

A POLICY STATEMENT
OF
THE HANCOCK COUNTY BOARD OF EDUCATION
New Cumberland, West Virginia 26047

**Hancock County Schools
Wellness Policy**

PURPOSE:

Healthy eating and activity patterns are essential for students to achieve academic, physical and mental growth. Schools play an important role in shaping students physical and mental behavior. School staff should be mentors in promoting healthy lifestyles that will encourage students to achieve lifelong wellness.

POLICY GOALS:

The Hancock County Board of Education has a shared commitment with parents and the community to provide a school environment that promotes healthy eating and physical activity for students and staff.

- I. **Nutrition Education and Promotion:** Schools should provide Nutrition Education in grades Pre K–12 that is interactive and teaches the skills students need to adopt a healthy eating behavior.
 - A. Schools will promote nutrition education and engage in nutrition promotion that is offered at each grade level in accordance with the WVDE Policies 2520.55 and 2520.5: Health and Wellness Education Standards for West Virginia Schools.
 - B. Schools will Integrate nutrition topics with the comprehensive health education curriculum taught at every grade level. (Pre K–12)
 - C. Youth Advisory Committees will have the opportunity to provide input on local, cultural and ethnic favorites.
 - D. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. The Center of Disease Control and Prevention coordinated School Health Program may be used as a resource.
 - E. Each school will create or strengthen existing school health councils to develop, monitor and revise nutrition and physical activities policies or procedures. Also council will train staff to be role models in healthy behavior.
 - F. Parents/Guardians are provided information on the County Wellness Policy through newsletters, publications and websites.

- G. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeteria to encourage students to make healthy choices.

II. Standards for USDA Child Nutrition:

- A. Hancock County Schools operates under USDA regulations for the School Breakfast and National School Lunch Program. Hancock County Schools provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance – 7CFR Part 210 and Part 220 and the Healthy, Hunger Free Kids Act of 2010, as well as the state nutrient standards from WVDE Policy 4321.1.
- B. Hancock County Schools will make every effort to eliminate any social stigma attached to and prevent over identification of students who are eligible for free and reduced-priced school meals.
- C. Nutrition information for school meals is available through the Central Food Service Department.

III. Nutrition Standards for Competitive and Other Foods and Beverages:

All other foods and beverages made available on school premises during the school day must meet the requirements set forth in this policy.

- A. Due to special dietary needs and food safety concerns, foods and beverages brought or delivered from outside sources may be consumed only by individual students for which they were brought or delivered and not by the general student population.
- B. On school premises, from the arrival of the first child at school until the departure of the last regularly scheduled school bus, all fund raising activities involving foods and beverages comply with WVBE Policy 4321.1.
- C. All meals must be priced and served as a unit. Only fluid milk and bottled water may be sold as a la carte items for breakfast and lunch at any grade level. However, food and beverages may be components of any recognition ceremony.
- D. In addition to milk, safe drinking water shall be offered with meals for student consumption in all child nutrition programs. Cups must be available with any water dispensers for easy student access.
- E. It is required that all other foods and beverages available during the school day reflect the limited requirements on calories, fats and sodium set forth by Policy 4321.1.

IV. Physical Education: The primary goal for physical activity and physical education is to provide opportunities for every student in all grades Pre K-12 to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-term and long-term benefits of a physically active and healthy lifestyle.

- A. All students in grades Pre K-12 will receive physical education as prescribed by the WVDE Policy 2510.
- B. Provide daily activity through physical education classes, recess, intramurals, inter scholastic and community activity.
- C. The program shall be provided with adequate space and equipment and conform to all applicable safety standards.
- D. Physical education staff will receive professional development and adequate training in physical education on a yearly basis.
- E. Regular physical activity breaks are recommended throughout the school day. Some of these strategies include 5 minutes of moderate to vigorous physical activity into their daily lessons; Implementation of Let's Move! WV Resource Guide and Schools participate in state-wide physical activities established by the WVDE.
- F. All elementary school students shall have daily recess. In case of poor weather that prevents outdoor recess, school will develop a plan to promote physical activity during indoor recess during the regularly scheduled recess time.
- G. Physical Education electives will be offered on the high school level. Sports may not take place of Physical Education.

V. Hancock County Wellness Committee: The Hancock County Wellness Committee consists of various members of the school system and community. Individuals include, but are not limited to: School Wellness Representative, Nurse, Administrator, Parents, WVU Extension Office Representative, School Board Member, RESA VI Wellness Representative, Business and Community Representative, PTA/PTO Representatives, and Food Service Director.

A. Evaluation and Monitoring

- 1) The county Child Nutrition Director will oversee the county-wide Nutrition and Physical Activity Wellness Policies.
- 2) The county Child Nutrition Director will submit a yearly Wellness Summary Report to WVDE based on input from the schools within the county.

VI. Policy Evaluation:

- A. Bi-annually, by May 15th, of the school year, the county Wellness Committee will evaluate and document the success of the policy implementation.
- B. To help with this evaluation, each school in the county will complete an assessment of the schools existing nutrition and physical activities policies.

VII. Communication:

- A. The county and local school health and wellness councils will meet at least *four* times during the school year.
- B. School websites will be user-friendly concerning availability of the County Wellness Policy, Assessment Results, Monthly Menus, Newsletters and Nutrition Tips.
- C. Physical Education information and other school-based physical activity opportunities will be included on website and newsletters.

This replaces policy JL / JLC revised on May 27, 2008.

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The above Policy Statement is an integral part of the Official Policy Manual of this Board of Education as of the date shown adopted.