

HARDY COUNTY SCHOOLS

STUDENT AND STAFF WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

The Hardy County Board of Education believes that children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. We also believe that good health fosters student attendance and education. The Board is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Board that:

- All schools in Hardy County will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate medically required special dietary needs in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practical, all schools shall participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program).
- Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and shall establish linkages between health education and school meal programs and related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

Hardy County Schools, 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. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public).

II. Nutrition Education

- Hardy County Schools will adhere to West Virginia State Board Policy 2520.5 so that instruction will provide a sequential list of learning standards and objectives closely aligned with the National Standards for Health Education.
- The intent of the health standards is to provide a consistent target for both educators and students in the general school population relative to the grade level and performance standards.
- Nutrition education extends beyond the school environment through the utilization of parent/teacher meetings, newsletters, published menus and County Website.
- Staff responsible for nutrition education shall participate in local staff development and relative activities to assure compliance of health/nutrition content area and contact hours.
- Nutrition instruction is available to all staff through the local Health Department, Community and Technical College and E-Learning courses on-line.
- Nutrition education shall extend beyond the traditional health education classroom and include enjoyable activities that are developmentally appropriate such as taste testing, contests, participation in Team Nutrition Grants, and Health Fairs.
- The standards for Nutrition education shall be behavior focused, interactive and participatory.
- Assessment will be conducted throughout the large school community for quality assurance.

III. Standards of USDA Child Nutrition Programs and School Meals

The objective of 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, or exceed, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat varieties of milk;
- all grains served are whole grains;
- focus on “made from scratch” meals whenever possible.

Schools should engage students and parents, through taste-tests of new entrees and surveys, to identify new, healthy and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information should be made available on menus, websites, cafeteria menu boards, place cards, or other point-of-purchase materials.

Schools will not withhold food/beverages, or deny the student the right to choose, during the school meal program.

- The cafeteria /meal environment must be conducive to participation and must avoid strategies that have a negative impact.

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, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that allow all children access to school breakfast
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will utilize newsletter articles, take-home materials, or other means to encourage parents to provide a healthy breakfast for their children.
- Realign breakfast with the instructional day by requiring innovative breakfast delivery strategies in all schools.

Free and Reduced-priced Meals

Schools will continue to make every effort to prevent any social stigma attached to the overt identification of students who are eligible for free and reduced-price school meals.

Summer Food Service Programs

Whenever possible, schools in which more than 50% of students are eligible for free or reduced-price school meals may sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling

- will provide students with at least 10 minutes to eat breakfast and 20 minutes to eat lunch, after being served;
- should schedule meal periods at appropriate times, i.e. lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- whenever possible, schools will 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 of students with special oral health needs (i.e. orthodontia or high tooth decay risk).
- Develop strategies and methods to create an environment that increases participation in school breakfast, lunch and after school programs.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. The Board will be responsible for the food service program operation and 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, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Due to special dietary needs and food safety concerns, foods and beverages brought or delivered from outside sources may be consumed only by individual students for which they were brought or delivered, and not by the general student population. Only a parent, guardian or family member may deliver outside foods and beverages to a child at school.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

The Board believes they can make a positive impact on promoting healthy lifestyles among students and staff through the development and implementation of proactive local wellness policies. In addition, the Board believes that all schools should provide an environment that is conducive to healthful eating behaviors. The Board also believes that 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 in the 21st Century.

To this end, the Board will strive to exceed the minimum standards set forth in current West Virginia State Board of Education Policy 4320, Child Nutrition Program and 4321.1, Standards for School Nutrition. The Board supports healthful choices for all foods and beverages offered or sold on the school premises whether in vending machines, school stores, fundraisers, school parties and celebrations, booster sales or as rewards.

The Board requires that healthy food and beverage choices be made available whenever and wherever food and beverages are served or sold on school premises, or at school sponsored events.

The Board believes that schools should be adequately funded, and that the West Virginia Board of Education, with its ability to address the State Legislature, should advocate for all sources of tax revenue in raising needed funding for education of our school children. Such adequate funding would eliminate any incentive these schools might have to raise funds by advertising products and selling foods and beverages that compromise children's health. The Board

encourages club and booster organizations to develop creative means of fundraising that do not include selling foods of minimal nutritional value.

V. Physical Education

- All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, shall receive instruction in Physical Education in accordance with West Virginia State Board Policy 2510- Assuring the Quality of Education for all students.
- All physical education will be taught by a certified physical education teacher.
- Student involvement in other activities involving physical activity (i.e. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- A Schrimmer report is provided annually through the Board of Risk Management, to ensure safe and adequate equipment and facilities for physical education.
- Teachers shall have a system for analyzing, interpreting and using student performance to assess competencies and skills level.

VI. Physical Activity

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical 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 will 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;
- opportunities for physical activity will be incorporated into other subject lessons;
- classroom teachers will include in lessons or provide short physical activity breaks between lessons or classes, as appropriate; and
- schools should discourage extended periods of inactive time. Schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

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.

Staff Wellness

As an example of its commitment to the health and wellness of every staff member, the Board assists schools in the planning and implementation of activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The county should establish and maintain a staff wellness committee composed of at least one staff member, local hospital representative, dietitian or other health professional, and recreation program representative. 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. The Staff Wellness Committee should distribute its plan to the School Health Council annually.

Physical Activity Opportunities Before and After School

All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. In addition, schools will support the use of school facilities by community organizations that promote physical activity opportunities. Physical activity shall be integrated, when possible, across the curricula and throughout the school day.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Safe Routes to School

The county may assess and improve travel routes, if necessary, and to the extent possible, to make it safer and easier for students to walk and bike to school. When appropriate, the county will work together with local public works, public safety, and/or police departments in those efforts. The county will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours

Specified 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, when appropriate. These spaces and facilities also should be supervised and available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety and security will apply at all times. Specific spaces and facilities will be identified by the principal at each school.

VII. Communication and Promotion

- Parents, students, faculty, school board members, administrators, and the public will be involved in the development, review and revision of the Health and Wellness Policy.
- Communication of Nutrition information such as the USDA Dietary Guidelines for Americans and the WV Standards for School Nutrition, Policy 4321.1 shall be accomplished through the use of newsletters, public parent/teacher meetings, posters, County and USDA Websites and printed materials.
- The Health and Wellness Committee will solicit feedback through parent/student surveys, and various committee meetings.
- Staff will have opportunities to participate in wellness programs such as site sponsored Health Fairs, walking trails, and local Health and Wellness Center activities that will specifically address health issues and wellness.
- The Coordinated school Health Model will be utilized to ensure that Hardy County Schools continues to involve the general population of students, teachers, community health workers and families.
- Nutrition communication will be ongoing between nutrition staff, school administrators, parents and students in an effort to promote overall health and wellness in-house and within the community.
- In as much as teachers may be viewed as role models, they are encouraged to make an effort toward promoting and representing a healthy lifestyle.
- Collaboration between Hardy County Schools, the Hardy County Health and Wellness Center and the WVU Extension office will continue to promote and encourage physical activities among student and their families.
- Marketing materials in schools will promote a healthy lifestyle and encourage optimum food choices.

VIII. Evaluation

The superintendent or designee will ensure compliance with established county-wide 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 county superintendent or designee.

School food service staff, at the school or county level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the county will report on the most recent USDA Administrative Review (AR) findings and any necessary corrective action.

The superintendent or designee will develop a summary report every three years on county - wide compliance with the county's established nutrition and physical activity wellness policies, based on input from schools within the county. That report will be provided to the school

board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the county.

Policy Review

To help the initial development of the county's wellness policies, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the county level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The review will include an examination of our nutrition and physical activity policies and the utilization of environments that support healthy eating and physical activity. As necessary, Hardy County Schools will revise the wellness policies and develop work plans to facilitate their implementation.

Throughout the year staff at the school level will complete and submit a form indicating Health and Wellness Initiatives completed at their school. They will outline the scope of the activity, its success and plans for continued implementation of the activity. Health and Wellness Committee members will assess yearly progress by evaluating these resources which will then provide insight into setting new goals.

Severability

If any portion of this policy or application thereof to any person or circumstances is held invalid, such invalidity shall not affect other provisions or applications of this policy.

Authority: WV State Board Policy 4320, 4321.1, 2510, 2520.6 (Content Standards for PE), 2520.5 (Content Standards for health Education), 2005 Dietary Guidelines for Americans

Source: Board of Education Minutes

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