

Wyoming County Schools

Wellness Policy on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Wyoming County Board of Education is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Wyoming County Board of Education that:

- ⌘ The schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing county-wide nutrition and physical activity policies.
- ⌘ All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- ⌘ Foods and beverages sold or served at school will meet the nutrition regulations set forth in WVDE Policy 4321.1 and House Bill 2816.
- ⌘ Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- ⌘ To the maximum extent practicable, all schools in Wyoming county will participate in available federal school meal programs, including the School Breakfast Program, Alternative Breakfast Program, National School Lunch Program, After-school Snacks Program, and Summer Food Service Program. Schools that are eligible will also participate in the Fresh Fruit and Vegetable Program.
- ⌘ Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Wellness Committee

- ⌘ Wyoming County will establish a Wellness Committee to develop, implement, monitor, review, and, as necessary, revise this wellness policy.
- ⌘ The committee also will serve as resources to school sites for implementing the Wellness Policy.
- ⌘ The Wyoming County Wellness Committee 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, school nurses, health professionals, and members of the public. (as required by Section 204 of the Child Reauthorization Act of 2004 (P.L. 108-265))

- The Wyoming County school nurses will act as chairman of the county wellness committee.

II. Physical Activity Opportunities and Physical Education

In accordance with WVDE policy 2520.6 Content Standards and

Objectives for Physical Education 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.
- Health and physical education programs will incorporate fitness testing, reporting, recognition, fitness events and incentive programs which require participation in grades four through eight and the required high school course.
 - The program shall be selected from nationally accepted fitness testing programs designed for school-aged children that test cardiovascular fitness, muscular strength and endurance, flexibility and body composition. The program shall include modified tests for exceptional students.
 - The State Board shall promulgate a rule in accordance with West Virginia

Code that provides for the collection, reporting, and use of body mass index data in the public schools. The information will be collected in a scientifically drawn sample and a confidential manner. This information will be used as an indicator of progress toward promoting healthy lifestyles among school-aged children.

Daily Recess.

- All elementary school students will have at least 20 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.
- 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.

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.

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.

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. (Wyoming County Board Policy 1915, Use of School Facilities)

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion.

Wyoming County School aims to teach, encourage, and support healthy eating by students, as stated in WVDE policy 2520.5. (Health Content Standards and Objectives for West Virginia Schools)

Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level 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;
- teaches media literacy with an emphasis on food marketing; and

- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting.

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- ⌘ classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- ⌘ opportunities for physical activity will be incorporated into other subject lessons; and
- ⌘ classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

schools will join and participate weekly in the “Let’s Move WV Program”

Communications with Parents.

- The county/school will support parents’ efforts to provide a healthy diet and daily physical activity for their children.
- The county/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.
- Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages of this policy. (Section IV)
- The county will provide parents with a website (wvde.state.wv.us/child-nutrition/tools/calculator.html) that contains a nutrition calculator which can be used to determine which foods meet the State’s snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

Food Marketing in Schools.

- School-based marketing should be consistent with nutrition education and health promotion.
- WV State Board Policy 4321.1 (Legislative rule §126-86-6) states;

§126-86-6. Marketing Other Foods and Beverages During the School Day.

6.1. 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 shall comply with the standards set forth in this policy. (see section 5.1.)

6.2. County boards of education should minimize marketing other foods and beverages in the high school setting by locating their distribution in low student traffic areas and by ensuring that the exterior of vending machines does not depict commercial logos of products or suggest that the consumption of vended items conveys a health or social benefit.

- ⊗ As such, schools should limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.¹
- ⊗ The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.
- ⊗ Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

¹ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

Staff Wellness.

- κ Wyoming County Board of Education highly values the health and well-being of every staff member and will encourage activities that support personal efforts by staff to maintain a healthy lifestyle.

IV. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by the state of West Virginia, (in §126-86 sections 4.4 and 4.5) and federal statutes and regulations;
- offer a variety of fruits and vegetables;
Offer only milk choices which contain (1%) or lower Butterfat and nutritionally – equivalent non-dairy alternatives (as defined by USDA) when medically necessitated; (in §126-86 section 4.4) and

Ensure that at least 45% (5 of 11 bread/bread alternate servings per week) are whole grain. (in §126-86 section 4.4)

- Schools shall engage students, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools shall share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

- Offer vs Serve
 - A student must select a fruit or vegetable component for a reimbursable meal
 - Full fruit and vegetable serving must be offered, but students may select ½ cup serving of either

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program and an Alternative Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Summer Food Service Program.

Schools will participate in the Summer Food Service Program whenever and wherever funding sources are available to conduct summer classes or organized activities for students during the summer months.

Meal Times and Scheduling.

Wyoming County Schools, in accordance with West Virginia Board of Education Policy 4320:

- will provide students with at least 10 minutes after receiving their meal to consume their breakfast and 20 minutes after receiving their meal to consume their lunch;
- will schedule meal periods at appropriate times
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students are allowed to eat during such activities; and
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff.

Qualified nutrition professionals will administer the school meal programs in accordance with WVDE policy 4320. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages.

According to WV State §126-86 section 5.2:

5.2. 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. Organized food events and celebrations held during the school day shall be regulated and monitored by principal and sponsoring school personnel to meet the requirements of this policy.

Other Foods and Beverages available during the instructional day.

(i.e., foods sold outside of reimbursable school meals, such as through vending machines, fundraisers, school stores, etc.)

In accordance with WV Legislative rule:

§126-86-5. Nutrition Standards for Other Foods and Beverages.

5.1. All *other foods and beverages* made available on school premises during the school day must meet the requirements set forth in this policy. In order to promote healthy eating habits, the consumption of fruits, vegetables, whole grains and non-fat and/or 1% low-fat dairy products should be encouraged.

5.1.1. *Other foods and beverages* available to students on school premises shall contribute to students' nutrient requirements and should not add unnecessary calories, fat, sugar or sodium. While West Virginia law allows county boards to permit the sale of soft drinks to students in high schools, the West Virginia Board of Education strongly recommends that only water, 100% fruit and/or vegetable juice

and non-fat and/or 1% low-fat milk, flavored or unflavored be sold, served or distributed during the school day. It is required that all *other foods and beverages* available during the school day reflect the following requirements:

- a. Limit total calories to no more than 200 per product/package;
- b. Limit total fat to no more than 35% of calories per product/package excluding nuts, seeds or cheese;
- c. Limit saturated fat to less than 10% of the total calories;
- d. Limit trans-fat to less than or equal to 0.5 grams per product/package;
- e. Reduce sugar content of food items to no more than 35% of calories per product excluding fruits;
- f. Limit sodium to no more than 200 milligrams per product/package;
- g. At all grade levels, it is recommended that only water, 100% fruit and/or vegetable juice and non-fat and/or 1% low-fat milk, flavored or unflavored be sold, served or distributed during the school day. However, W. Va. Code §18-2-6a permits the sale of other juice beverages with a minimum of 20% real juice;
- h. No candy, soft drinks, chewing gum or flavored ice bars will be sold, served or distributed during the school day, except that, WV State Code §18-2-6a permits the sale of soft drinks to students in county high schools except during breakfast and lunch periods.
- i. The WVBE strongly recommends that other juice beverages not contain added sugar;
- j. Limit fruit/vegetable juice portion sizes to no more than 4 oz. for elementary students and no more than 8 oz. for middle/high school students per product/package;

k. Prohibit the sale, service or distribution of coffee and coffee-based products during the school day;

l. Prohibit caffeine containing beverages with the exception of those containing trace amounts of naturally occurring caffeine substances; and

m. Prohibit the sale, service or distribution of any foods containing non-nutritive/artificial sweeteners.

5.1.2. Except for foods served in the school nutrition programs, no food or beverage shall be sold, served or distributed to students in elementary schools from the time the first child arrives at school until 20 minutes after all students are served lunch.

5.1.3. Foods and beverages shall not be offered as a reward or used as a means of punishment or disciplinary action for any student during the school day.

5.1.4. 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.

5.1.5. *Other foods and beverages* may not be sold, served or distributed in such a way as to encourage the distribution or purchase of these items as a ready substitute for, or in addition to, reimbursable meals.

5.1.6. Wherever and whenever foods are sold, served or distributed on school premises, outside the school day, such foods shall include nutritious choices.

5.1.7. Food and beverage contracts must comply with WV 126 CSR 202, WVBE Policy 8200, *Purchasing Policies and Procedures Manual for Local Educational Agencies*. All contracts shall be approved and signed by the county board or the county superintendent, if approval authority has been delegated by the board to the superintendent. County boards of education are statutorily created and given authority to contract. Individual schools do not have such authority. All food and beverage contracts or agreements regarding public schools and vendors shall meet all purchasing standards as set forth in policy and code and shall be competitively negotiated. Contracts that extend beyond a fiscal year shall contain a clause allowing the board to terminate the contract at the end of each year. Contracts shall facilitate the WVBE efforts to offer and promote nutritious food and beverage choices.

5.2. 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. Organized food events and celebrations held during the school day shall be regulated and monitored by principal and sponsoring school personnel to meet the requirements of this policy.

Rewards.

Schools shall not use foods or beverages, especially those that do not meet the nutrition standards for “other foods” and beverages (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. (See §126-86 section 5.1.3)

Celebrations.

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. All food and beverages served during celebrations must meet the above criteria for “other foods”. The district will assist in determining the validity of an item. No foods prepared in the home may be brought to school to be served during celebrations. (See above section 5.2)

No celebrations will be held in food service areas during meal service periods. Schools will not encourage students to substitute “other foods” for a healthy meal.

V. Monitoring and Policy Review

Monitoring.

- The superintendent or designee will ensure compliance with established county-wide nutrition and physical activity wellness policies.
- In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school superintendent or designee.
- School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Food Service Director and Superintendent .

- In addition, the county will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes to the Wyoming County Board of Education and the Wyoming County Wellness Committee.

Policy Review.

- The schools with the help of the school nurses will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements using the *School Wellness Policy Evaluation Tool*.
- The county, and individual schools within the county, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

§126-86-13. Accountability and Compliance.

13.1. County boards of education and local school administrators shall provide a safe and healthy learning environment for all students and proper accountability for all funds received from food and beverage sales. Methods for monitoring compliance may include, but are not limited:

13.1.1 Independent Audits, annual site monitoring by food service directors, and reviews conducted by the WVDE.

13.2. Compliance with the standards set forth in this policy is required to enable schools to provide students with nutritious food and beverage choices that will enhance learning and promote healthy behaviors that can be maintained throughout life. School child nutrition programs shall be the main source of foods and beverages available at school. These programs have specific requirements to ensure that adequate nutrients are offered to promote health.

13.2.1. Noncompliance with the rules and standards stipulated in section 126-86-4 of this policy may result in sanctions that include suspension or recovery of federal reimbursements.

13.2.2. Noncompliance with the rules and standards stipulated in section 126-86-5 of this policy may result in sanctions that include a recovery of local general funds and/or removal of vending privileges.

Addendum: Definitions from WV Legislative rule §126-86-3

§126-86-3. Operational Definitions.

3.1. *Bottled water* is defined as plain natural water containing no additives.

3.2. *Candy* is defined as any food that, as served in its finished form, contains, by weight, more than 35% sugar (in crystalline form or in solution as syrup, both monosaccharides and disaccharides) and/or other sweetening agents, or any food product commonly referred to as "candy".

3.3. *Chewing gum* is defined as a preparation of chicle or other plastic substance sweetened and/or flavored for chewing.

3.4. *Competitive foods* are defined as all foods and beverages sold, served or distributed in competition with meals served under the United States Department of Agriculture's (USDA) Child Nutrition Programs in the food service areas during the meal service periods.

3.5. *Elementary school*, for purposes of this rule, is defined as a school serving any students in grades pre-kindergarten up to and including grade four.

3.6. *Enrollment* is defined as "head count".

3.7. *Flavored ice bar* is defined as a frozen confection consisting of water mixed with flavored syrups and/or powders, sugars and/or other sweetening agents, binders, stabilizers and/or emulsifiers.

3.8. *Food service area* is defined as any area on school premises where reimbursable meals are served and/or consumed by students.

3.9. *Full-time* is defined as a 12-month employment period with exclusive nutrition program responsibilities.

3.10. *High school*, for the purposes of this rule, is defined as a school with a grade configuration of 9-12, 10-12 or 11-12.

3.11. *In-school snacks* are defined as nutritious snacks that are not federally subsidized and provided at cost through the child nutrition program during the school day.

3.12. *Meal service period* is defined as 20 minutes before the first child is served a meal until 20 minutes after the last child receives a meal.

3.13. *Milkshakes* are defined as non-fat and/or 1% low-fat milk milkshake products that provide a minimum of 8 oz. fluid milk equivalency that meets the USDA meal pattern requirement or West Virginia's Option B meal pattern requirement.

3.14. *Nutritious choices* are defined as fruits, vegetables, plain water, 100% fruit or vegetable juices; non-fat and/or 1% low-fat milk, cheese, yogurt; grain foods containing whole grain as the first listed ingredient; nuts and/or seeds.

3.15. *Other foods and beverages* are defined as any food or beverage, sold, served or distributed to students including snacks from vending machines, school stores, parties, and school day fund raising activities, except those served as part of the child nutrition program meals and snacks. Other foods do not include those brought to school by individual students for their own consumption.

3.16. *Reward* is defined as something given in recompense or compensation for service, merit, achievement or some other type of worthy behavior.

3.17. *School day* is defined as the period of time between the arrival of the first student at the school building and the end of the last instructional period.

3.18. *School premises* is defined as school or county board of education property.

3.19. *Fund-raising* is defined as any act or activity involved in the process of generating funding for schools. Fund-raising includes but is not limited to organizing, selling, distribution, collection, and coordinating any part of the fund-raising process.

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