

9.8 WELLNESS

As required by the Healthy, Hunger-Free Kids Act of 2010, the Board, in addition to parents, students, teachers of physical education, school health professionals, and representatives of the school food authority, school administrators and the public will take part in the development, implementation, review, and update of the local wellness policy for the county.

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 play an important role in the developmental process by which students establish their health and nutritional 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. However, the Board 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's wellness policy will include goals for nutrition education, nutrition promotion, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.

With regard to nutrition education, the Board shall integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education and provide information to parents that is designed to encourage them to reinforce the standards and benchmarks being taught in the classroom. The school meal programs will work with schools to develop school gardens on site and/or increase the amount of locally grown produce used and utilize the school cafeteria as a learning lab for students. Schools will teach specific skills or include activities that emphasize caloric balance between food intake and energy expenditure.

With regard to nutrition promotion, school staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life. The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating.

With regard to physical activity, the Board shall provide physical education that fosters lifelong physical fitness and include moderate to vigorous activity in most lessons. The county shall provide a sequential, comprehensive physical education program for students in grades K-12 in accordance with the content and objectives established by the WVBOE. Section 9 Page 8

- A. 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 student's IEP), shall receive instruction in physical education for at least 30 minutes, three (3) days per week, including physical exercise and age appropriate physical activities.
- B. All students in grades 6-8, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the student's IEP), 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.

- C. All students in grades 9-12, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the student's IEP), 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.

Physical activity shall not be used as a form of discipline or punishment.

Body mass index 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 (4-8) and students enrolled in high school physical education courses shall have their body mass index measured through required fitness testing procedures. Body mass index measures shall be reported to the WVDE via WVEIS.

With regard to other school based activities, the Board shall

- A. provide opportunities for physical activity to be integrated across the curricula for all grades and all classroom subjects and throughout the school day;
- B. provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas;
- C. promote the use of school facilities outside of school hours for physical activity programs offered by community based organizations;
- D. demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their children in Medicaid or other children's health insurance programs for which they may qualify; and
- E. allow schools to use environmentally friendly practices, such as the use of locally grown foods on site, recycling, and non-disposable tableware/dishes.

With regard to nutrition guidelines, and the objectives of enhancing student health and well-being and reducing childhood obesity, the foods served in Child Nutrition programs and all other foods sold or served within the school day shall comply with federal and state regulations pertaining to the selection, preparation, serving methods, and storage of all foods and beverages with the program.

Section 9 Page 9 Foods and beverages served at school celebrations will meet the nutrition standards in WVBOE Policy 4321.1 and shall be regulated and monitored by school personnel to meet the requirements of the policy. Foods in Child Nutrition Programs will limit the use of processed food items and use more scratch cooking methods. 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; School fundraising activities involving foods and beverages shall comply with the nutrition standards in WVBOE Policy 4321.1.

Healthy, Hunger-Free Kids Act of 2010

42 U.S.C. 1751, Sec 204

42 U.S.C. 1771

WV Code 18-2-7a

WVBOE Policies 2520.6, 4321.1, 5202