

5.55 WELLNESS POLICY

Approved by the Lewis County BOE in session June 26, 2006. Reviewed and approved with changes on November 8, 2010.

The Lewis County Board of Education recognizes that nutrition education, food served in schools, physical education and physical activity each affect student wellness. The Board also recognizes the important connection between a student's health and a student's ability to learn effectively and achieve high standards in school.

The Board of Education recognizes that it is the role of the schools, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity, and good nutrition.

The Board of Education recognizes the research and studies that show the direct link between nutritional intake and academic performance, as well as between physical activity and academic achievement.

The Lewis County Board of Education will establish a Wellness Plan/Policy that will implement four goals recommended by the Lewis County School's Wellness Committee.

Goal 1: Nutrition education will become an integral part of the school's curriculum to ensure students gain the appropriate knowledge to adopt a healthy lifestyle.

Goal 2: Schools will stress the importance of physical education and will provide and encourage activities that are physical in nature.

Goal 3: All schools will support and maintain a food service program that is the primary nutrition for students, faculty, and staff through a variety of healthy food choices and meals.

Goal 4: Lewis County Schools will provide students with a positive school climate that supports learning for all.

Goal 1: Nutrition Education

With regard to nutrition education Lewis County schools will implement a variety of educational strategies.

1. Nutrition education will be an integral focus of health education and physical education in all grades K-12.
2. The health education classroom is the ideal environment to learn about nutrition education. Students at RLBMS and LCHS will be offered health education in accordance with WVBOE Policy 2510 and with frequency to achieve mastery of the WV approved content standards and objectives.

3. Students in middle and high school health classes will use the Internet as a tool to learn about nutrition education.
4. Students in middle school health classes will focus on healthy food choices, as students will work to design healthy meal plans using the food guide pyramid.
5. Students in high school health classes will create power point presentations and/or bulletin boards on a variety of nutrition subjects and will present their information to their peers.
6. Each school will strive to host at least one health fair per year where students will be presented information related to a variety of components of nutrition education.
7. Each school will actively participate in National School Lunch Week and National School Breakfast Week offering rewards to all students who participate.
8. Elementary school classrooms will be encouraged to tour the school's kitchen and meet with the school's cook to learn about how their meals are prepared. Students will be encouraged to ask questions pertaining to nutrition.
9. All schools will be encouraged to emphasize nutrition promotions such as contests, taste testing, and farm visits. Field trips to local farmer's market and area farms will be encouraged, especially in elementary classrooms.
10. Faculty and staff will be given opportunities to complete nutrition education classes for staff development credit before the start of each school year. These classes will be held at local businesses to promote community involvement.

Goal 2: Physical Education/Physical Activity

With regard to physical education/physical activities Lewis County schools will implement a variety of educational strategies.

1. Recess time will be required for at least 20 minutes daily in elementary schools.
2. Recess will be held outside when the weather permits. Each elementary school should strive to have a recess area that offers a variety of safe equipment that will encourage students to want to be physically active.
3. Physical education is required for elementary school students for at least 90 minutes per week.
4. Students at RLBMS will be required to complete physical education every year.
5. Students at LCHS must complete one full year of physical education in order to graduate.
6. Units taught in physical education will promote lifetime fitness activities.
7. Physical education activities will be moderate to vigorous in nature.
8. Physical activities should be integrated into all classes. Every class should implement at least one physically active lesson into its curriculum per semester.
9. The Board of Education shall enhance the quality of the physical education curriculum and increase training of physical education teachers through site-based and county wide staff development.
10. Appropriate alternative activities to physical education shall be provided for students with physical disabilities.

11. Physical education classes will complete the physical fitness test. Yearly results will be placed in each student's permanent file to track progress.
12. Students will be given opportunities for physical activity through a range of before and/or after-school programs including intramurals, interscholastic athletics, and physical activities clubs and programs.
13. Each school will sponsor one physically active fundraiser per year. (Examples may include jump rope-a-thon, walk-a-thon, marathons, etc.)
14. Elementary schools will sponsor one field day event yearly.
15. Each school will encourage faculty to participate in staff wellness opportunities including teams for Relay for Life, students versus faculty fundraisers, and other physical activities that would promote the welfare of the staff and spirit of the schools.

Goal 3: Food Service

The Lewis County Board of Education will ensure a food service program that promotes optimal nutrition.

1. Lewis County Schools will continue to develop county-wide menus for breakfast and lunch that meet the nutritional requirements of WVDE policy 4321.1.
2. Provide opportunities for food service personnel (especially cafeteria managers) to assist in the development of menus.
3. Provide training for food service personnel regarding meal pattern requirements.
4. Provide opportunities for students at the middle and high schools to have input in the development of lunch and breakfast menus.
5. County menus will be distributed to every student that will include healthy facts, statistics and advice in addition to the monthly menu.
6. Recipes used for school meals will be reviewed and adjusted to meet requirements of the USDA's Dietary Guidelines and comply with Policy 4321.1.
7. The usage of USDA's standardized recipes will be recommended.
8. Local recipes will be reviewed for nutritional content.
9. Schools will be encouraged to offer salad, potato, fruit and vegetable bars periodically.
10. Schools will offer more fresh fruit and vegetable choices daily.
11. Students will be provided a positive atmosphere in a clean and attractive cafeteria to enjoy their meals.
12. Schools should encourage student participation in school breakfast by ensuring they have 10 minutes of time to eat breakfast.
13. Schools will allow a minimum of 20 minutes for students to eat their lunch.
14. Posters that promote healthy choices will be displayed in the cafeteria throughout the year.
15. All staff working in the cafeteria and kitchen will be appropriately trained on the importance of a positive environment during meal times.
16. Schools are encouraged to promote school breakfast to all students.
17. Schools are encouraged to consider grab-and-go breakfast.

Goal 4: Positive School Environment

Lewis County Schools will ensure that all schools provide positive school environments.

1. Each school will utilize their Local School Improvement Council as a wellness committee. At each meeting, "wellness" will be an agenda item. All agendas and minutes from meetings will be forwarded electronically to the child nutrition director.
2. The Board of Education will provide regular health screenings for all members of the faculty and staff. This can be combined with PEIA initiatives for premium discounts.
3. Each school will seek one employee to act as the wellness coordinator for the school. This person will plan one yearly event that will focus on the staff wellness. This person will also complete a yearly report on staff wellness activities.
4. The cafeterias at all schools will be a welcoming and comfortable environment and will display healthy posters, bulletin boards, and displays that may influence students to make healthy choices.
5. Teachers and support staff will approach breakfast and lunch times as very important settings.
6. Encourage students at RLBMS and LCHS to select nutritional snacks, by ensuring all snacks in vending are within the regulations of WVDE Policy 4321.1
7. LCHS students will be encouraged to consume beverages of nutritional value by offering only water, 100% juice, and 1% or less fat milk in vending machines.
8. All schools will be prohibited from offering soft drinks during the school day.
9. School personnel will be updated on any changes to state policies concerning nutrition and health education.
10. Lunch menus will be distributed to every student in the county monthly. These menus will be attractive, colorful and easy to read. Health and nutrition information will be provided on the back of each lunch menu.
11. Celebrations and parties will be considerate of students with food allergies and sensitivities. Staff will be provided staff development on the requirements of "other foods and beverages" from WVDE Policy 4321.1.
12. Celebrations and parties will encourage physical activities in the place of eating activities.

Each schools wellness coordinator will strive to compile a yearly power point, showcasing the wellness activities and implementations of each school.

Implementation

Each school principal will ensure that Wellness is an agenda item for each Local School Improvement Council Meeting. Each school principal or his/her designee will submit at least one wellness report to the child nutrition director on a monthly basis. Each Local School Improvement Council will be responsible for seeing the School Health Index is

completed every two years. A report outlining the strengths and weakness will be forward to the child nutrition director

Evaluation and Monitoring

The Lewis County Schools Wellness Policy will be reviewed in the spring of every year by members of the county's wellness committee. During this meeting members will use information provided by school's wellness coordinators to determine what goals are or are not being met. This committee will evaluate the success of each school's wellness implementation. If goals are not realistic in nature then changes will need to be made. The goals of the wellness committee's annual meeting will be to ensure that realistic expectations are established and maintained on a yearly basis. The results of the yearly wellness policy will be presented to the Board of Education at the end of every school year.