

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 plan classroom celebrations or food events in accordance with Policy 4321.1 standards. The focus of such events shall be upon healthy snacks and celebratory activities instead of food itself.
- 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 recess periods, preferably 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 AND BEVERAGES 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 and beverages sold, served or distributed on campus during the school day must comply with WVDE Policy 4321.1 Standards for School Nutrition. This includes vending and beverage contracts, fundraisers, concession stands, student stores, organized food events and celebrations.
- It is required that all other foods and beverages made available during the school day meet the following requirements:
 - a. Limit total calories to no more than 200 per product/package.
 - b. Limit total fat to no more than 35% of calories per product/package excluding seeds, nuts or cheese.
 - c. Limit saturated fat to less than 10% of the total calories.
 - d. Limit trans fat to less than or equal to 0.5 grams per product/package.
 - e. Reduce sugar content of food items to no more than 35% of calories per product excluding fruits
 - f. Limit sodium to no more than 200 milligrams per product/package
 - g. No candy, soft drinks, chewing gum, or flavored ice bars will be sold, served or distributed during the school day.
 - h. Prohibit the sale, service or distribution of coffee and coffee-based products during the school day.
 - i. Prohibit caffeine containing beverages with the exception of those containing trace amounts of naturally occurring caffeine substances.
 - j. Prohibit the sale, service or distribution of any foods containing non-nutritive/artificial sweeteners.
- Except for foods served in the school nutrition programs, no food or beverage shall be sold, served or distributed to students in elementary schools from the time the first child arrives at school until 20 minutes after all students are served lunch.
- On school premises, from the arrival of the first child at school until the departure of the last regularly scheduled school bus, all fund raising activities involving foods and beverages shall comply with the Standards for School Nutrition, 4321.1.
- 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.
- Foods and beverages may not be sold, served or distributed in competition with the federal child nutrition programs in the food service areas during the meal service periods.

- Other foods and beverages may not be sold, served or distributed in such a way as to encourage the distribution or purchase of these items as a ready substitute for, or in addition to, reimbursable meals.
- Wherever and whenever foods are sold, served or distributed on school premises, outside the school day, such foods shall include nutritious choices.
- Due to special dietary needs and food safety concerns, foods and beverages brought or delivered from outside sources may be consumed only by individual students for which they were brought or delivered, and not by the general student population. Organized food events and celebrations held during the school day shall be regulated and monitored by school personnel to meet the requirements of this policy.
- Schools shall comply with WVDE Policy 4321.1 Standards for School Nutrition and monitor all food and beverages sold, served or distributed to students, including those available outside the federally regulated child nutrition programs (i.e., vending, student stores, organized food events/celebrations, fundraising efforts). 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. High schools should minimize marketing other foods and beverages by locating their distribution in low student traffic areas and by ensuring that the exterior of vending machines does not depict commercial logos of products or suggest that the consumption of vended items conveys a health or social benefit.
- Nutrition education is incorporated during classroom food events and celebrations, not just during meals.
- Wherever and whenever foods are sold or otherwise offered on school premises both outside the school day, such foods should include nutritious options.
- As of July 1, 2008, there will be **no** access to soda vending machines at any Mingo County School. Water, 100% fruit and vegetable juice will be the only vended beverages available during the school day.

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 ensure 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. Each full time employee will obtain 18 hours of staff development per school year while each part-time employee will obtain 9 hours of staff development.
- 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 and cups are made available to students during mealtime.
- Schools must discourage students from sharing food or beverages during meal or snack time given concerns regarding allergies and other restrictions on diets for specific students. Due to special dietary needs and food safety concerns, foods and beverages brought or delivered from outside sources may be consumed only by individual students for which they were brought or delivered, and not by the general population.

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
- 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.

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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

Revised 3/11

MINGO COUNTY SCHOOLS WELLNESS COMMITTEE

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Operational Definitions

- *Bottled water* is defined as plain natural water containing no additives.
- *Candy* is defined as any food that, as served in its finished form, contains, by weight, more than 35% sugar (in crystalline form or in solution as syrup, both monosaccharides and disaccharides) and/ or other sweetening agents, or any food product commonly referred to as “candy.”
- *Competitive foods* are defined as all foods and beverages sold, served or distributed in competition with meals served under the United States Department of Agriculture’s (USDA) Child Nutrition Programs in the food service areas during the meal periods.
- *Elementary school*, for the purposes of this policy, is defined as a school serving any students in grades pre-kindergarten up to and including grade four.
- *Enrollment* is defined as “head count.”
- *Flavored ice bar* is defined as a frozen confection consisting of water mixed with flavored syrups and/or powders, sugars and/or other sweetening agents, binders, stabilizers and/or emulsifiers.
- *Food service area* is defined as any area on school premises where reimbursable meals are served and/or consumed by students.
- *High School*, for the purposes of this policy, is defined as a school with a grade configuration of 9-12, 10-12 or 11-12.
- *In-school snacks* are defined as nutritious snacks that are not federally subsidized and provided at cost through the child nutrition program during the school day.
- *Meal service period* is defined as 20 minutes before the first child is served a meal until 20 minutes after the last child receives a meal.
- *Nutritious choices* are defined as fruits, vegetables, plain water, 100% fruit or vegetable juices; non-fat and/or 1% low-fat milk, cheese, yogurt; grain foods containing whole grain as the first listed ingredient; nuts and/or seeds.
- *Other foods and beverages* are defined as any food or beverage, sold, served or distributed to students including snacks from vending machines, school stores, parties, and school day fund raising activities, except those served as part of the child nutrition program meals and snacks. Other foods do not include those brought to school by individual students for their own consumption.

- *Reward* is defined as something given in recompense or compensation for service, merit, achievement or some other type of worthy behavior.
- *School day* is defined as the period of time between the arrival of the first student at the school building and the end of the last instructional period.
- *School premises* is defined as school or county board of education property.

Revised: March 30, 2011

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