

Series 4000 - Students

Section 4400 - Student Health Services

Policy 4406 - School Wellness Policy

4406.1 Purpose

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

4406.2 Overall Goal

All Students in Harrison County Schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Harrison County Schools is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Harrison County School system adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

4406.3 Action

Thus, the Harrison County School System 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 Harrison County Board of Education that:

- 4406.3.1** The school system 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.

- 4406.3.2** All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- 4406.3.3** Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 4406.3.4** 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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- 4406.3.5** To the maximum extent practical, all schools in our county will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], and Summer Food Service Program).
- 4406.3.6** Harrison County 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.

4406.4 To Achieve These Policy Goals

4406.4.1 School Health Councils

The School Board and/or individual schools within the county will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

4406.4.2 Nutritional Quality of Foods and Beverages Sold and Served on Campus

4406.4.2.1 School Meals - Meals served through the National School Lunch and Breakfast Programs will:

- 4406.4.2.1.1** Be appealing and attractive to children.
- 4406.4.2.1.2** Be served in clean and pleasant settings.

- 4406.4.2.1.3 Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;.
 - 4406.4.2.1.4 Offer a variety of fruits and vegetables.
 - 4406.4.2.1.5 Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).
 - 4406.4.2.1.6 Ensure that half of the served grains are whole grain.
- 4406.4.2.2** Harrison County Schools should engage students and parents, 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 should 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.
- 4406.4.2.3** 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:
- 4406.4.2.3.1 Harrison County Schools will, to the extent possible, operate the School Breakfast Program.
 - 4406.4.2.3.2 Harrison County Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
 - 4406.4.2.3.3 Harrison County Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
 - 4406.4.2.3.4 Harrison County Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- 4406.4.2.4** Free and Reduced-priced Meals. Harrison County Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or

classroom breakfast.

4406.4.2.5 Meal Times and Scheduling. Harrison County Schools:

- 4406.4.2.5.1** Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- 4406.4.2.5.2** Should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.
- 4406.4.2.5.3** Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- 4406.4.2.5.4** Will schedule recess periods prior to lunch periods in elementary schools.
- 4406.4.2.5.5** Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- 4406.4.2.5.6** Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).
- 4406.4.2.5.7** Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school system's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.
- 4406.4.2.5.8** Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

4406.5 Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

- 4406.5.1** Harrison County Elementary Schools. The school food service program will approve and/or provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary

schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables and other foods that meet nutritional qualifications.

4406.5.2 Harrison County Middle/Junior High and High Schools. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities during the school day, will meet the following nutrition and portion size standards:

4406.5.3 Beverages

4406.5.3.1 Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages.

4406.5.3.2 Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk which contain 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”.

4406.5.4 Foods

4406.5.4.1 A food item sold individually:

4406.5.4.1.1 Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.

4406.5.4.1.2 Will have no more than 35% of its *weight* from added sugars.

4406.5.4.1.3 Will contain no more than 300 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 550 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 850 mg of sodium for pizza, sandwiches, and main dishes.

4406.5.4.1.4 A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

4406.5.4.2 Portion Sizes:

4406.5.4.2.1 Limit portion sizes of foods and beverages sold individually to those listed below:

4406.5.4.2.1.1 One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.

4406.5.4.2.1.2 One ounce for cookies

4406.5.4.2.1.3 Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items.

4406.5.4.2.1.4 Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.

4406.5.4.2.1.5 Eight ounces for non-frozen yogurt.

4406.5.4.2.1.6 Twelve fluid ounces for beverages, excluding water.

4406.5.4.2.1.7 The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

4406.5.5 Harrison County Fundraising Activities. To support children's health and school nutrition-education efforts, Harrison County schools will encourage the sale of foods that meet the nutritional standards. Schools will encourage fundraising activities that promote physical activity. The school system will make available a list of ideas for acceptable fundraising activities.

4406.5.6 Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables and nutrient

dense foods as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Harrison County schools will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

4406.5.6.1 If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

4406.5.7 Harrison County School Rewards. Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (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.

4406.5.8 Harrison County School Celebrations. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

4406.5.9 Harrison County School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will include meals or foods that meet the nutrition standards for meals or for foods and beverages sold individually (above).

4406.6 Nutrition and Physical Activity Promotion and Food Marketing

4406.6.1 Nutrition Education and Promotion. Harrison County School System aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

4406.6.1.1 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.

4406.6.1.2 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.

4406.6.1.3 Includes enjoyable, developmentally-appropriate,

culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.

- 4406.6.1.4** Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- 4406.6.1.5** Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- 4406.6.1.6** Links with school meal programs, other school foods, and nutrition-related community services;
- 4406.6.1.7** Teaches media literacy with an emphasis on food marketing.
- 4406.6.1.8** Includes training for teachers and other staff.

4406.6.2 Communications with Parents. The Harrison County Board of Education/Harrison County Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Parents should be mindful of their responsibility when packing cold lunches. Student lunches brought to school should comply to the same nutritional guidelines as those served in the cafeteria. The schools will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The county will provide parents a list of foods that meet the county's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the county will provide opportunities for parents to share their healthy food practices with others in the school community.

The county will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

4406.6.3 Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will 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 (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

4406.6.4 Staff Wellness. The Harrison County School System highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school plans to establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

4406.7 Physical Activity Opportunities and Physical Education

4406.7.1 Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical

education as prescribed by the West Virginia Department of Education. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, 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.

4406.7.2 Daily Recess. All elementary school students will have at least 30 minutes a day with a minimum of 3 days a week 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.

4406.7.3 Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will 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 child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

4406.7.4 Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

4406.7.5 Safe Routes to School. The school system will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the county schools will work together with local

public works, public safety, and/or police departments in those efforts. The school system will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The school system will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

4406.7.6 Use of School Facilities Outside of School Hours. 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 will apply at all times.

4406.8 Monitoring and Policy Review

4406.8.1 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 Harrison County superintendent or designee.

School food service staff, at the school or county level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school system will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the county has not received a SMI review from the state agency within the past five years, the county will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on county-wide compliance with the county’s established nutrition and physical activity wellness policies, based on input from schools within the system. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the county.

4406.8.2 Policy Review. To help with the initial development of the

district's wellness policies, each school in the county will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

4406.8.3 Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school system will review our 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. The county, and individual schools within the system, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.