

## Summers County School District's Wellness Policies on Physical Activity and Nutrition

*The mission of Summers County Schools is to involve the total community in developing each citizen to their fullest potential as active, self-directed, life-long learners. In order to accomplish this mission, the Summers County School system must provide an environment inclusive of nutritionally sound practices as well as develop curriculum which teaches these practices.*

### 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, a small percentage of high school students do not participate in sufficient vigorous physical activity and a small percentage of high school students do not attend daily physical education classes;

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

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

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 **SUMMERS COUNTY** School District 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 **SUMMERS COUNTY** School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PK-12 and staff will have opportunities, support, and encouragement to be physically active on a regular basis.

**SUMMERS COUNTY BOARD OF EDUCATION POLICY**

**Adopted : 6/28/06 Rev. 3/12/08, 10/5/09, 08/25/10, 07/27/11, 2/24/15**

**Code: V-E-6**

**References: PL 108-265, The Child Nutrition and W/C Reauthorization Act of 2004**

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- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 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.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fresh Fruit and Vegetable Snack 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. School and County Wellness Teams**

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

**II. 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 local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve fat free milk (and/or) low-fat (1%), and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that a minimum of 5 servings per week contain 33% whole grains.

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 materials.

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**Breakfast:** To ensure that all children have the opportunity to eat breakfast at school, in order to meet their nutritional needs and enhance their ability to learn:

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

**Free and Reduced-priced Meals:**

**Summers 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.

**Summer Food Service Program:**

**Summers County Schools** may sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

**Meal Times and Scheduling:**

**Summers County Schools:**

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will encourage scheduling of lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- 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).

**Qualifications of School Food Service Staff:**

Qualified nutrition professionals will administer the school meal programs. 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 should include appropriate certification and/or training programs for child nutrition directors, school nutrition personnel, according to their levels of responsibility.

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**Sharing of Foods and Beverages:**

**Summers County 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.

**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.): Summers County Schools will adhere to the WVDE policy 4321.1 when considering food or beverage offerings/sales with school sponsored activities.

**Elementary Schools:**

Summers County Schools will adhere to the West Virginia Standards for School Nutrition Policy 4320 and 4321.1 outlining nutrition standards for foods served and/or sold to students in schools.

**Middle/Junior High and High Schools**

Summers County Schools will adhere to the West Virginia Standards for School Nutrition Policy 4320 and 4321.1 outlining nutrition standards for foods served and/or sold to students in schools.

**Fundraising Activities:**

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district through the use of the Local County Wellness Team, will approve acceptable fundraising activities. However, fundraising using fresh fruits and vegetables will not need approval but notification to the Child Nutrition Director. Fruitful Fundraising is an initiative supported and mandated by the WVDE Office of Child Nutrition. Recommendations for other fundraising projects other than those listed in the Fruitful Fundraising effort will be promoted by the Local County Wellness Team. Ideas may be, but not limited to, Walk-A-Thon, Read-A-Thon, Skate Board Contest, Magazine sales, Crazy Hat Day, school dances.

**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 as the primary snacks and water as the primary beverage. With prior approval from the district, schools will determine if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Westest, school day athletic events, and fine arts productions may be appropriate time to provide or sell approved snacks.

**Snack Guidelines as per WVDE 4321.1**

- 5.1.a.1. Limit total calories to no more than 200 per product/package;
- 5.1.a.2. Limit total fat to no more than 35% of calories per product/package excluding nuts, seeds or cheese;
- 5.1.a.3. Limit saturated fat to less than 10% of the total calories;
- 5.1.a.4. Limit trans fat to less than or equal to 0.5 grams per product/package;
- 5.1.a.5. Reduce sugar content of food items to no more than 35% of calories per product excluding fruits;
- 5.1.a.6. Limit sodium to no more than 200 milligrams per product/package;

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**Rewards:**

**Summers County Schools** *will not* use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. WVDE Policy 4321.1 encourages teachers and schools to promote healthy learning environment by using non-food rewards. A wide variety of rewards can be used implemented to provide. Recommendations for rewards are school dances, extended computer or recess time, trips, showing a movie, board game time, craft or music day, in school carnival, magic show ect... School sponsored activities are prohibited from distributing food coupons to students.

**Celebrations:**

**Summers County Schools** it is recommended that schools should omit celebrations that involve food during the school day. Should a school choose to serve school food, it should include only food or beverages that meet nutrition standards for foods and beverages sold individually. Only 2 food items shall be allowed for parties and water is the permissible beverage. The Let's Play, Let's Party initiative will be enforced and utilized for all celebrations. The Let's Play, Let's Party material will be used as a planning guide and recipes and serving portions suggestions must stay in compliance of this policy. **Summers County Schools will adhere to the West Virginia Standards for School Nutrition Policy 4320 and 4321.1 outlining nutrition standards for foods served and/or sold to students in schools.**

**School-sponsored Events**(such as, but not limited to, athletic events, dances, or performances):

Foods and beverages offered or sold at school-sponsored events during the school day will meet the nutrition standards for meals or for foods and beverages sold individually. **Summers County Schools** will adhere to the West Virginia Standards for School Nutrition Policy 4320 and 4321.1 outlining nutrition standards for foods served and/or sold to students in schools.

**Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion:**

**Summers County Schools** aims to teach, encourage, and support healthy eating by students. 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;
- 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 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.

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**Integrating Physical Activity into the Classroom Setting:** For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity As a personal behavior, students need opportunities for physical education class. It is recommended that an additional 15 minutes per say be set aside for physical activity as suggested by WVDE.

- 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.

**Communications with Parents:**

**Summers County Schools** will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information and post nutrition tips on school websites. 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. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school 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 could include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**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. **Summers County Schools will adhere to the West Virginia Standards for School Nutrition Policy 4320 and 4321.1 outlining nutrition standards for foods served and/or sold to students in schools.**

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.

*Healthy Snacks-* targeted for the 2013-2014 school year

**Staff Wellness:**

**Summers County Schools** 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 should establish and maintain a School Wellness Team. This team 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 School Wellness Teams should submit its plan to the Summers County Director of Student Services.

### III. Physical Activity Opportunities and Physical Education

#### **Daily Physical Education (P.E.) PK-12:**

All students in grades PK-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive minimum daily physical education requirements according to West Virginia Board of Education policies 2510 and 2520.6.

#### **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 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.

#### **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.

#### **Safe Routes to School:**

Summers County Schools will assess and, if necessary to the extent possible, make needed improvements to make it safer and easier for students to walk to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

#### **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.

### V. School Health Services

School health services will include first aid, administrations of medications, identification and treatment of acute illnesses, immunizations and vaccination, health screenings, chronic disease management, or emergency care.

School's counseling, psychological or social service providers will promote the health and safety of students and their families by addressing topics such as, but not limited to: physical activity, healthy eating, preventing/stopping tobacco use, preventing unintentional injuries, preventing violence, bullying and harassment, and suicide and managing asthma.

#### **IV. Monitoring and Policy Review**

##### **Monitoring:**

The superintendent or designee will ensure compliance with established district-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 district 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 superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district 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 district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health index teams, parent/teacher organizations, school principals, and school health services personnel in the district.

##### **Non-Compliance Action:**

Schools that do not comply with the procedures or standards set forth in this policy or WVDE Policy 4321.1 will be financially responsible for the reimbursement refund determined for the day in question. Assessment will be determined by the Director of Child Nutrition. The school or employee will be subject to progressive discipline.

##### **Policy Review:**

To help with the initial development of the district's wellness policies, each school in the district 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.

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 district 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 district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.