

## **SHAB Review and Recommendations of HCS Wellness Policy Implementation Self-Assessment FY14**

SHAB reviewed the results from the Hampton City Schools Wellness Policy Implementation Tool for 2014. SHAB examined the results and made the recommendations as follows:

- Nutrition education will continue to be offered in the school cafeteria as well as in the classroom, with improved coordination between food service staff and other school personnel, including teachers.
- A variety of methods will be used to notify parents and students of the availability of the School Meal Program including adding individual school web site to the district website that directs parents to the Food and Nutrition Services information and on-line meal benefit applications.
- Nutrition education on caloric balance between food intake and energy expenditure will be provided by Food and Nutrition Services. And Health & Wellness education department addresses energy balance in the Five for Life curriculum at all grade levels.
- Nutrition education activities will provide opportunities for collaboration between nutrition professionals, school personnel, community partners, and parents to encourage student participation in federal nutrition programs.
- Students will be 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.
- School personnel, working in conjunction with PTA's, 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.
- Environmentally-friendly practice such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware will be implemented where appropriate.
- Require food items included in celebration/recognitions comply with Wellness Policy Guidelines. Foods brought in are from the approved list or purchased from Food Services.

Revised 9 Mar 2015