

Putnam County Schools Wellness Information

Systemic change takes time, but together we can create environments where the healthy choice is the easy choice!

Wellness Mission

To work with schools, communities, healthcare professionals and families to transform the conditions and systems that lead to healthier kids.

To provide students with nutritious, well balanced meals and skills that contribute to our students' health and success in school and throughout life.

Wellness Meetings:

Our district will soon be updating the current wellness policy used countywide. This policy will focus on improving the health of our students and staff. It will be developed by the District Wellness Committee that includes BOE members, administrators, school staff, parents, students, and community members. The Child Nutrition Department extends an invitation to all interested individuals to join the wellness committee. The scheduled times and locations of wellness meetings will be posted on the home page of the PCS website, at the Putnam County Board of Education Central Office and Putnam County Library.

For more information about upcoming meetings, please contact Stella Young, Child Nutrition Director at 304-586-0500, Ext 1141.

Wellness Goals

Nutrition Education

1. Schools should provide nutrition education to students.
2. The nutrition education program shall work with the school meal programs to develop school gardens on site and/or increase the amount of locally grown produce used, and use the cafeteria as a learning lab for students.
3. Nutrition education will be provided to students, parents, school staff, and community members in the form of handouts, the district and individual school websites, articles of information provided in district or school newsletters, and through any other appropriate means available to reach parents.
4. Schools will teach specific skills or include activities that emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
5. The district will partner with the Alliance for a Healthier Generation's Healthy Schools Program and the National Dairy Association's Fuel Up to Play 60 Programs in providing resources for school cooks to use for healthy meal preparation.
6. Strive for Child Nutrition kitchen staff to join the School Nutrition Association professional organization to increase school resources and nutrition education of staff.

Nutrition Promotion

1. Inform/update the public about the content of the wellness policy and the implementation of policy changes.
2. School staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.
3. Health and wellness workshops will be offered to school staff.
4. The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating.

Physical Education

1. Schools shall provide physical education that fosters lifelong physical fitness.
2. The physical education program shall be provided with adequate space and equipment and conform to all applicable safety standards.
3. All physical education classes to include at least 50% of moderate to vigorous activity in all or most lessons.

School Based Activities

1. Opportunities for physical activity will be integrated across the curricula for all grades and all classroom subjects and throughout the school day. This will include the use of activity breaks between lessons as appropriate.
2. The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community based organizations.
3. The district will partner with the Alliance for a Healthier Generation's Healthy Schools Program and the National Dairy Association's Fuel Up to Play 60 Programs in providing resources for teachers in all subjects.

Nutrition Guidelines

1. Foods and beverages served at school celebrations during the school day must meet the nutritional standards in policy 4321.1.
2. Child Nutrition Programs will meet standards for the next level of the Healthy US School Challenge (Silver Award).
3. Foods served in the Child Nutrition Programs will limit the use of processed food items.