

Preston County Schools

WELLNESS POLICY

February 2014

Vision

The Preston County Wellness Policy committee is committed to the health and wellness of all citizens and communities of Preston County through a coordinated countywide health program. This begins with the realization that good health is a person's most important asset.

MOTTO

It is never too early nor too late to begin living a healthy life.

Mission Statement

The mission of the Preston County Board of Education and Wellness Policy Committee is to provide high quality coordinated school health programs consisting of quality school health education, health and nutrition services, staff health programming, physical education in a healthy school environment with participation of families, community groups, and individuals.

Wellness Policy Committee 2013/2014

Charlene Strahin	Child Nutrition Coordinator	Chairperson
Lynn Housner	Retired Assist. Dean of PE, WVU	Community Member
Thomas E Strahin	Teacher and Former Principal	Aurora/Terra Alta
Brenda McGinnis	PE & Health Teacher grades K-6	Tunnelton/Denver/SPMS
Janie Spahr	Teacher	Preston High School
Shelly Kerere	School Nurse & Parent	Bruceton School
Suzanne Peddicord	School Nurse	Valley & WPMS
Judy Reese	School Nurse	Tun/Den/South/Fellowsville
Patty Biggins	School Nurse & Parent	Terra Alta/East Preston
Debra Wolfe	School Nurse	Aurora School
Cassie Howell	School Nurse	Central Preston Middle
Michele Liga	Music Teacher	Rowlesburg School
Suzie Huggins	After School Explorers & Parent Vol. Program, Title I	
Kathy McNeill	Board of Education Member	
Emily Howell	Student	Central Preston Middle
Donetta Browning	PE Teacher	Kingwood Elementary
Preston High School	Wellness Team	
Bruceton School	Wellness Team	

Policy Evaluation Team

NAME	SCHOOL REPRESENTED
1. Patty Biggins	Terra Alta
2. Sharon Maynard	American Dairy council
3. Paige Dewhirst	Action for Healthy kids
4. Heather Davis	CPMS
5. Diann Zuchowski	KES
6. Kendall Show	FELLOWSVILLE
7. Sherry Poland	KES
8. Stacy Cramer	KES
9. Faye Sanders	KES
10. Brian Miller	WEST PRESTON
11. Hillary Jenkins	BRUCETON
12. Beth Doerr	BRUCETON
13. Tammy savage	KES
14. Cassie Howell	CPMS
15. Brooke Michael	RESA VII
16. Charlene Strahin	Child Nutrition Director/Chairperson

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Overview and Mission Statement

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

The Board of Education further recognizes that the sharing and enjoyment of food, and participation in physical activities and quality physical and health education programs, 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 Preston County Schools Wellness Policy Committee is to provide high quality Coordinated School Health programming consisting of the implementation, assessment, and improvement of quality school health education, health and nutrition services, staff health programming, and physical education in a healthy school environment with participation of families, community groups and individuals.

Therefore, be it resolved that the Board of Education for the School District of Preston 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 to 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, quality health and physical education programs, 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;

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- 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;
- 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 in the district; and
- Establishing 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, and 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 CSHP. Therefore, Coordinated School Health Councils are encouraged to be established in each school, as well as at the district level, in order to ensure an array of opportunities for health promotion are 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 Preston County Schools' students and staff shall be expected to base their own program development.

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The Preston County Wellness Policy Committee and School System recognize student, staff, family and community-wide coordinated effort. The Wellness Committee welcomes the active participation and involvement of all these partners. The committee and the school system will inform, educate, and engage citizens about nutrition, physical activity and health related policies and issues in the schools and community. The committee will seek input, active participation and feedback from students, staff, families, and other community members regarding health and wellness policies and issues through a coalition of students, staff, families, and community members, positive change can occur.

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 Preston County Schools’ students, staff, and families attain and maintain good health.
- e. Governing Board: Board of Education members.

Caveat

It is understood that nothing in this policy shall be considered to supersede the federal requirements, or IDEA, nor shall this policy supersede state standards and legislative requirements pertaining to public schools.

Goals of this Policy

The Preston County Schools shall adopt the following goal areas, which form 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 also as a framework for evaluation for all programs involving Preston County Schools that hold wellness as the desired goal and outcome. Each goal area is supported by one or more critical element that will serve as the basis for specific strategies to be formed for action and outcomes.

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Goal 1. Nutrition Education

Preston County Schools (PCS)

- PCS will provide nutrition education and engage in nutrition promotion.
- Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).
- The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab.
- Families will be invited to attend exhibitions of student nutrition projects.
- School staff will cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition.
- PCS will train staff in nutrition education and implement the principles of the health curriculum in all grades.
- Nutrition education will be integrated into mathematics classes.
- Nutrition education will be integrated into the broader curriculum.
- The County Wellness Committee is responsible for overseeing policy implementation in the area of integration of nutrition into overall curriculum.
- Skill-based nutrition is required. Specific skills or activities are identified and required (e.g., media awareness or understanding calorie balance, energy expenditure, and nutrition facts labels).
- The School Wellness Team will ensure that four hours of class time will be designated for nutrition education every month.
- The School Wellness Team will ensure the nutrition education curriculum is aligned with academic standards or benchmarks, comprehensive in Scope and Sequence.

Goal 2: Standards for USDA Child Nutrition Programs and School Meals

- PCS shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.
- The district provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance.
- All schools will provide breakfast through the USDA School Breakfast Program.
- PCS will institute a Summer Food Service Program (i.e., specific reference to Summer Food Service Program or CFR Part 225).
- School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of these grains are whole grain; eliminates trans fats).
- All cooked foods offered as part of a meal will be baked or steamed.

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- PCS will implement a purchasing program and preparation methods to decrease fat, calorie, and sodium levels in food.
- Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
- Individual Child Nutrition sites shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- Recess will be scheduled before lunch whenever possible.
- No events shall be held during lunch period unless students may eat during the event.
- After obtaining foods, students will have at least 20 minutes to eat lunch.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- Facilities will be furnished at all times with adequate, soap, water and paper towels to make this possible. Hand sanitizer may be used as a substitute when appropriate.
- Students shall have convenient access to hand-washing facilities.

The Preston County Schools Office of CHILD NUTRITION:

- Shall be directed by a qualified nutrition professional.
- Shall ensure that the Food Service Manager has appropriate degree and certification.
- Food service staff members who are properly qualified according to current professional standards will administer the Child Nutrition Programs.
- Shall ensure that professional development in the area of food and nutrition is provided for food service staff.
- Shall ensure that appropriate supervision is provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- Students shall be provided a pleasant environment in which to eat lunch.
- Will share and publicize information about the nutritional content of meals with students and parents, upon request.
- Shall ensure that all foods served during the school day meet state guidelines.

Goal 3: Nutrition Standards for Competitive and Other Foods and Beverages

- Preston County Schools do not host snack machines. PCS vending machines shall only contain unflavored water. Foods of minimal nutritional value **shall not** be sold on school grounds at any time **during the instructional day.**
- Vending machines that contain any items that do not meet Nutritional Standards for Competitive and other food (those for Staff use only) must be located in an area that is not accessible for students. Adults are **NOT PERMITTED** to send students to purchase items from these machines for them. Failure to comply with this rule will result in the vending machines containing the non-nutritive food and/or beverage being removed from the site.
- Preston County School stores and classrooms are not permitted to sell any food or beverage items during the school day.

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- According to WV State Code, Preston County schools shall not sell foods a la carte with the exception of milk.
- Foods and beverages served at Preston County schools celebrations shall meet the state nutritional standards as defined by Policy 4321.1. Approved foods can be determined by logging on to Smartfoods.com and using the nutritional calculator or contacting the local school wellness team.
- Classroom snacks served at school shall meet the WV State nutritional standards as defined by Policy 4321.1.
- No food items shall be sold prior to the start of the school day on school property.
- No food items shall be sold until the end of the school day on school property. Foods sold after school will be healthy foods as determined by the nutritional calculator found on line at www.smartfoods.com
- The concessions at extracurricular activities will promote and make available nutritional snacks. Food or beverages sold or served on school grounds or for activities shall meet the district's nutrition standards as defined by Policy 4321.1
- Fundraisers that include food items will not occur during the school day. All deliveries and pick up of these items will occur at designated areas outside of the school day and outside school premises. Fundraisers will require administrative approval.
- Preston County Pre K-12 school food service, school store, and school vending machine sales of individual snack items per package shall include no more than 35% sugar by weight.
- Preston County Pre K-12 school food service, school store, and school vending machine sale of individual snack items per package shall include no more than 35% of calories from fat and nine grams of maximum per serving with the exception of nuts.
- A snack food item sold individually shall contain no more than 240 mg of sodium per serving and an individually sold entrée shall contain no more than 600 mg of sodium per serving.
- Foods sold outside of the lunch program shall comply with Policy 4321.1 in regard to fat, sugar and sodium.
- Schools will encourage healthy snack choices in appropriate portion sizes.
- More than half of the grains served will be whole grains.
- Every effort shall be made to limit sales of snacks with high fructose corn syrup.
- **Preston County Schools will prohibit the use of food or beverages as a reward for students.**
- Nutrition information shall be available upon request for any "other food or beverage" sold, served, or distributed upon request by the provider of that other food.
- PCS is a "dry county" meaning we do not serve, sell, or distribute **soft drinks** during the school day.
- Sodas will not be available during the school day to students.
- No energy drinks will be sold in Preston County Schools.
- Milk shall be 1% or less in fat content.
- Students will not be given more than 12 ounces of a beverage. Limit for beverages being sold, served, or distributed other than unflavored water is 12 oz. or less.

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- Only Caffeine-free beverages will be available to students in PCS during the school day with the exception of chocolate milk that has a small amount of naturally occurring caffeine.
- Free water is available at the water fountains for students to drink.
- Parents that bring or send food to school for their children are permitted to bring or send food for only their own child, due to food allergies and sensitivities'. If more food is brought or sent in by the parent, excess food must be disposed of in a proper manner. Due to the allergies and sensitivities this food cannot be consumed in a public area with a random population of other students.

Goal 4: PHYSICAL EDUCATION

- PCS will adopt a nationally recognized Physical Education Curriculum.
- Students should receive at least an hour of physical activity per day at the elementary school level.
- Students should receive at least an hour of physical activity per day at the middle school level.
- Students should receive at least an hour of physical activity per day at the high school level.
- Physical Education will promote a physically active lifestyle.
- Physical Education will provide assessments to assess the student's motor skills and encourage active participation.
- Physical Education classes should be limited to a smaller class size due to facility and equipment.
- Physical Education students will be provided alternative activities if they cannot participate in the daily scheduled lesson plans.
- All students enrolled in PCS should have the opportunity for yearlong physical education class.
- All students in Preston County, grade K-12, shall receive physical education by 2018.
- According to House Bill 2816, all grades, PK-4/5 students will receive not less than 30 minutes of physical education 3 times a week which is equal to 90 minutes or more. This may or may not include recess that promotes moderate to vigorous activity.
- According to House Bill 2816, all grades 5/6-8 students will receive not less than one full period of physical education each full day for one semester of the school year.
- According to House Bill 2816, all grade 9-12 students will receive not less than one full course credit of physical education which shall be required for graduation and the opportunity to enroll in an elective lifetime physical education course.
- Schools shall provide physical education that foster lifelong habits of physical activity, focuses on personal fitness and skills needed for lifelong fitness. This may include alternative programs that will enable current staff and physical settings to be used to meet physical education requirements.
- Students shall be able to demonstrate physical education competency through application of knowledge, skill development, and practice.
- Physical Education programs will be ongoing and sequential, according to the WV grade level content standards.

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- The physical education program shall meet the needs of all PK-12 students including those who are not athletically gifted, and teach cooperation, fair play, and responsible participation.
- At all levels, physical education is required of all students (see previous statement) including credit (s) required for high school graduation.
- Physical education and/or physical activity programming will be made available on a daily basis.
- The teacher-student ratio for physical education should be the same as the ration for regular classroom teachers.
- Adequate indoor and/or outdoor space and equipment shall be available for quality physical education programming.
- All physical education classes will achieve 50% MVPA (moderate to vigorous physical activity) in their classes.
- All physical education teachers will be certified in physical education by the state of West Virginia.
- Allocated staff development for physical education teachers in Preston County should be content specific.
- All students shall earn the required physical education credits at each level including credits for graduation.
- During required physical education, the Fitness Gram will be completed.

Goal 5: Physical activity

- Physical activity opportunities will be provided for all students throughout the school day.
- Intramurals or interscholastic activities are provided in middle school and high school levels.
- Community organizations have access to school facilities outside of the school day through Preston County policy (See R4-9-1 Public Use of School Facilities Regulations).
- Where possible, schools should provide active routes to/from school, i.e., walking to/from busses, biking, etc.
- Physical activity can/should be used as a reward. Physical activity shall not be used as a punishment.
- Elementary school children shall have P.E. or recess daily.
- All elementary school students shall have daily recess and/or P.E., during which schools shall provide space, equipment, and an environment conducive to safe and enjoyable activity.

Goal 6: Communication and Promotion

- In the development of a wellness policy there are many stakeholders that need to be involved. Preston County Schools has reached out to not only the faculty and staff, but students and their parents, the Board of Education and community members.
- Preston County Schools shall have programs that focus on nutritional knowledge and activity for all staff members.

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- Individual schools within the system shall work together with cafeteria staff to provide a consistent message of healthy eating choices.
- Faculty and staff on all levels of the school system shall be encouraged to promote the value of healthy eating choices and physical activity within daily life.
- Food service director or designee shall provide families of students in grades K-8 an opportunity to monitor the food purchases of their children and to provide input in those choices.
- Preston County Schools shall follow the CSHP model from the Centers for Disease Control.
- Preston County Schools wants to encourage feedback from the students and the community. We will accomplish this goal by two methods: 1) students will be surveyed to discover their favorite local, cultural and ethnic foods and 2) students shall be encouraged to taste test new healthy foods that are being introduced to the menu.
- The Food Service Director or designee shall be present at a school's open house to speak with parents upon request from the school administrator and pending availability.
- Preston County Schools shall provide nutrition education to parents. This may be in the form of handouts/pamphlets, through the county and school websites, in newsletters, or in any other manner that will facilitate contact with parents. Parents will be provided with information pertaining to healthy snacks for lunch, school celebrations, and physical activities students can do before and after school.
- Organizations that operate concession stands during the school day should offer healthy food choices at a lower price.
- Materials that are displayed at school or sent home to parents shall be free of illustrations of unhealthy food choices.
- Preston County Schools shall have a wellness committee that lists all stakeholders. This committee shall meet at least twice per school year.

Goal 7: Evaluation

- A district-wide Wellness Committee shall be established for the purpose of monitoring the implementation of the district's Wellness Policy and its nutrition and physical activity components through the Superintendent or his/her designee.
- The Superintendent or designee shall ensure compliance with established district-wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance with those policies in his or her school.
- The Superintendent or designee shall ensure compliance with established district-wide nutrition and physical activity policies in each school, the building administrator or designee shall ensure compliance with those policies in his or her school.
- The Advisory Council shall meet at least annually to review nutrition and physical activity policies, evident on student health impact and effective programs and program elements.

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The advisory council:

- Shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions.
- Will meet to discuss revisions to policy.
- Funding for the school wellness evaluation will be allocated from the general operations budget, if funds are available.
- The policy shall be revised as necessary.