

## WELLNESS POLICY

### 1.0 PURPOSE:

- 1.1 The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Academic performance and psychological behavior is affected by nutritional patterns of children. Tardiness, absences, and hyperactivity improve when children are nourished as they participate in the school day and perform in the educational environment.
- 1.2 Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff members establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff members are encouraged to model healthy eating and physical activity as a valuable part of daily life.
- 1.3 Calhoun County Schools shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.
- 1.4 Schools will demonstrate the link between nutrition, physical activity, wellness, discipline, and academic achievement through the implementation of this policy. The Calhoun County Board of Education recognizes that any changes to the WV Codes and/or policies cited in this policy shall become part of this county policy upon passage by the state legislation.

### 2.0 EXPECTATIONS:

#### 2.1 Nutrition Promotion and Education

1. The Calhoun County Board of Education adopts West Virginia Department of Education Policy 4321.1 - Standards for School Nutrition as the guideline for Child Nutrition.
2. Schools will follow the nutritional guidelines for all foods made available to students, whether given away, served, or sold on the

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school campus during the school day. Healthy choices, as defined in Policy 4321.1, will be offered when snacks are available after the school day.

3. Appropriate food choices will be available to all students through the breakfast and lunch programs to ensure healthy eating.
4. Teachers, staff, and other adults in contact with students will be encouraged to model healthy eating habits for students.
5. Calhoun County Schools will promote the benefits of a healthy balanced diet.
6. Calhoun County Schools will offer nutrition education at each grade level as part of a sequential, comprehensive, standard-based program that results in the knowledge and skills to promote and protect their health.
7. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
8. Calhoun County Schools will follow the West Virginia Board of Education College and Career Content Standards and Objectives. Schools will link the nutrition education activities with the coordinated school health program.

### 2.2 Health Education

1. Age appropriate healthy living skills, with an emphasis on nutrition, shall be taught as a part of the regular instructional program and will provide an opportunity for all students to understand and practice concepts and skills related to optimum health promotion.
2. Health and wellness concepts will be integrated into the core curriculum.
3. Modeling of beneficial health behaviors will be demonstrated within the school environment.
4. Awareness of preventive measures will be incorporated in order to reduce the risks of obesity and chronic illness.

### 2.3 Physical Education and Physical Activity

1. The Calhoun County Board of Education adopts the Healthy Lifestyles Act to ensure that all Calhoun County students receive adequate time during school day for physical activity.
2. Movement activities will be integrated into the core curriculum.
3. Opportunity for appropriate movement experiences will be available to enhance the Physical Education program and emphasize lifelong fitness.

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4. School staff will model physical activity in order to promote active lifestyles.
5. Encourage classroom teachers to provide short physical activity breaks between lessons, classes, and extended testing, as appropriate.
6. Support parents'/guardians efforts to provide their children with opportunities to be physically active outside of school.

### 2.4 Health Services

1. The Calhoun County Board of Education adopts West Virginia Code §§ 18-5-22, 18-5-22a, and 8-5-22b to ensure health services are provided to students.
2. The Calhoun County Board of Education adopts West Virginia Code §16-3-4 to ensure students are properly immunized and free from communicable diseases.
3. Staff members will be encouraged to serve as role models for healthy practices.
4. Staff will collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
5. Staff will adapt nutrition and physical activity to meet the special health needs of students.
6. The School Health Services Department will make the community aware of available School Health Services.

### 2.5 School Celebrations/Parties

1. All food served will follow USDA Smart Snacks program.
2. Home-made food cannot be brought in and served.

## 3.0 IMPLEMENTATION AND MONITORING:

- 3.1 County Wellness Policy committee members will be appointed by the superintendent of Schools and will meet periodically throughout the school year.

County committee members will include:

1. Board of Education member
2. Superintendent of Schools
3. Director of Child Nutrition
4. School Nurse Coordinator

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5. School Principal
6. Elementary Teacher
7. Middle Teacher
8. Secondary Teacher
9. Student Committee Representative
10. School Wellness Contact
11. Parent

- 3.2 Each school will designate a staff member as a school Wellness contact. That designee will be determined by the faculty senate committee meeting.
- 3.3 Physical education teachers and school health professionals will be permitted to participate in the development, implementation and periodic review and update of the Local Wellness Policy (LWP).
- 3.4 The Wellness School Assessment Tool for Implementation will be used as an evaluation tool to measure the implementation of the local wellness policy, including the extent to which schools are in compliance with LWP and a description of the progress made in attaining goals of LWP. The assessment results will be made available to the public on the Wirt County Schools' website.
- 3.5 The superintendent will designate one or more LEA officials or school officials to ensure that each school complies with the LWP.

**4.0 RECOMMENDATIONS:**

- 4.1 School staff shall make health and wellness of students and staff an important part of the school mission.
- 4.2 Students shall make personal health and wellness a priority. Students should take advantage of opportunities made available through the school and the community to achieve optimal health and wellness.
- 4.3 Parents shall make the health and wellness of their child/children a priority as well as be a good role model.
- 4.4 Communities shall make healthful foods and opportunities to be physically active in order to grow, learn, and thrive accessible.

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### **5.0 SEVERABILITY**

If any provision of this policy or application thereof to any person or circumstance is held invalid, such invalidity shall not affect other provisions or applications of this policy. Where questions arise on these regulations, the Superintendent of Schools is authorized to render decisions on matters.

### **6.0 REVIEW SCHEDULE**

This policy shall be reviewed in accordance with the policy review schedule published by the Superintendent.

**ADOPTION DATE: 12/11/17**