

WELLNESS POLICY

McDowell County Board of Education and McDowell County Schools Local Wellness Council are committed to the improvement of the health and wellness of its staff, students, and community. It is recognized that health, wellness, and fitness enhance both learning and the quality of life. The purpose of this policy is to ensure that the school environment promotes optimal nutrition and physical activity while accommodating the religious, ethnic and cultural diversity of its students. Schools will demonstrate the link between nutrition, physical activity, wellness, discipline, and academic achievement through the implementation of this policy.

Based on current statistics, McDowell County has high rates of heart disease, obesity, tobacco use, teen births, substance abuse, and inactivity. Overall, the county ranks first among all West Virginia counties in poor health. Through the action of this policy, the Board of Education and Local Wellness Council aspire to improve the overall health and wellness of not only the students and employee of McDowell County Schools but McDowell County as a whole. The McDowell 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.

Nutrition Education and Promotion

The primary goal of nutrition education, which may be defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being," (ADA 1996) is to influence students' eating behaviors. McDowell County Schools will promote nutrition education through classroom teaching, nutritional marketing, and teacher training in the area of nutrition education.

- a) **Classroom teaching:** Schools will promote nutrition education and engage in nutrition promotion that:
 - is offered at each grade level in accordance with WVDE Policy 2520.5: 21st Century Health Education 5-12 Content Standards and Objectives for West Virginia Schools and WVDE Policy 2520.55: 21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - teaches the importance of healthy eating and physical activity to maintain healthy weight;
 - is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
 - includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
 - promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
 - emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
 - links with school meal programs, other school foods, and nutrition-related community services; and
 - teaches media literacy with an emphasis on food marketing.

- b) **Education, marketing and promotions outside of the classroom:**
 - School cafeterias and other eating areas will market healthy eating through the use of updated posters and messages

- c) **Teacher training:**
 - Appropriate school personnel will attend all trainings provided by or in collaboration with McDowell County Schools
 - The Board of Education will plan nutrition education trainings as needed or requested

Nutrition Guidelines for All Foods Available during the School Day

Schools will follow Federal Regulation 7 CFR (Code of Federal Regulation) § 210.11 Competitive Food Services, W.Va Code § 18-2-6a Sale of Soft Drinks, WVBE Policy 4321.1: Standards for School Nutrition and WVBE Policy 4320: Child Nutrition Programs that govern competitive foods/foods of minimal nutritional value available in McDowell County Schools.

- All foods made available on campus will comply with the current USA Dietary Guidelines. This includes foods served through vending machines, beverage contracts, fundraisers, concession stands, and school parties/celebrations.
- Except for foods served in the school nutrition programs, no food or beverages shall be sold, served, or distributed to students on school campuses from the time the first child arrived until 20 minutes after all students are served lunch. USDA Smart guidelines will be followed for snacks sold while Smart Snack entrees are prohibited.
- Foods and beverages may not be sold, served, or distributed in competition with the federal child nutrition programs in the food service areas during the meal service periods.
- In the county schools, only healthy beverages may be sold in vending machines on the premises, in school canteens, or through fundraisers by students, teachers, groups, or by other means. Nothing in this section shall be construed to prohibit or limit the sale or distribution of any food or beverage item through fundraising activities of students, teachers, or educational groups when the items are intended for sale off the school grounds.
- The County will monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The County shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.
- For classroom celebrations, school principals will monitor the foods offered to school children. Celebrations permitted during the school day must be thirty (30) 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.
- It is recommended that foods contributed to celebrations be commercially prepared and in original packaging, with nutritional and ingredient labels present. Fresh vegetables and fresh fruit are exceptions to this requirement. Homemade treats are not recommended
- Food items containing the eight (8) most common allergens must be considered for children while at school: peanuts, tree nuts, milk, eggs, wheat, soy, fish, and shellfish. Precautions must be used when approving all foods containing these allergens.
- Beverages permitted for consumption are bottled water, 100% fruit juice, and milk.
- The following beverages are not permitted: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contains less than 50% real fruit juice and that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk which contains trivial amounts of caffeine. Seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a food of minimal nutritional value.
- Food shall not be used as a reward or prize.

In regard to school meals programs, McDowell County Schools will ensure

- That all students have affordable access to the varied and nutritious foods they need to stay healthy and be ready to learn.
- That all food service personnel have adequate staff development training in food service operations to help ensure students received healthy and appetizing meals.
- That schools provide students with at least ten (10) minutes daily to eat breakfast and at least twenty (20) minutes daily to eat lunch.
- That the schools schedule mealtimes with minimum disruption by bus schedules, recess, or other programs or events.
- That dining areas are attractive and have enough space for seating all students.

- That schools provide all students breakfast and lunch at no cost to eliminate any stigma or identification of students.

Physical Activity and Physical Education

The primary goal for physical activity and physical education is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle. McDowell County Schools promotes a comprehensive physical activity program which encompasses a variety of opportunities for students to be physically active including: physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within the regular classroom.

- a) **Physical education:** In accordance with WVDE Policy 2520.6 21st Century Physical Education 5-12 Content Standards and Objectives for Physical Education, WVDE Policy 2520.55: 21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools, Senate Bill 785, and House Bill 2816, each child enrolled in the public schools of this state will actively participate in physical education classes during the school year to the level of his or her ability as follows:
- Elementary School Grades: Not less than thirty minutes of physical education, including physical exercise and age appropriate physical activities, for not less than three days a week
 - Middle School Grades: Not less than one full period of physical education, including physical exercise and age appropriate physical activities, each school day of one semester of the school year
 - High School Grades: Not less than one full course credit of physical education, including physical exercise and age appropriate physical activities which shall be required for graduation and the opportunity to enroll in an elective lifetime physical education course
 - Interscholastic or intramural sports will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity
 - Physical education programs will incorporate nationally accepted fitness testing programs designed for school-aged children that test cardiovascular fitness, muscular strength and endurance, flexibility and body composition in grades 4-9.
 - Physical education courses will be taught by highly qualified physical education teachers unless decided otherwise by McDowell County BOE and administrators
 - Enrollment in physical education classes and activities shall be consistent with, state guidelines for enrollment in all other subjects and classes
- b) **Recess to promote physical activity:**
- All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment
 - In case of poor weather that prevents outdoor recess, schools will develop a plan to promote physical activity during indoor recess during the regularly scheduled recess time
 - Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active
- c) **Physical activity opportunities before and after school:**
- All elementary, middle, and high schools should offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.

- All high schools, and middle schools as appropriate, should offer interscholastic sports programs.
 - Schools should offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
 - After-school programs should provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants
- d) **Physical activity and punishment:** Teachers and school administrators will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment, except for occurrences during the recess or physical activity period
- e) **Use of school facilities outside of school hours for physical activities:**
- School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations.
 - These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs.
 - School policies concerning safety and use of school buildings (including costs thereof) will apply at all times.

Reproductive & Relationship Health Education & Teen Pregnancy Prevention

The primary goal of human growth & development education is to ensure students in grades 5th through 12th grade receive education that aids them in understanding their rights, learning respect for others, understanding risks, and acquiring skills to mitigate those risks.

- a) **Human growth & development education:**
- Is offered at each grade level in accordance with WVDE Policy 2520.5: 21st Century Health Education 5-12 Content Standards and Objectives for West Virginia Schools, WVDE Policy 2510: Assuring the Quality of Education: Regulations for Education Programs and in accordance with W. Va. Code §18-2-9; as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
 - Medically-accurate & bias free
 - Inclusive of physical, mental, emotional and social dimensions of human sexuality
 - Focused on improving knowledge and skill-building to help students maintain and improve their sexual health by delaying sexual initiation, reducing sexual health-related risk behaviors, and preventing disease and pregnancy
 - Planned, age- and developmentally-appropriate
 - Linked with reproductive and mental health services in the schools and community (i.e. STD/HIV testing and treatment, family planning services in the SBHCs, domestic violence and sexual assault agencies, CPS for abuse and incest)
- b) **Professional Development:** Educators responsible for teaching human growth & development shall receive professional development:
- In accordance with WVDE Policy 2520.5: 21st Century Health Education 5-12 Content Standards and Objectives for West Virginia Schools, that enables them to address all standards relating to human growth & development

- That addresses information on
 - State and county policies pertaining to provision of sexuality education and access to services for older students;
 - Basic human development and its social, biological and cognitive domains;
 - State health education standards, curricula frameworks and scope and sequence within the county;
 - Content pertaining to the delivery of sexuality education topics including contraceptives, HIV and STDs; and
 - Legal and ethical responsibilities pertaining to sexual abuse, consent and other applicable state laws.
- c) **Parental Involvement:** parents will be engaged to support reproductive and relationship health education for their children
 - In accordance with W.Va. Code §18-2-9, an opportunity shall be afforded to the parent or guardian of a child subject to instruction in the prevention, transmission and spread of acquired immune deficiency syndrome and other sexually transmitted diseases to examine the course curriculum requirements and materials to be used in the instruction. The parent or guardian may exempt the child from participation in the instruction by giving notice to that effect in writing to the school principal.
- d) **Assessment:** Progress of county-wide efforts to address reproductive and relationship health as well as teen pregnancy prevention will be assessed through an annual report compiling key data measures:
 - a. Health Education Assessment Project (HEAP) scores on human growth & development for 6th grade, 8th grade, and high school students
 - b. WV Behavioral Risk Factor Surveillance System (WV BRFSS) data on teen births and sexual risk behavior
 - c. WV DHHR Epidemiological data on STD prevalence and pathology
 - d. Policy 4373 Reporting Tool results on bullying
 - e. CDC School Health Profiles

Local Wellness Council

McDowell County Schools will establish a Local Wellness Council to develop, implement, monitor, review, and, as necessary, revise this wellness policy. In addition, the council will serve as resources to school sites for implementing the Wellness Policy.

The McDowell County Local Wellness Council will consist of a group of individuals representing the school and community, and will include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. (as required by Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b)).

Measurement and Evaluation of Local Wellness Policy

- a) Funding support: funds to support policy implementation and/or evaluation
- b) Implementation: a plan for executing the policy, including objectives, dates and person(s) responsible
- c) Monitoring and evaluation: group or agency responsible for overseeing the policy, monitoring and evaluating implementation, or reporting on the status of the policy to schools, parents, or the community
- d) Revision: process for making changes to the policy based on evidence of implementation or effectiveness; a person responsible for this process

The Board designates the Superintendent as the individual 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.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

W.Va. Code 18-2-7a

Adopted: June 3, 2014

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