



Local School Wellness Policy

Dickenson County Public Schools

June, 2021



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Dickenson County Public Schools
Revised June 10, 2021

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Leadership¹

Denechia Edwards with support from the health and wellness committee/school health advisory board (SHAB) and principals, shall implement and ensure compliance with the Local School Wellness Policy (Wellness Policy) by leading the review, update, and evaluation of the policy.

Public Involvement¹

The division will invite a diverse group of stakeholders from the list below and the public to participate in the development, implementation, and periodic review of the Wellness Policy. The public will be notified through social media posts, the division website, or other mode of public notification for opportunities to participate.

¹ Requirement by Code of Federal Regulations: *Local School Wellness Policy* ([7CFR210.31](#))

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|--|---|---|
| <input type="checkbox"/> Administrators | <input type="checkbox"/> School nurse | <input type="checkbox"/> Medical/Healthcare professionals |
| <input type="checkbox"/> Classroom teachers | <input type="checkbox"/> Community members | <input type="checkbox"/> Virginia Cooperative Extension agents |
| <input type="checkbox"/> Physical education teachers | <input type="checkbox"/> Students | <input type="checkbox"/> Local farmers, chefs, or nutritionists |
| <input type="checkbox"/> School food authority (SFA) representatives | <input type="checkbox"/> Parents | |
| | <input type="checkbox"/> School Board members | |

School Health Advisory Board²

Dickenson County Public Schools will convene school health advisory board (SHAB) **or work within an existing school health committee** that meets at least **3-4 times** per year to establish goals for and oversee school health policies and programs. This board assists with the development, implementation, and periodic review of the **Dickenson County Public Schools’ Wellness Policy**. The SHAB will include representatives from each school and reflect the diversity of the community to the greatest extent possible. Refer to Appendix A for a list of participants of the SHAB.

Each school building will designate a wellness policy coordinator who will ensure compliance with the policy and establish an ongoing school wellness committee that convenes the review of school-level issues in accordance with the division wide SHAB on an annual basis. Refer to Appendix B for a list of school-level wellness policy coordinators.

School Meals¹

All schools within **Dickenson County Public Schools** participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). In addition, the division offers a variety of other feeding options such as **Summer Food Service Program (SFSP), Seamless Summer Option, After School Snack, and Fresh Fruit and Veggie Program**. 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](#).

Dickenson County Public Schools are committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals feature minimally processed and scratch cooked foods from local sources to the greatest extent possible. The meals served meet the nutrition needs of students within their calorie requirements and are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

² Recommended best practice by the Virginia Department of Education, Office of School Nutrition Programs

Meal patterns and nutrition standards align with the nutrition recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, visit the [USDA-FNS Child Nutrition Programs website](#).

Every school within Dickenson County Public School system will provide breakfast through at least one alternative breakfast service model in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student. Alternative breakfast models include:

- Breakfast in the Classroom – Students eat breakfast in the classroom with their classmates and teacher. Breakfast can be served after the first bell or when students arrive but before the beginning of the official instructional day. Breakfast meals can be delivered to each classroom or picked up from a central location (e.g., cafeteria or kiosk) on the way to class.
- Grab-and-Go Breakfast – Students pick up breakfast meals as they arrive at school and eat in their classroom. Meals are available in a variety of locations, such as mobile service carts equipped with a computerized point of sale or roster, and located at the school entrance, other high-traffic areas, or in the cafeteria. Food items are packaged as a unit to assure a reimbursable meal is received and to make this model convenient and appealing to students.
- Second Chance Breakfast - Students eat breakfast during a nutrition break in the morning, usually after first period, either in the cafeteria, from a mobile service cart, or in the classroom. Breakfast meals are usually packaged together to allow students to receive their breakfast in just a few minutes and get to their next class.²

All Dickenson County Public Schools qualify for the Community Eligibility Provision (CEP) and offer a non-pricing meal service for all students. The CEP program allows the division to provide free breakfast and free lunch meals to all students, every day. In addition, this option removes the stigma attached to free meals and eliminates the need for student meal charges and collections.

Available funding and resource allocation for student health and wellness are equitable across **Dickenson County Public Schools**.

Students will be allowed adequate meal times counting from the time they have received their meal and are seated. Adequate meal times include at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

Dickenson County Public Schools will accommodate students with special dietary needs and follow the USDA regulations outlined in [SP 59-2016](#) to make reasonable modifications to accommodate children with disabilities. This includes providing special meals, at no extra charge, to children with a disability that restricts their diet.

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as outlined in the [USDA Professional Standards for Child Nutrition Professionals website](#).

Dickenson County Public Schools recognizes water as an essential nutrient and encourages students, staff, teachers, and administrators to model positive hydration behaviors. **Dickenson County Public Schools** will comply with the [USDA regulation eCFR210.10](#) that requires free, potable water be provided in the cafeteria during breakfast and lunch. Water is not a replacement for milk at meals but rather an additional beverage available to students. Easy access to clean, safe, and good-tasting water is accessible to students and staff during and after the school day. Water sources, such as water fountains, water refill stations, or dispensers, will be regularly maintained. Students are allowed to carry clear water bottles throughout the school day filled with only water.

Foods Sold Outside of the School Meal Programs (Smart Snacks)¹

Dickenson County Public Schools is committed to ensuring that all foods and beverages available to students on the school campus during the school day supports healthy eating. All foods and beverages sold outside of the school meal programs shall meet the standards established in the [USDA-FNS Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#). These standards will apply in all locations and to all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

All foods or beverages sold and served to students on the school campus, during the school day, will meet or exceed the USDA Smart Snack in School nutrition standards. This may include: before and after school care, clubs, and after school programming depending on the timing of the event.

USDA's [Tools for Schools: Focusing on Smart Snacks website](#) provides resources to assist schools, parents, and teachers with identifying food items that meet the USDA-FNS Smart Snacks criteria and ways to encourage children to make healthier snack choices.

Foods Provided, Not Sold¹

Celebrating success or events with poor nutritional quality foods can undermine healthy eating messages and lead to unhealthy eating habits that can continue into adulthood. The division requires foods offered on the school campus meet or exceed the USDA-FNS Smart Snacks rule including those provided at celebrations or classroom snacks by staff. Families interested in sponsoring classroom celebrations may contact the principal or cafeteria manager to pre-arrange (at least 2 weeks in advance of the event) healthy food and drink options. These celebration items can be purchased through the food service program at the division's cost and can be

prepared by the cafeteria staff. A list of healthy food and drink options are available through **Dickenson County Public Schools'** School Nutrition Department. Contact the school nutrition director for more information.

The division discourages using foods and beverages as a reward, or punishment, such as for performance or behavior.

Refer to Appendix C for a list of healthy celebration and snack ideas that meet the USDA-FNS Smart Snacks rule. The division will provide this list to parents, teachers, and students annually in the student handbook or school newsletter.

Food and Beverage Marketing¹

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA-FNS Smart Snacks rule. Marketing will promote healthy food and beverage choices.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product. Marketing on the school campus includes, but is not limited to:

- brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- displays, such as on vending machine exteriors;
- brands, logos, or trademarks on school equipment, such as marquees, message boards, scoreboards, or backboards;
- brands, logos, or trademarks on cups, menu boards, coolers, recycle and trash cans, and other food service equipment;
- brands, logos, or trademarks on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the division;
- advertisements in school publications or school mailings;
- free product samples, taste tests, or coupons of a product; and
- fundraisers and corporate-incentives programs.

Immediate replacement of large items is not required; however, **Dickenson County Public Schools** will update equipment to be in compliance with food and beverage marketing standards outlined in this policy as items are replaced.

School-Sponsored Fundraisers³

Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the USDA-FNS Smart Snacks rule with the exception of 30 exempt fundraisers throughout the school year. Schools are encouraged to promote physical activity fundraisers such as walk-a-thons, jump rope for heart, and fun runs. **Dickenson County Public Schools** will make available to parents and teachers a list of healthy fundraising ideas, such as these alternative [fundraising ideas from the Alliance for a Healthier Generation](#).

Any fundraiser that sells food or beverages may not be conducted during meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the non-profit nutrition program account.

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the nutrition standards for school-sponsored fundraisers. The fundraiser designee for **Dickenson County Public Schools** is **the school principal, or other fundraiser designee appointed by principal; not school nutrition personnel**. A fundraiser-tracking document is kept on file in the **main office or on the school website**.

If the LEA allows exempt school-sponsored fundraisers (not recommended):

Schools are permitted to allow **exempt fundraisers not to exceed 30** school-sponsored fundraisers per school year from the USDA-FNS Smart Snacks rule in accordance with [Virginia Code 8VAC20-740](#).

Any fundraiser that sells food or beverages, whether the items meet the USDA-FNS Smart Snacks rule or are exempt, may not be conducted during meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the non-profit nutrition program account.

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the limit on exempt school-sponsored fundraisers. The fundraiser designee for **Dickenson County Public Schools** is **the school principal, or other fundraiser designee appointed by the principal; not school nutrition personnel**. A fundraiser-tracking document is kept on file in the **main office or on the school website**.

³ Requirement by Virginia Code: *Regulations Governing Nutritional Standards for Competitive Foods Available for Sale in Public Schools* ([8VAC20-740](#))

Nutrition Education¹

Goal: The division will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education (VDOE) Health Standards of the Learning (SOLs) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year.

Dickenson County Public Schools will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education [Health Standards of Learning \(SOLs\)](#) by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year. The cafeteria environment will reinforce nutrition education provided in the classroom.

Schools will provide nutrition education and engage in nutrition promotion that includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level. Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning.

Academic coordinators and teachers shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab.

The school district supports the integration of a farm to school program into the school food program and the curricular and co-curricular activities as appropriate to facilitate the nutritional and educational goals of the school district.

Nutrition Promotion¹

Goal: School staff shall integrate farm to school experiential activities such as gardening, cooking demonstrations, farm and farmers, and virtual market tours into existing curricula at all grade levels.

Every elementary school will host a school garden, classroom growing activity, cooking demonstrations, or make plans for virtual classroom visits to farms that produce fruits and/or vegetables. These activities will be included in all grade levels. For more information on school gardens, contact the school wellness coordinator in Appendix B.

Staff shall integrate farm to school experiential activities, such as gardening, cooking demonstrations, farm and farmers' market tours, into existing curricula at all grade levels.

Nutrition education is provided to families on a quarterly basis via the school website and to promote healthy eating practices outside of school.

Dickenson County Public Schools will promote positive nutrition habits in the cafeteria, classrooms, and throughout the school environment. Schools may participate in nutrition promotion through farm to school activities, such as:

- Local foods served are promoted with signage and/or social media posts;
- Special events revolve around agriculture or farming;
- An active school garden is operated and garden produce is offered in the cafeteria;
- A local agricultural farmer visits our school each school year;
- Students take field trips to local agricultural farms.

Physical Education/Physical Activity¹

Goal: The division will provide every student with physical education that exceeds the expectations of the VDOE Physical Education SOLs; teaching the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life.

Dickenson County Public Schools will provide every student with physical education that exceeds the expectations of the VDOE [Physical Education SOLs](#) and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life. A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the school year. A program of physical activity is available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year.

Students will be moderately to vigorously active for at least 50 percent of class time during all physical education class sessions.

Waivers, exemptions, or substitutions for physical education classes are not granted.

All students will be provided an equal opportunity to participate in physical education classes.

Dickenson County Public Schools will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All physical education classes in **Dickenson County Public Schools** are taught by licensed teachers endorsed to teach physical education. All physical education teachers will be required to participate in professional development at least once per year.

All elementary schools will offer at least 20 minutes of recess on all days during the school year. Outdoor recess will be offered when the weather allows for outdoor play. In the event that **Dickenson County Public Schools** must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students. Each school will maintain

and enforce its own indoor recess guidelines. Withholding recess or physical activity is discouraged for disciplinary or instructional reasons such as testing or unfinished homework.

Dickenson County Public Schools will support active transport to and from school, such as walking or biking, by considering each of the following activities:

- designation of safe or preferred routes to school and distribution of maps of the school environments (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.);
- secure storage facilities for bicycles and helmets (e.g., rack, shed, cage, fenced area);
- crossing guards and crosswalks available on routes leading to schools; and
- promotion of the safe routes program to students, staff, and parents via newsletters, websites, and/or the local newspapers.

Dickenson County Public Schools recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Teachers will provide short (3-5 minute) physical activity breaks to students during and between classroom times or transitions. Schools are encouraged to provide one physical activity break for every 60 minutes of instruction. When activities, such as mandatory school wide testing, make it necessary for students to remain sedentary for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. Extended periods of inactivity (periods of two hours or more) are discouraged.

Teachers will incorporate active academics into core subject instruction, such as science, mathematics, language arts, and social studies and do their part to limit sedentary behavior during the school day. Professional development opportunities for movement and kinesthetic learning approaches will be provided annually by **Dickenson County Public Schools**. Teachers will serve as role models by being physically active alongside students during active academics.

Middle and high schools within **Dickenson County Public Schools** will offer opportunities for students to participate in physical activity before and/or after the school day through a variety of methods. Physical activity clubs and intramural or varsity sports will be offered at each school throughout the school year. Information on how to get involved will be distributed on the school website and through the school monthly newsletter or other mode of communication.

All schools will develop a [Coordinated School Physical Activity Program](#) (CSPAP) that addresses all five areas of CSPAP, which include physical education, physical activity before/after school, physical activity during school, staff involvement, and family and community engagement. The division will develop shared use agreements with community partners in order to provide expanded physical activity opportunities for all students, families, and community members.

Other Activities that Promote Student Wellness¹

Goal: The division will provide students and families with knowledge, either through literature or verbal communication, about how to obtain and maintain positive mental health by addressing stress management, relaxation techniques, self-esteem, adequate sleep, body image, and positive inter-peer relationships.

Dickenson County Public Schools will seek to provide school climates that support social and emotional wellbeing and promote positive relationships among students, staff, parents, and community members. Using the [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#), schools will provide students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Schools will seek to identify students who may have mental health concerns, challenges, 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 and strategies for addressing their needs.

To promote increased appetite and decrease food waste, **Dickenson County Public Schools** will provide the recess period before lunch, if possible, for upper elementary grade levels in 67 percent of the elementary schools across the division.

Dickenson County Public Schools will provide health promotion communication to parents and caregivers, families, and the general community on the benefits of and approaches to healthy eating and physical activity throughout the school year. Families will be informed, invited to participate in school-sponsored activities, and will receive information about health promotion efforts. These health promotion efforts include at least one of the following:

- health fair;
- school-sponsored fun run for students and families;
- quarterly meeting of health and wellness committee;
- wellness-related activities in our school such as Rev Your Bev, Organ Wise Guys, Teen Cuisine, Pick a Better Snack, Jump Rope for Heart, etc.
- Fresh Fruit and Veggie Program

Schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

Students will practice sustainable living by recycling; conserving materials, water, and energy; using biodegradable materials when possible; and disposing of wastes through compost or other

environmentally sound ways at school, in the cafeteria, in the school garden and kitchen classroom, and in all classroom-based activities. Sustainability practices may include:

- Meatless Mondays (i.e., only vegetarian menu items are offered) offered weekly on the lunch menu(s);
- food waste from school meals is composted at least once per school year;
- share tables for students to share unwanted food items;
- recycling bins in the cafeteria for students to discard recyclable materials; and/or
- plate waste studies conducted at least once per school year.

Schools will provide the health screenings of students by the school nurses and/or school staff for vision, hearing, scoliosis, speech, voice, language, and gross and fine motor skills based on state guidelines and requirements and according to **Dickenson County Public Schools** screens at various grade levels and ages such as newly enrolled students, K, 1st, 3rd, 5th, 7th, and 10th grades and upon teacher/staff request.

Staff members are encouraged to model healthy eating behaviors for students. Every school in the division implements staff wellness activities, such as:

- discouraging staff from bringing food items such as sodas and other sugary beverages, fast food, desserts, etc. into the cafeteria and classrooms;
- sugary beverages, such as sodas or sweet tea, are not offered to staff members in the cafeteria, in vending machines, or elsewhere at the school;
- staff members receive information regarding the importance of modeling healthy eating behaviors for students;
- a healthy meeting policy is in place that discourages offering unhealthy foods at staff meetings; and/or
- staff members are offered opportunities to participate in free or low-cost wellness programs.

Community partnerships are developed to find strategies to address childhood nutrition issues within the division. **Dickenson County Public Schools** will cultivate and support relationships with community partners, such as the local health department, SNAP-Ed providers and coordinators, local hospitals, universities/colleges, and local businesses to find ways to support the implementation of the **Dickenson County Public Schools** Wellness Policy. Existing and new community partnerships and sponsorships will be evaluated yearly to ensure that they are consistent with the division's goals.

Triennial Assessment¹

Dickenson County Public Schools will evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which each school is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy.

The position/person responsible for managing the triennial assessment and contact information is **Denechia Edwards, School Health Director, Dickenson County Public Schools.**

The school wellness coordinator at each school will complete the VDOE School Level Report Card or other assessment tools as deemed appropriate by the Wellness Committee/SHAB. A list of school coordinators can be found at the end of this document. The results of the report card/tool will be submitted to the wellness policy designee in order to analyze the findings and develop the triennial assessment. The wellness policy designee will actively notify the community of the results of the triennial assessment by posting on the division website as well as on the division and school Facebook pages. The results of the triennial assessment, as well as the latest national and state recommendations pertaining to school health, will be used to update the goals and language in the **Dickenson County Public Schools Wellness Policy.**

Public Update and Information¹

Each school year the division will actively inform families and the public about the content of and any updates to the Wellness Policy through the school website and Board of Education meetings or other mode of informing the public.

The Wellness Policy and any updates can be found on www.dcps.k12.va.us. Please contact the wellness policy designee at dedwards@dcps.k12.va.us for more information or ways to get involved.

Recordkeeping

The division will retain records to document compliance with the requirements of the Wellness Policy at the division's central offices. Documentation maintained at this location will include, but is not limited to:

- the written Wellness Policy;
- documentation demonstrating compliance with community involvement requirements:
 - o requirements to make the Wellness Policy available to the public;
 - o requirements to make the triennial assessment available to the public;
- documentation of the triennial assessment at each school under the LEAs jurisdiction; and
- documentation of methods the division uses to make stakeholders aware of their ability to participate in the development, implementation, and periodic review and update of the Wellness Policy.

Definitions

Competitive Foods – All food and beverages other than meals reimbursed under the federal meal programs available for sale to students on the school campus during the school day.

School Campus – For the purpose of competitive food standards implementation, school campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – For the purpose of competitive food standards implementation, school day means the period from midnight the night before to 30 minutes after the end of the instructional day.

Triennial – Recurring every three years.

School-Level Wellness Coordinators

Clintwood Elementary School-Dr. Lavada Muncy

Ervinton Elementary School-Tammie Yates

Sandlick Elementary School-Ethan Owens

Ridgeview Middle School-Rebecca Fuller

Ridgeview High School-Nicole Sutherland



Appendix A: Wellness Committee/School Health Advisory Board Contacts

Name	Title/Organization	Email
Denechia Edwards	Director, Dickenson County Public Schools	dedwards@dcps.k12.va.us
Debbie Dotson	School Health Coordinator, Dickenson County Public Schools	ddotson@dcps.k12.va.us
Deborah Compton	Food Service Coordinator, Dickenson County Public Schools	dcompton@dcps.k12.va.us
Dr. Lavada Muncy	Assistant Principal, Clintwood Elementary School	lmuncy@dcps.k12.va.us
Tammie Yates	Nurse, Ervinton Elementary School	tyates@dcps.k12.va.us
Dr. Jesse Neece	Assistant Principal, Sandlick Elementary School	jeneece@dcps.k12.va.us
Lisa Rife	PE Teacher, Ridgeview Middle School	lrife@dcps.k12.va.us
Rebecca Fuller	Special Ed. Teacher, Ridgeview Middle School	rfuller@dcps.k12.va.us
Nicole Sutherland	Culinary Arts Teacher, Ridgeview High School	nsutherland@dcps.k12.va.us
Lenoir Jones	Family and Consumer Science Teacher, Ridgeview High School	ljones@dcps.k12.va.us
Kristie Mullins	SNAP-Ed Program Assistant	mkristie@vt.edu
Sharon T. Rise	Extension Agent, Family and Consumer Sciences	strice@vt.edu
Tauna Gully	Nursing Instructor, University of Pikeville	tgulley@dcps.k12.va.us
Ethan Owens	PE Teacher	cowens@dcsp.k12.va.us
Melissa Powers	Virginia Department of Health	mpowers@vdh.virginia.gov



Appendix B: School Wellness

Coordinator Contacts

Name	Title	School	Email
Dr. Lavada Muncy	Assistant Principal	Clintwood Elementary School	lmuncy@dcps.k12.va.us
Tammie Yates	Nurse	Ervinton Elementary School	tyates@dcps.k12.va.us
Ethan Owens	PE Teacher	Sandlick Elementary School	eowens@dcps.k12.va.us
Lisa Rife	PE Teacher	Ridgeview Middle School	lrife@dcps.k12.va.us
Nicole Sutherland	Culinary Arts Teacher	Ridgeview High School	nsutherland@dcps.k12.va.us



Appendix C: Healthy Celebrations

and Rewards

Non-Food Celebration and Reward Ideas

Prizes	Physical Activity	Special Events	Recognition
Pencils, erasers, or rulers	Lead a special physical activity break	Go on a scavenger hunt	Give a certificate or ribbon
Stickers, slap bracelets, or playdough	Host an outdoor obstacle course for students to bike or run through	Host a story walk: laminate book pages and walk along an outdoor path to read	Post a sign in the classroom or on a bulletin board
Tickets or tokens towards a large prize	Provide extra recess or physical education time	Let students choose a special activity or be a teacher's helper	Give a shout-out in the morning announcements
Books or coloring books	Turn on music and let students dance	Host a special dress day where students can wear hats or pajamas	Allow the student to wear a crown or special sash
Frisbees	Have a themed parade around your school	Invite a special guest to participate in an activity	Recognize the student during an assembly

Healthy Snack and Beverage Ideas*

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Water	Fruit trays, salads, or fruit kabobs	Whole grain crackers, pretzels, or cereal bars	Trail mix with nuts, seeds, and dried fruit
Fruit-infused water	Vegetable trays, salads, or vegetable kabobs	Low-fat or air-popped popcorn with no added butter or salt	Seed butter served with fruit or whole grain crackers
100% fruit juice with no added sugar	Canned fruit or fruit cups in water or 100% fruit juice	Small whole grain bagels, waffles, or pancakes topped with fruit or seed butter	Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Fruit smoothies made with frozen fruit with no added sugar and low fat yogurt	Frozen fruit, such as grapes, strawberries, or blueberries	Graham crackers	Low-fat cheese served with fruit or whole grain crackers

100% fruit juice slushes with no added sugar	Dried fruit with no added sugar	Baked whole grain tortilla chips with salsa or bean dip	Hummus served with vegetables or whole grain crackers
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*Work with your division’s nutrition service staff to purchase [Smart Snacks compliant foods and beverages](#) for celebrations. Review students’ food allergies before serving any food or beverage item. Non-food celebrations and healthy food and beverage ideas come from the [Alliance for a Healthier Generation's Celebrations that Support Child Health](#).