

Pocahontas County Wellness Policy

As required by law, the Board of Education establishes the following wellness policy for Pocahontas County Schools.

All counties must design a wellness policy that includes specific components that addresses each of the following eight priority elements:

1. Food provided but not sold, such as celebrations
2. Nutritional education
3. Nutritional promotion
4. Nutritional standards
5. Other activities that promote student wellness
6. Physical activity
7. A plan for measuring implementation of the policy and for reporting the findings of measurement
8. A plan to inform students, parents, and the community of the findings

The local wellness policy must include methods to promote wellness and reduce childhood obesity, and provide assurance that the school meals and other food and beverages sold on and off the school campus during the school day are consistent with applicable minimum federal standards.

Wellness policy priority element recommendations are to be provided if priority elements are missing from a county wellness policy. The recommendations provided are based off of an individualized wellness policy evaluation using the University of Connecticut, Rudd Center's Wellness School Assessment Tool or Well SAT 2.0 to provide a consistent and reliable means of assessing the comprehensives and strength of school wellness policies within West Virginia. Additional information about Well SAT 2.0 can be found at <http://www.wellsat.org>.

The Pocahontas County Wellness Policy and wellness reports will be shared with the public via any or all of the following methods: the county website, school newsletters, LSIC or PTA presentations, or press releases.

Also, additional information concerning wellness in our schools can be located at <http://healthymeals.nal.usda.gov/smartsnacks>

The Board recognizes that good nutrition and regular physical activity affect the health and wellbeing of the County's students. Furthermore, research suggests that there is a positive correlation between a student's health and wellbeing and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools

along. It will be necessary for not only the staff, but also the parents and the public at large, to be involved in a communitywide effort to promote, support and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. Nutrition Education

1. Nutrition education shall be included in the Health curriculum in accordance with West Virginia State Board Policy 2520.5, Health Content Standards and Objectives and where appropriate Policy 2520.13, Vocational Education Content Standards and Objectives, so that instruction is sequential and standards-based and provides students with the knowledge, attitude and skills necessary to lead healthy lives.
2. Nutrition education standards shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards for health education, and shall be age-appropriate and culturally relevant.
3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
4. Nutrition education posters, such as "My Plate" will be displayed in the cafeteria.
5. Nutrition education should extend beyond the school by engaging and involving families and the community.
6. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the standards.

B. Physical Activity:

1. Physical Education

a. A sequential, comprehensive physical education program shall be provided for students K-12 in accordance with the content standards and objectives established by State Board Policy 2520.6.

b. The State legislature has set forth requirements related to Physical Education and Health Education courses in chapter 18-2-7a...(b)...The State Department of Education shall establish the requirement that each child enrolled in public education classes during the school year to the level of his/her ability as follows:

- 1) Preschool follows the Creative Curriculum requirements for students.
- 2) Elementary Grades – not less than thirty (30) minutes not less than three (3) times per week.
- 3) Middle School Grades – not less than one (1) full period of physical education each school day for one (1) semester.

- 4) High School Grades – one (1) full physical education course credit for graduation and one (1) lifetime physical education offering.
 - c. All student students in grades PK-12, including those with disabilities, special health care needs (to the extent consistent with the student’s IEPs) shall receive instruction in physical education in accordance with Pocahontas County Policies and State Board Policy 2510.
 - d. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
 2. Physical Activity
 - a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 - b. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, tennis, golf, archery, etc.
 - c. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.
 - d. All after-school programs are encouraged to provide developmentally appropriate physical activity for the students who participate.
- C. Other School-Based Activities Designed to Promote Student Wellness:
 1. Students and staff will have access to free, safe, and fresh drinking water throughout the school day. Drinking fountains will be made available to students and staff throughout the building and will be provided regular access to those fountains.
 2. The schools shall provide for students after sitting down at least ten (10) minutes to eat breakfast and twenty (20) minutes for lunch.
 3. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess and other special programs or events.
 4. The schools shall provide attractive, clean environments in which the students eat.
 5. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
 6. Community members shall have access to the school’s outdoor physical activity facility outside the normal school day.
 7. The Board will contact the Public Employees Insurance Agency for assistance to promote the wellness initiative.
 8. Students are discouraged from sharing their foods or beverages with one another during meal times, due to severe allergies and HAACP procedures that must be followed and other restrictions on some students’ diets.
 9. Proper hand washing or hand sanitizing before consuming school meals shall be stressed.

10. The Board encourages student fund-raising activities which involve the sale of food items occurring outside the school day to be nutritional by meeting Smart Snack guidelines that is provided on the Office of Child Nutrition website.

Furthermore, with the objectives of enhancing student health and wellbeing, and reducing childhood obesity, the following guidelines are established:

Nutritional Guidelines for All Foods Available on Campus during the School Day

- A. The County shall comply with the Child Nutrition Standards in accordance with current state policy.
- B. Beginning with the 2017-2018 school year, all foods available to students on campus during the school day and outside school food service hours shall comply the current USDA Dietary Guidelines for Americans, including foods available to students as classroom snacks, from vending machines for fund raisers for classroom parties, or at holiday celebrations.
- C. **NO HOME-PREPARED FOODS OR BEVERAGES ARE PERMITTED FOR ANY SCHOOL-RELATED ACTIVITY.**

The Board designates the Director of Child Nutrition, the Superintendent, and each of the school's principals as the individual(s) charged with operational responsibility for measuring and evaluating the County's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the County's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every three years by a food service director and necessary changes required will be shared with the Board for approval.

Adopted: August, 2006

Revised: July 11, 2011

Revised: November 13, 2017

Reference: WV State Board of Education Policy 4321.1; 42 U.S.C. 1751, Sec. 204; 42 U.S.C 1771