

STUDENTS
WELLNESS

I. RATIONALE

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 and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain 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 is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors. All educators should be advocates for promoting healthy lifestyle choices that are proven to have a positive influence on student achievement and preparation for becoming a productive citizen of the 21st Century.

The Wellness Policy was developed by a committee comprised of representatives from the child nutrition department, curriculum and instruction department, school administrators, local school board, health care professionals, students, teachers, parents, and the community. Information from the Center for Disease Control's *School Health Index* assessment completed by all Berkeley County schools and published, science-based research were used to develop this policy.

II. GOALS

The Berkeley County School District is committed to providing school environments that promote children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Berkeley County School District that:

- The school district will engage students, parents, teachers, food service personnel, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades pre-K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served will meet the nutrition

recommendations of the most current *U.S. Dietary Guidelines for Americans*.

- Qualified child nutrition personnel will provide students with access to a variety of affordable, nutrition, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE GOALS:

I. School Health Councils

Individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies/procedures. The councils also will serve as resources to school sites for implementing those policies/procedures. (A school health council consists of a group of individuals representing the school and community and should include parents, students, food service personnel, school administrators, teachers, health professionals, and members of the public.) A suggested group to use is the school's LSIC, Local School Improvement Council. These groups will meet a minimum of two times during the school year.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School meals, foods, and beverages will follow West Virginia Board of Education Policies 4320 and 4321.1 including the standards mentioned herein, which will take precedence over previous standards in both policies.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables; including 5 fresh fruits and vegetables per week
- serve only low-fat and fat-free (unflavored and flavored) milk and

nutritionally-equivalent non-dairy alternatives as defined by USDA; and

- ensure that there are a minimum of 5 servings of whole grains over a five-day time period (lunch)

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, websites, on cafeteria menu boards, or other point-of-service purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast after first period or the first class.
- Schools will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, school marketing and advertising, or other means.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, schools will utilize an electronic identification and a centralized payment system.

Meal Times and Scheduling. Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45 a.m. and 1:00 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

- will be encouraged to schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens for students with special oral health needs (e.g. orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, cafeteria managers, and cafeteria workers, according to their levels or responsibility.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable schools meals, such as through vending machines, fundraisers, school stores, etc.)

All foods and beverages sold or served individually outside the reimbursable school meals programs (including those sold through vending machines, student stores, or fundraising activities) during the school day or through programs for students after the school day (such as club meetings, tutoring programs, etc.) will meet the following nutrition and portion size standards:

Beverages

- Allowed: water without added caloric sweeteners or artificial sweeteners; 100% fruit and vegetable juices (4 oz. for elementary students and 8 oz. for secondary); unflavored or flavored low-fat or fat-free milk and nutritionally-equivalent nondairy beverages (as defined by USDA);
- Not-allowed: soft drinks containing caloric sweeteners; diet soft drinks; iced teas; fruit-based drinks that are not 100% fruit juice; sports energy drinks; water with sweeteners or artificial sweeteners, beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine), any carbonated beverages, including 100% carbonated fruit juice.

Foods

Foods of Minimal Nutritional Value (FMNV) will not be available. FMNV are foods that provide less than 5% of the recommended daily allowances per serving of protein, vitamins A and C, niacin, riboflavin, thiamin, calcium and iron.

No candy, chewing gum, or flavored ice bars will be sold or served.

A food item sold individually:

- will have no more than 28% of its calories from fat (excluding, nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined; the 28% of calories from fat equates to 8 gm. fat/ounce or 8 gm. fat/28.35 gm.
- will have less than 35% of its *weight* from added sugars. If a food manufacturer fails to provide *added* sugars content of a food item, use the % of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit;
- will provide less than 200 calories per serving.

A choice of at least one fruit or vegetable will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, diced, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat guidelines).

Portion Sizes:

Limit portion sizes of foods and beverages sold individually to those listed below:

Packages will be single serving sizes;

One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;

One ounce for cookies;

Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;

Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;

Eight ounces for non-frozen yogurt; and

Twelve fluid ounces for beverages, excluding water.

Schools shall have school year 2006-2007 to have time to work with vendors on products that meet the above requirements. The compliance date shall be July 1, 2007.

It is the responsibility of school nutrition office to control what products are placed in vending machines, school stores and/or snack bars. It is the responsibility of the school personnel to monitor the machines for acceptable items. School personnel should obtain product analysis information from vendors upon which the decisions are made. These analyses are to be written on vendor/company letterhead and signed by an authorized company official. These should be kept on file at the school for review.

Fundraising Activities. To support children's health and school nutrition-education efforts, schools are encouraged to use non-food fundraising activities. (See *Attachment*

A-Suggested Alternative Fundraising Ideas-Things You Can Sell; Attachment B-Suggested Alternative Fundraising Ideas-Things You Can Do.) If foods are used, schools are encouraged to meet the above nutrition standards for foods and beverages sold individually.

The same documentation of product analyses, as listed above, should be available for review.

Schools are encouraged to use fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards. Schools will not use foods or beverages, especially those that do not meet nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment. Candy is prohibited. Schools are encouraged to use activity-based rewards.

Celebrations. Schools should limit celebrations that involve food during the school day to no more than three parties per class per year. These parties must meet the nutrition standards for foods and beverages as listed in West Virginia policy 4321.1.

School-based administrative approval is needed for multi-cultural class activities. Efforts should be made to make these food items healthier.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Schools should strive to offer foods and beverages at school-sponsored events outside the school day that meet the nutrition standards for meals or for beverages sold individually (above).

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Berkeley County School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens;
- at the elementary level, a portion of the recess will include a structured time of activity, example: 2 laps around the track before play time can begin;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive

the nationally-recommended amount of daily activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

Classroom health education should complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television and computer -time;

Opportunities for physical activity should be incorporated into other subject lessons; and

Classroom teachers should provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send

home nutrition information, post nutrition tips on school websites, and use school newsletters. County lunch menus will include nutrition information that will vary on a monthly_basis. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverage and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. (Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.) The promotion of healthy foods, including fruits, vegetable, whole grains, and low-fat dairy products is encouraged.

Example of marketing techniques include the following: logos and brand names on/in

vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products, free samples or coupons, and food sales through fundraising activities. Schools will have school year 2006-2007 to work with vendors in this endeavor. The compliance date is July 1, 2007. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water, low-fat milk products, 100% fruit juice; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness. Berkeley County School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should establish and maintain a staff wellness committee, which can be a subcommittee of the school health

council. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. This plan should be updated yearly.

All Berkeley County Schools' employees are encouraged to be involved in the PEIA(Public Employees Insurance Agency) Pathways to Wellness Initiative available through the state of West Virginia.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) Pre-K-12. Requirements for physical education shall be followed according to West Virginia code §18-2-7a and Policies 2510 and 2520. Each school shall be assigned a certified physical education teacher.

School-wide Physical Activity. To promote the school wellness policy, schools are encouraged to participate in one school-wide physical activity during the school year, i.e. America on the Move, the ACES program, Jump Rope for Heart, mini-Relay for Life, etc.

Documentation of these activities will be sent to the school nutrition office for record keeping and reporting.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Inactivity is discouraged due to inclement weather.

Schools should discourage 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.

Use of School Facilities Outside of School Hours. When possible, school spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times. Appropriate-use fees will apply.

V. Monitoring and Policy Review

Monitoring. The superintendent and his designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the superintendent.

School food service staff, at the school and district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The LSIC (Local School Improvement Council) at each school will report to the school board and the superintendent on a yearly basis, the status of compliance with the four goal areas: nutrition education, physical education, physical activity, nutrition standards for all foods and beverages available on the school campus, and other school-based activities designed to promote wellness.

Policy Review. Each school will have a baseline assessment of the school's existing nutrition and physical activity environments and policies on file. Formal or informal assessments will be repeated each year to help review policy compliance, assess progress, and determine areas in need of improvement. An informal assessment of the goal areas and areas needing improvement will be completed and due April 1 of odd years (i.e., fiscal years 2007, 2009, 2011, etc.) Formal assessments using the *School Health Index* assessment instrument or another approved assessment instrument will be completed by April 1 of even years (i.e., 2008, 2010, 2012, etc.)

School-by-school assessments will be compiled at the district level on even years to identify and prioritize needs. These assessments will assist with determining policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review nutrition and physical activity policy provision; of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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