502.00 MINGO COUNTY SCHOOLS WELLNESS POLICY

MISSION STATEMENT

The Mingo County Schools recognize that there is a link between nutrition, physical activity, and learning. 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, such as diabetes, heart disease and obesity. Schools and the community 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.

GOALS

- Schools will provide nutrition education to foster life long habits for healthy eating and will establish links between health education and school meal programs

- Schools will provide physical education programs that are designed to stress physical fitness and encourage healthy, active lifestyles

- Child nutrition meals served through the National School Lunch and School Breakfast Programs will meet all requirements of the federal, state and local nutrition standards

- Schools will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines

- Schools will provide a healthy and safe environment that supports academic success before, during and after school

NUTRITION EDUCATION

Mingo County Schools aim to teach, encourage, and support healthy eating by students, community and staff. Schools should provide nutrition education and engage in nutrition promotion with the following actions:

- Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program in math, science, language arts, social sciences, and elective subjects.

- Nutrition education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, health fairs and additional nutritional activities and education through the Mingo County Extension Office.

- Schools promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

- Educators emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

- Schools shall encourage parents to pack healthy lunches and snacks.

- Schools shall show a link with school meal programs, other school foods, and nutrition-related community services.

- Schools shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

- Students in grades Pre K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the West Virginia Health and Physical Education content standards. Nutrition education shall be integrated into the curriculum. Nutrition information and education shall be offered throughout the school campus and based on the U.S. Dietary Guidelines for Americans.

- Students shall be taught communication, goal setting, and decision making skills that enhance personal, family, and community health.

PHYSICAL ACTIVITY

The Mingo County physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles:

- Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

- Students shall be provided a supervised daily recess period, preferable outdoors, during which schools should encourage moderate to vigorous activity. It should not be used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

- Schools will encourage families and provide information to help them incorporate physical activity into their student's lives (e.g. encourage physical activities in newsletters).

- Schools should discourage extended periods (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.

- Teachers shall seek opportunities to incorporate physical activity into subject areas other than physical education.

- 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.

- Schools shall be encouraged to make available facilities such as gymnasiums, playgrounds, auditoriums, etc. to students, staff, and community members before, during and after the school day, on weekends, and during school vacation.

NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

Mingo County Schools will make available healthy food and beverage choices whenever and wherever food and beverages are served or sold on school premises or at school sponsored events.

- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans: vending machines, beverage contracts, fundraisers, concession stands, student stores, and school parties/celebrations.

- When foods are served or sold, Mingo County Schools will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

- Nutritional information for products offered in snack bars, vending, and school stores is readily available near the point of purchase.

- The County shall monitor all food and beverages sold or served to students, including those available <u>outside</u> the federally regulated child nutrition programs (i.e., vending, student stores, classroom rewards, fundraising efforts). The County shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. The County shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

- Classroom snacks feature healthy choices.

- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.

- Wherever and whenever foods are sold or otherwise offered on school premises both during and outside the school day, such foods should include nutritious options.

- Schools will discourage the sale of soft drinks. Alternate healthy beverages will be made available to students such as low-fat milk choices, water without sweeteners, and 100 percent fruit or vegetable juice.

- Snacks sold or served during the school day will contain less than 40 percent sugar by weight, and not more than 8 grams of fat per ounce. Juice drinks will contain at least 20 percent juice.

CHILD NUTRITION OPERATIONS

The Mingo County Child Nutrition Program will serve students school Breakfast and Lunch that ensure quality meals that are nutritious, appealing, and meet USDA Guidelines.

- Schools will make sure all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- Schools will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast).
- All foodservice personnel shall have adequate staff development training in food service operations.
- Students are encouraged to start each day with a healthy breakfast.
- Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schools should schedule meal periods at appropriate times, not less than 3, nor more than 4 ½ hours between breakfast and lunch.
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- School meals will offer a variety of fresh fruits and vegetables, whole grains, and foods lower in sodium and fat.
- Child Nutrition programs will provide taste testing activities for students.
- Drinking water is made available to students during mealtime.

HEALTHY AND SAFE ENVIRONMENT

Mingo County Schools will provide a healthy and safe environment that supports academic success before, during, and after school.

- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line
- Dining areas are attractive and have enough space for seating all students
- Educational materials and posters relevant to nutrition education are displayed in the cafeteria
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individual Education Plan (IEP).
- School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair
- Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs
- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment
- Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments
- Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations
- Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourage students, families and staff to request assistance when needed and link them to school or community resources
- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools

MONITORING AND POLICY REVIEW

The Mingo County Superintendent or Designee will ensure compliance with established county 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.

SUMMARY

Therefore, be it resolved that the Mingo County Board of Education is committed to maximizing the health and wellness of its students and staff, and, as a measure of this commitment formally sets into place this policy that visibly affirms the county's steadfast intent to support the following:

- Providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and wellness

- Engaging students, staff, parents, teachers, and community members in health promotion, disease prevention, and developing, implementing, monitoring and upholding the district-wide wellness goals established in this policy

- Maximizing all resources available to the county including fiscal and non-fiscal related resources (such as U.S. dietary Guidelines for Americans) pertaining to health and wellness -- to the greatest extent possible and practicable that will ensure the adoption of life long habits of health and wellness among students, staff and the community we serve

- Establishing this policy as a framework to guide program and curriculum development as it relates to health and wellness in the county

- Maintaining a Wellness Committee to assist in monitoring outcomes and advising on continuous improvement that can be made to further enhance health and wellness in the county

- Establishing an ongoing evaluation of the effectiveness of this policy in improving health and wellness outcomes for students, staff and the community

Approved 8/1/06

MINGO COUNTY SCHOOLS
WELLNESS COMMITTEE

Dr. J. W. Endicott, MD	Board Member
Kay Maynard, RN, MSN	School Nurse
Deborah Harris	Elementary Principal
Cindy Calfee	Middle School Principal
Robin Porter	Elementary P.E. Teacher
James L. Chafin	High School P.E. Teacher
Patricia Grubb	Cook III
Helen Dingess, RN	Parent
Beth Daniels	Parent
Megan Daniels	Student
Cheryl Rittinger	Dietitian