

Wayne County

Local Wellness Policy

Overview and Mission Statement

The Board of Education recognizes that there is a link between nutrition education, the food served in school, physical activity, and environmental education, and that wellness is affected by all of these factors. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standard in school.

The Board recognizes that it is the District's role, as part of the larger community, to model and actively practice, through policies and procedures: the promotion of family health, physical activity, good nutrition, and environmental restoration.

The Board of Education further recognizes that the sharing and enjoyment of food, and participation in physical activities, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, and strengthening communities.

The Mission of the Wayne County Public Schools is to improve academic and social achievement to state academic goal standards for all students, one child at a time, by providing outstanding staff, curriculum and instructional practices, and a wide range of productive opportunities for parent/community involvement. This will enable all students to be successful school and community citizens who can be contributing adults.

Statement of Resolve

Whereas, all children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive in the areas in which they live, work and play;

Whereas health promotion and disease prevention is the foundation for student achievement, attendance, and long-term success;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake is the predominant cause of obesity;

Whereas the following major risk factors for those diseases are often established in childhood and are highly preventable; unhealthy eating habits, physical inactivity, and obesity; Whereas nationally, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend physical education classes;

Whereas, nationally, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, a healthy diet is connected to a student's ability to learn effectively and achieve high standards in school;

Whereas, each day, students and their parents trust that the food offered at school are wholesome and safe, and that the Governing Board is responsible for ensuring safety of foods provided at school;

Whereas, fresh, seasonal, local, sustainable grown foods are a primary and recommended source of nutrition for growing children, and pre-packaged, highly processed foods create a solid waste packaging management problem and expense for school districts;

Whereas, public school is an excellent place to nurture and preserve America's food traditions through storytelling, recipe swapping, rediscovering traditions, cooking classes, garden-and-farm-based learning experiences, food served in the cafeteria, and connections to the core curriculum of science, math, language arts, history, geography, and social studies;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Therefore, be it resolved that the Board of Education for the School District of Wayne County 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 that visibly affirms the district's steadfast intent of support the following.

- Providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and wellness;
- 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;
- Maximizing all resources available to the district-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;

- Establishing this policy as a framework to guide program and curriculum development as it relates to health and wellness in the district;
- Comply with state snack policy.
- Establishing a continuing advisory board to assist in monitoring outcomes and advising on continuous improvements that can be made to further enhance health and wellness district;
- Establish an ongoing annual evaluation of the effectiveness of this policy in improving health and wellness outcomes for students, staff, and the community.

General Provisions, Expectations, Definitions, and Key Caveat

This policy makes visible the importance of all aspects of wellness as the basis of student learning. This policy clarifies the relationships between and among these various aspects of wellness and advocates for collaboration across these areas-internally and externally in order to ensure that wellness remains student centered as opposed to service centered or department centered.

Furthermore, this policy is predicated on research-based, proven effective practices for health intervention and health promotion. Specifically, this policy is modeled on the Center for Disease Control's Coordinated School Health Program (CSHP), which is comprised of the following eight elements: 1) health education, 2) physical education, 3) health services, 4) nutrition services, 5) counseling, psychological, & social services, 6) healthy school environment, 7) health promotion for staff, and 8) family/community involvement. The CSHP model has been replicated widely in school systems across the country with great success.

Community School Health Programs are most effectively realized through the establishment of Coordinated School Health Councils (CSHC), which include stakeholders from each of the aforementioned eight elements of the SCHP. Therefore, each school shall develop a Wellness Committee, as well as the district level, in order to ensure an array of opportunities for health promotion is available to each school community and district staff. Students should be included as stakeholders on each CSHC. Therefore, this policy shall form a framework on which external partners working with Wayne County Public Schools' students and staff shall be expected to base their own program development.

As such, this policy is supported also through the School District of Wayne County School's Internal Review Board Policy of 2006, as well as through FERPA (Family Education Rights and Privacy Act of 1097) and HIPPA (Health Insurance Portability and Accountability Act of 1996) regulations on family and student privacy with which all internal and external stakeholders must abide.

The following definitions shall apply:

- a. Health literacy: knowledge of the various aspects of health in all of its dimensions- including health and wellness, physical education, health services, healthy environments, nutrition, health promotion practices/disease prevention and risk avoidance, mental and behavioral health, intergenerational and family health care.
- b. Holistically: various aspects/elements integrated as “one”.
- c. Psychosocial: mental health as impacted by social and environmental factors, such as age, life experiences, peer influences, stress, etc.
- d. Stakeholders: those individuals who have a motivating interest, or “stake” in ensuring the goals of this policy are met in order to assure Wayne County Schools’ students, staff, and families attain and maintain good health.

Key Caveat

It is understood that nothing in this policy shall be considered to supersede the federal requirements of the No Child Left Behind Act, or IDEIA, nor shall this policy supersede state standards and legislative requirements pertaining to public schools.

Key Goals of this Policy

The Wayne County Schools shall adopt the following key goal areas, which for the framework of this wellness policy. Each goal area is supportive of the other goal areas, thus ensuring that outcomes for each will increase outcomes for the policy as a whole. The goal areas shall serve as programmatic guidelines to school, staff, parents, and community partners, and all other internal and external stakeholders, as they engage in their work. These goal areas shall serve also as a framework for evaluation for all programs involving Wayne County Schools that hold wellness and desired goal and outcome. Each goal area is supported by one or more critical elements that will serve as the basis for specific strategies to be formed for action and outcomes.

Key Goal Area 1: Nutrition Education

To help ensure the health and well being of each student attending Wayne County Schools, and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service, the Governing Board encourages teachers, principals, and Nutrition Services employees to recognize the lunch period as an integral part of the educational program of the district, and work to implement the goals of this policy.

The Governing Board will ensure that:

- Wayne County Schools will follow health education curriculum standards and guidelines as stated by the West Virginia Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers are encouraged to display posters, view videos, websites, etc, on nutrition topics.
- Wayne County School campuses will participate in USDA nutrition programs such as “Team Nutrition” and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, Student Services staff, school nurse, health teachers, and physical education teachers/coaches.
- Promote Fruits, vegetables, whole grain products, lower fat dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

Key Goal Area 2: Physical Education and Physical Activity

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. Recognizing that physical education is crucial and integral part of a child’s education, the district will provide opportunities to ensure that the students engage in healthful levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

The components of the district’s physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well aesthetic movement forms, such as dance, yoga, or the martial arts. Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. The Governing Board will ensure that:

- Physical Education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health.

- The district shall enhance the quality of physical education curricula and increase training of physical education teachers through site-based and district-wide staff development.
- Students shall be encouraged to participate in physical activity daily.
- An appropriate alternative activity shall be provided for students with physical disability that may restrict excessive physical exertion.
- Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions.
- Teachers, paraprofessionals, and other school partners, etc are encouraged to creatively engage students in physical activity in the context of other classroom exercises, after-school, and extended year experiences.

Physical Activity Exemptions

The Superintendent of designee may grant temporary exemption from physical education under any of the following conditions:

- The student is ill or injured and a modified program to meet his/her needs cannot be provided.
- The student is enrolled for one-half time or less.
- A student in grades 10-12 attends a regional occupational center or program and attendance in physical education courses result in hardship because of the travel time involved.
- A high school student is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours.

A student is either:

- Age 16 years or older and he has been enrolled in grade 10 for one or more academic years.
- Enrolled as a postgraduate student.
- Enrolled in a juvenile home, ranch, camp, or forestry camp school with scheduled recreation and exercise.

Key Goal Area 3: Health Services

Services provided for students in a school setting to appraise, protect, and promote health; to provide services in harmony with community, parents, and other constituencies and to ensure all students have access to services.

Schools have an access to an array of comprehensive health and wellness education programs provided by school staff, community partners, and the Student Assistance Program Team to focus on prevention and early intervention, that involve all stakeholders.

Parents are educated and informed of the availability and variety of health services for their children.

Key Goal Area 4: Healthy School Learning Environment

Wayne County Schools strive to ensure district staff, its parents, and its partners, receive ongoing education and training opportunities on creating and maintaining a safe and attractive learning and workplace environments that are conducive to learning and are supportive of children reaching their full potential. Schools will provide a healthy and safe environment that supports academic success before, during and after school.

- Students shall be provided adequate time to each lunch, a minimum of 10 minutes for breakfast and 20 minutes for lunch, from the time the last student in line is seated.
- Cafeterias shall provide adequate serving areas to minimize time standing in line and thus allowing more time for eating and activity.
- Ensure that dining areas are attractive and have enough space for seating all students.
- Free drinking water is available for students throughout the mealtime.
- Food is not used as a reward or punishment for student behavior, unless it is detailed in a student's Individual Education Plan (IEP).
- School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- Schools and district offices shall maintain an environment that is free to tobacco, alcohol, and other drugs.
- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- All foods made available on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

Key Goal Area 5: Nutrition Services

Provision of services to students and staff that promote health and nutrition through access to a variety of nutrition and appealing snacks and meals; including all available on-site food-vending machines, fundraisers, special luncheon events, etc.

School nutrition programs reflect or exceed the U.S. dietary guidelines for Americans and respond to health and nutritional needs for all students with respect to ethical, religious, medical, and cultural needs, which include not just a breakfast and lunch nutrition program, but are inclusive of all foods on campus.

Students will have adequate time in which to eat and enjoy their meals. Consideration will be given to the needs of different age groups, such as young children who have specific developmental needs related to meals.

Students and staff will be encouraged to wash their hands before and after eating.

Child Nutrition Operations

Part of the educational mission of the Wayne County Schools is to improve health of the entire community by teaching students and their family's ways to establish and maintain life-long healthy eating habits. The mission shall be accomplished through nutrition education, physical education, core academic content in the classroom, and the food served in schools. The Governing Board will ensure:

- Child nutrition meals served through the National School Breakfast and Lunch Programs will meet all requirements of the federal, state, and local nutrition standards.
- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans: Vending machines, Beverage contractions, Fundraisers, Student Stores, and School parties/celebrations.
- Food providers will take every measure to ensure that the student access to foods and beverages meet federal, state and local laws and guidelines.
- Food providers will offer a variety of age appropriate health food and beverage selections for elementary schools, middle schools, and high schools.
- Cafeteria personnel shall follow the county menu that meets the recommendations for the child nutrition program.
- A shift from food-based planning to nutrient-based planning (as set forth in USDA guidelines) will be considered when it allows for more flexible food selection.
- Schools shall not schedule tutoring, club, organizational meetings, intramural sports, or other activities during mealtimes, unless students may eat during such activities.
- Schools shall schedule meal period at appropriate times, not less than 3, nor more than 4 ½ hours between breakfast and lunch.
- All foodservice personnel shall receive adequate staff development training in food service operations.

Nutrition Guidelines for all Food on Campus

- Nutritional information for products offered in snack bars, vending and school stores is readily available near the point of this purchase.
- The County shall 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, fundraising efforts, class parties, etc.) The county 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.
- School shall offer healthy snack and healthy snack parties per state guidelines:
 - Pre-packaged foods only.
 - Due to the safety and well-being of students with food allergies, no home prepared foods shall be brought in.
 - Standard of fat and sugar content will be as described in the state policy.
 - Beverages: Water, 100% Fruit Juice, 100% Vegetable Juice
- Person in charge of school parties shall check with school official for allergy awareness in their school.
- Potential food allergies: Peanuts, eggs, shellfish, milk, strawberries, etc...
- It is recommended that no artificial sweeteners or snack prepared with artificial sweeteners be served.
- Parents and staff are encouraged to provide party snacks that are consistent with the goals of the policy, and to see to it that such items are served after the lunch hour whenever possible.
- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.
- Foods offered to students and employees of the district during the day as a staff, shall be consistent with the goals of the policy.
- Schools shall limit celebrations that involve food during the school day to shared monthly birthday celebrations, and should discourage serving foods and beverages that do not meet nutrition standards for foods and beverages sold individually.
- The foods used during classes as part of the learning process, for fundraisers that take place at school, for at-school parties, or school-sponsored events, should follow the nutrition guidelines for snacks at school, and should be healthy, safe, as well as meet the USDA guidelines.

- No unhealthy food or beverage item may be advertised in the school cafeteria or dining area, and fast food and “branded” food items shall not be offered for sale as a part of any school meal program or as “a la carte items”.
- Schools shall recognize the third week of September of each year as wellness week. Lesson plans shall reflect nutrition education and physical education and activity. Other topics may include healthy lifestyles such as dental hygiene, drug, alcohol and tobacco awareness, vision care, first aide, hand washing, personal hygiene, sun safety, body piercing and tattoos.

Monitoring and Policy Review

The County Superintendent or designee will ensure compliance with established county nutrition and physical activity wellness policies. The principal in each school or a designee appointed by the principal shall ensure compliance with the local wellness policy in his/her school and will collect data and report on the school’s compliance to the school superintendent or designee.

Samples of Documentation:

Lesson Plans

Synopsis of activities such as school sponsored walk-a-thons with date, number of participants, and sponsors signature

Field Trips

Pictures

Newspaper articles

Etc.