
Reference: West Virginia State Code §18-2-6a, West Virginia Board of Education Policy 4321.1, Standards for School Nutrition,

4.5 Local Wellness Policy

Approved 7/27/06, Revised 6/27/11

Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. Schools can foster an environment that is health promoting and provides students with the knowledge and skills to create lifelong healthy habits. Children who eat well and are physically active are more likely to learn and become healthy, successful adults who contribute to our community. By promoting healthy lifestyle choices, educators can be a daily role model for healthy behaviors.

GOALS

It is the policy of Jefferson County Board of Education to:

- Establish a Jefferson County Wellness Committee, which may include – Coordinator of Child Nutrition, County Level Administrators, School Board Members, School Level Administrators, Health Service/School Nurses, Parent/Family/Guardian representatives, Students, and Community Members.
- Establish a Wellness Committee at each school site with operational responsibility for ensuring that each school fulfills the district’s local wellness policy.
- Create a health-promoting environment in our schools by:
 - Provide students access to nutritious foods, following the West Virginia Department of Education – Policy 4320 and Policy 4321.1 and the United States – Healthy, Hunger-Free Kids Act of 2010, while maintaining a clean and pleasant cafeteria setting;
 - All schools will follow the Jefferson County Board of Education policy, Chapter 4, Section 4.4, Sale of Healthy Beverages, Soft Drinks and Food Items in School - objective of promoting student health and reducing childhood obesity;
 - Provide opportunities for physical activity and developmentally appropriate physical education as set forth by the West Virginia Department of Education;
 - Provide accurate information related to nutritional education through the health education program as set forth by the West Virginia Department of Education;
 - Provide other school-based activities designed to promote wellness.

I. School Wellness Committees

Individual schools within Jefferson County Schools will convene committees to ensure the implementation of the wellness policy and related activities. The committee also will serve as resources to school sites for implementing those policies/procedures. A school wellness

committee 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. This committee will meet a minimum of twice during the school year.

II. Family and Community Involvement

County Wellness Committee meetings will be scheduled to make it possible for a parent and student to attend regularly. A County Wellness website page will be established where the minutes from the school wellness committees and the county wellness committee meetings will be available. The County Wellness Committee will develop and implement a process to solicit parent and community members input on recommendations to the county committee on student health/ wellness activities and programs.

In order to promote family and community involvement the county and/or schools will:

- Publish county meal menus;
- Invite families to attend and participate in health fairs and parent involvement evenings;
- Post informational newsletters on physical activity and healthy nutrition in languages accessible to the family population;
- School employees are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

III. Nutrition

Only food or beverages that meet the nutritional values, as defined in the WVDE Policy 4320 and 4321.1; United States – Healthy, Hunger-Free Kids Act of 2010 may be sold or served in Jefferson County Schools. All guidelines will be followed as established in the above policies. Reimbursable meals will be maintained by following the above mentioned policies and Jefferson County Board of Education Policy 4.3 Offer vs. Serve.

IV. Fundraising Activities

To support children's health and school nutrition-education efforts, schools are encouraged to use non-food fundraising activities. If foods are used, schools are encouraged to meet the nutrition standards set forth in WVDE Policy 4321.1 for foods and beverages sold individually. Documentation of product analyses/labels, should be available for review.

Schools are encouraged to use fundraising activities that promote physical activity.

V. Rewards/Celebrations

Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment. Schools are encouraged to use activity-based rewards. Schools should limit celebrations that involve food.

VI. School-sponsored Events

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 foods and beverages sold individually.

VII. Nutrition Education

Jefferson County Schools aims to teach, encourage, and support healthy eating by students. Schools should provide knowledge and skills necessary to promote and protect student health, not only through health education classes, but also be integrated information into classroom instruction such as math, science, language arts, social sciences, elective subjects, and in the school cafeteria.

VIII. Physical Activity

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. Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

IX. Staff Wellness

Jefferson County Schools highly values the health and well-being of every staff member. Schools plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. Each school will establish and maintain a wellness committee. The committee should develop programs and 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 Jefferson 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.

X. Monitoring and Policy Review

The superintendent and his/her 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 or his/her designee.

Jefferson County Child Nutrition Coordinator 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.

Formal assessments using the Center for Disease Control *School Health Index* assessment instrument will be completed by April 1st of even years (i.e., 2008, 2010, 2012, etc.)

As part of that review, the Jefferson County Wellness Committee will annually review the Jefferson County Wellness Policy 4.5 to maintain current state and federal regulations.