

TITLE: WELLNESS POLICY

1. Mission Statement. The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical/mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to chronic diseases, like Type 2 diabetes. Schools and the community have a responsibility to help students learn, establish and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

The District is committed to maximizing the health and wellness of its students and staff and, as a measure of this commitment, formally sets into place this policy, which visibly affirms the county's steadfast intent to support the following:

1.1 Providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating, physical activity and wellness.

1.2 Engaging students, staff, parents, teachers and community members in health promotion, disease prevention, and developing, implementing, monitoring and upholding the district-wide wellness goals established in this policy.

1.3 Maximizing all resources available to the county, including fiscal and non-fiscal-related resources (such as U.S. Dietary Guidelines for Americans) pertaining to health and wellness to the greatest extent possible and practicable that will ensure the adoption of lifelong habits of health and wellness among students, staff and the community we serve.

1.4 Establishing this policy as a framework to guide program and curriculum development as it relates to health and wellness in the county.

1.5 Establishing a continuing wellness committee to assist in monitoring outcomes and advising on continuous improvement that can be made to further enhance health and wellness in the county.

1.6 Establishing an ongoing evaluation of the effectiveness of this policy in improving health and wellness outcomes for students, staff and the community.

2. Goals.

2.1 Nutrition Education. Schools will provide nutrition education to foster lifelong habits for healthy eating and will establish links between health education and school meal programs.

2.2 Physical Activity. Schools will provide physical education programs that are designed to stress physical fitness and encourage healthy, active lifestyles.

2.3 Child Nutrition Operations. Child nutrition meals served through the National School Lunch and Breakfast Programs will meet and/or exceed all requirements of the federal, state and local nutrition standards.

2.4 Nutrition Guidelines for All Foods Served on Campus. Schools will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines.

2.5 Healthy and Safe Environment. Schools will provide a healthy and safe environment that supports academic success before, during and after school.

2.6 Nutrition Education. Objective: Schools will provide nutrition education to foster lifelong habits for healthy eating. Each K-12 grade level will have the nutrition education opportunities (required and elective classes) designed to promote student wellness. Students should have access to a minimum of one nutrition education course each class year. Nutrition education will:

2.6.1 be provided to teachers through staff development opportunities, with suggestions about how to incorporate nutrition education into other subjects;

2.6.2 be consistent with current USDA Dietary Guidelines;

2.6.3 include information about the benefits of healthy eating, healthy and safe food preparation, and the principles of healthy weight management;

2.6.4 include meal planning, understanding and using food labels and evaluation of misleading food advertising;

2.6.5 encourage nutritional educational activities that are participatory and fun;

2.6.6 provide information to families of students via the District's website and handbook to help them adopt healthy eating behaviors; and

2.6.7 include training information on foods based on their overall nutrition quality.

2.7 Physical Activity. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles and shall be provided for every grade level through required or elective classes.

2.7.1 Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle. A variety of intramural and interscholastic activities will be provided.

2.7.2 Each school should adhere to the physical education content standards established by the district and provide a safe facility for physical education activities.

2.7.3 Schools are prohibited from extended periods (i.e., periods of two or more hours) of inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

2.7.4 Schools shall offer a range of activities that meet the needs, interests and abilities of all students. This should include boys, girls, students with disabilities and students with special healthcare needs.

2.7.5 Elementary schools shall provide a designated area for students to participate in physical activity daily during their recess/free time. School staff shall supervise students throughout the recess period.

2.7.6 Elementary schools shall encourage supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

2.7.7 Time allocated for recess/free time shall not be used for punishment.

2.7.8 Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

2.7.9 Physical education should include the instruction of individual activities, as well as competitive and non-competitive team sports to encourage lifelong physical activity.

2.7.10 Information shall be provided to families, via the District's website and handbook, to help them incorporate physical activity into their student's lives.

2.7.11 Schools will encourage families and community members to institute programs that support physical activity and will provide opportunities for school staff to engage in ongoing physical activities that encourage a healthy lifestyle.

2.7.12 Each school shall organize at least one family-focused physical activity event each school year.

2.7.13 Schools will be encouraged to offer physical education activities and courses to students a minimum of three days per week.

2.7.14 The District will provide physical education teachers that meet state standard qualifications.

2.7.15 Ongoing physical education training will be provided to physical education teachers through staff development opportunities.

2.8 Nutrition Guidelines for All Foods Served on Campus. Meals served through the National School and Breakfast Programs shall be the main source of foods and beverages available at school. They will exceed requirements of the federal, state and local nutrition standards.

2.8.1 All foods made available on campus will comply with the current USDA Dietary Guidelines. This includes foods served through vending machines, beverage contracts, fundraisers, concession stands, student stores and school parties/celebrations. School personnel are encouraged to follow the USDA Dietary Guidelines while consuming meals during the school day.

2.8.2 Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age-appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

2.8.3 Nutritional information for products offered in snack bars, vending and school stores should be readily available near the point of purchase.

2.8.4 The District will monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs (i.e., vending, student stores, classroom rewards, and fundraising efforts). The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

2.8.5 Classroom snacks will feature healthy choices. Recommendations of healthy snack guidelines will be listed on the District's website and handbook.

2.8.6 Nutrition education will be incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers should include healthy choices and provide age-appropriate selections for elementary schools, middle schools and high schools.

2.8.7 Food shall not be used as a reward or prize.

2.9 Child Nutrition Operations. Meals served through the National School Lunch and Breakfast Programs will ensure:

2.9.1 that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. The district will strive to increase participation in the available federal Child Nutrition programs (e.g., school lunch, school breakfast, after-school snack and summer food service programs). Individual school wellness committees will continue to strategize ways to increase meal participation by evaluating meal quality, menu choices and meal prices.

2.9.2 all food service personnel shall have adequate staff development training in food service operations to help ensure students receive safe, healthy and appetizing meals.

2.9.3 a child's need for good nutrition does not end when school does. Therefore, meals will be offered during breaks in the school calendar. Child Nutrition will coordinate with other agencies and community groups to operate summer food service programs for children and adolescents who are eligible for federal program support. Child Nutrition will encourage schools that plan summer programs to include meals as part of their scheduled programs.

2.9.4 schools should share information about the nutritional content of meals with parents and students. Such information will be made available on menus, a website, on cafeteria menu boards, table placards or other point-of-purchase materials.

2.9.5 that all meals are priced and served as a unit. Only fluid milk, non-fat and/or 1% low-fat milkshakes and bottled water may be sold as a la carte items for breakfast and lunch.

2.9.6 schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

2.9.7 schools will schedule meal periods at appropriate times, not less than 3, nor more than 4½ hours between breakfast and lunch. Personnel involved with school meal scheduling should consider scheduling younger students to eat their meals prior to older students.

2.9.8 schools will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.

2.9.9 students assigned to in-school detention shall be given the same meal opportunities as students who are not assigned to in-school detention (e.g., detention students will have access to cafeteria serving lines to create their own meal choices and will also have access to salad bars).

2.9.10 school will encourage students to conduct hand washing before meals. Student access to hand-washing sinks, soaps and disposable towels will be provided.

2.10 Healthy and Safe Environment. Schools will provide a healthy and safe environment that supports academic success before, during and after school.

2.10.1 School cafeterias will include enough serving periods and serving lines so that students do not have to spend too much time waiting in line, which could cause students not to have their required 20 minutes to consume lunch and 10 minutes to consume breakfast.

2.10.2 Dining areas should be attractive and should have enough space for seating all students.

2.10.3 Safe drinking water will be offered with meals for student consumption in all child nutrition programs.

2.10.4 School buildings and grounds, structures, buses and equipment will meet all current health and safety standards, including environmental air quality, and should be inviting, clean, safe and in good repair.

2.10.5 School and district offices will maintain an environment that is free of tobacco, alcohol and other drugs.

2.10.6 Safety procedures and appropriate training for students and staff should support personal safety and an environment that is free from violence and harassment.

2.10.7 Each work site, school and classroom should be an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

2.10.8 Students will be taught to understand and respect the differences in others and how to build positive interpersonal relations.

2.10.9 Each school will provide a supportive environment that includes guidance, counseling, social services and health services that encourages students, families and staff to request assistance when needed and that links them to school or community resources.

2.10.10 All foods made available on campus will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to help prevent food illnesses in schools.

2.10.11 To help promote a healthy environment for staff, a “wellness” topic staff development will be required for all school employees each year.

3. Monitoring and Policy Review. The superintendent or designee will ensure compliance with established county nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school superintendent or designee. The District’s wellness committee will measure the implementation of the local wellness policy using an evaluation

tool for comprehensiveness and strength of policy. Local wellness policy revision may occur on a yearly basis to adapt to current Dietary Guidelines and in relation to current health and wellness standards or public interest.

4. Review Schedule. This policy shall be reviewed in accordance with the Policy Review Schedule published by the Superintendent.

Legal Authority: Public Law 108-265 “Child Nutrition and WIC Reauthorization Act of 2004
West Virginia Board of Education Policy 4321.1

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