



FY25 Local School Wellness Policy

Commonwealth Center for Children & Adolescents (CCCA)

Leadership¹

The School Nutrition Program Director, with support from the CCCA Executive Board, 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

CCCA, through website posting, will invite a diverse group of stakeholders and the public to participate in the development, implementation, and periodic review and update of the Wellness Policy. The public will be notified on the CCCA website for contact information to participate.

School Meals¹

CCCA will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and Afterschool Snack Program (ASP). 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](#).

CCCA will provide breakfast and lunch through tray services based on shared DBHDS services with Western State Hospital (WSH) Nutrition Services.

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

CCCA does not sell any foods and beverages.

Foods Provided, Not Sold¹

The division requires foods provided by CCCA (through WSH) meet or exceed the USDA-FNS Smart Snacks. Foods and beverages will not be used as a reward or withheld as punishment.

Food and Beverage Marketing¹

CCCA does not allow for marketing of any foods and beverages.

School-Sponsored Fundraisers²

CCCA does not allow for fundraising activities.

Nutrition Education¹

CCCA will provide at least 140 minutes of nutrition education to every student and exceed the expectations of the Virginia Department of Education (VDOE) [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 hospital environment will reinforce nutrition education provided in the CCCA School classroom.

Nutrition Promotion¹

CCCA will promote positive nutrition habits in the hospital, classrooms, and throughout the hospital environment.

Physical Education/Physical Activity¹

CCCA 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.

Other Activities that Promote Student Wellness¹

CCCA will seek to provide a hospital environment that supports social and emotional wellbeing and promotes positive relationships among patients, staff, guardians, 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.

Triennial Assessment¹

The division will evaluate compliance with the Wellness Policy no less than once every three years and make the results available to the public on the school website. The assessment will include the extent to which each school follows the policy regulations, 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 assessment results will be used to update the Wellness Policy.

Public Update and Information¹

Annually, CCCA will inform families and the public about the content, implementation, and/or any updates to the Wellness Policy through CCCA's website.

For additional information or to provide input regarding content, implementation, and updates, please contact the School Nutrition Director at 540-332-2100 or through email at vickie.coyner@dbhds.virginia.gov

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

² Requirement by Virginia Code: *Regulations Governing Nutritional Standards for Competitive Foods Available for Sale in Public Schools* ([8VAC20-740](#))