(s). | 42 | |
| Fundraisers that sells food or beverages are not conducted during the school meal times (from 6:00 AM until after the close of the last lunch period). | 42 | |
| At the elementary level, students participate in-a minimum of 90 minutes of physical education weekly. | 26 All elementary | |
| At the middle school level, students participate in a minimum of 150 minutes of physical education weekly. | 11 | |
| At the high school level, the students participate in a minimum of 225 minutes of physical education weekly for two semesters over four years. | | 5 |
| Elementary students have at least 20 minutes a day of supervised recess, preferably outdoors. | 26 | |
| During recess, all students are encouraged by staff to be moderately to vigorously active. | 26 | |
| Physical activity is not be used (e.g. running laps, pushups) or withheld (i.e., physical education class, recess or physical activity breaks) as punishment or to make up missed class/ work/ tests. | 42 | |
| In neighborhoods where it is possible to do so, the division works with the community to create ways for students to walk and bike safely to and from school. | 34 | 8 |