

8510 – WELLNESS

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

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the County's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can plan 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 alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide 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. With regard to nutrition education, the County shall:
 1. Nutrition education shall be included in the Health curriculum in accordance with The West Virginia State Board of Education policy 2520.5, Health Content Standards and Objectives, so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
 4. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat dairy products.
 5. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
 6. Nutrition education posters will be displayed in the cafeteria.
- B. With regard to physical activity, the County shall:
 1. All students in grades K-5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for at least thirty (30) minutes, three (3) days per week, including physical exercise and age appropriate physical activities.

2. All students in grades 6-8, including those with disabilities, special health care needs and in alternative education settings (to the extent consistent with the students' IEPs), shall receive at least one (1) full period of instruction in physical education each school day of one (1) semester of the school year, including physical exercise and age appropriate physical activities, and shall have the opportunity to enroll in an elective lifetime physical education course.
3. All students in grades 9-12, including those with disabilities, special health care needs in alternative educational settings (to the extent consistent with the students' IEPs), shall receive at least one (1) full course of instruction in physical education, including physical exercise and age appropriate physical activities, and shall have the opportunity to enroll in an elective lifetime physical education course.

4 **Physical Education**

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the content and objectives established by State Board of Education Policy 2520.6.
- b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health- enhancing physical activity.
- c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
- d. The sequential comprehensive physical education curriculum shall stress the importance of remaining physical active for life.
- e. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- f. 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.
- g. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- h. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- i. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- j. Planned instruction in physical education shall include cooperative as well as competitive games.

- k. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

5. **Physical Activity**

- a. Physical activity shall not be employed as a form of discipline or punishment.
- b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- c. 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, or tennis.
- d. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.

- C. Body mass index measures shall be used as an indicator of progress toward promoting healthy lifestyles among students. Body mass index measures shall be included in kindergarten screening procedures. Students in grades four through eight and students enrolled in high school education courses shall have their body mass index measured through required fitness testing procedures. Body mass index measures shall be reported to the State Department of Education via the West Virginia Information System.

With regard to other school-based activities, the County shall:

- 1. The schools shall provide at least ten (10) minutes daily for students to eat breakfast, and at least twenty (20) minutes daily for students to eat lunch.
- 2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- 3. The school shall provide attractive, clean environments in which the students eat.
- 4. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
- 5. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
- 6. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

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

- A. In accordance with Policy **8500**, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy **8531**, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
- C. The County shall comply with Child Nutrition Standards in accordance with policy 8510.01 and West Virginia Board policy 4321.1.
- D. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritional value.
- E. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- F. Except for foods served in the school nutrition programs, no food or beverages shall be sold, served or distributed to students on school campuses until 20 minutes after all students are served lunch. All such food or beverages shall comply with current state and federal nutritional guidelines.
- G. For classroom celebrations, school principals must monitor and assume responsibility for all food offered to school children. All foods served or distributed must meet all requirements of the guidelines and be considered safe for all children in the classroom setting.
- H. Celebrations permitted during the school day must be twenty (20) minutes after the last student has received lunch. Approved school-wide celebrations will be limited to no more than three (3) celebrations per year and should last no more than one hour.
- I. All food contributed to celebrations must be commercially prepared and in the original package. A nutritional and ingredient label should be present. Exceptions to this requirement include fresh vegetables and fresh fruit. No homemade treats are permitted.
- J. Food items containing the 8 most common allergens must be considered for children while at school (peanuts, tree nuts, milk, egg, wheat, soy, fish, shellfish). Foods served to students at school may not contain peanuts or tree nuts. Along with peanuts and tree nuts, the following ingredients are responsible for the majority of all food allergy reactions in children: milk, eggs, fish, shellfish, wheat and soy. Cross contamination can occur with food manufacturers when a safe food comes in contact with a food allergen. Precautions must be used when approving all foods.

- K. Beverages permitted will be bottled water, 100% fruit juice and milk only.
- L. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- M. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Superintendent 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.