

MONROE COUNTY SCHOOLS
Monroe County, WV

Board Policy: WELLNESS

1. PURPOSE.

- 1.1** The link between nutrition and learning is well documented by the American Academy of Pediatrics, HealthyChildren.org and Food Research and Action Center. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Academic performance and psychological behavior is affected by nutritional patterns of children. Tardiness, absences, and hyperactivity improve when children are nourished as they participate in the school day and perform in the educational environment.
- 1.2** Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff members establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff members are encouraged to model healthy eating and physical activity as a valuable part of daily life.
- 1.3** Monroe County Schools shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

2. MISSION STATEMENT OF THE CHILD NUTRITION PROGRAM.

- 2.1** The mission statement of the Monroe County Child Nutrition Department was developed by the Wellness Committee.
- 2.2** **Mission Statement.** To provide a well balanced nutritional meal for all children. This will be done in a loving and caring environment. A well-fed child is healthy, happy, attentive and productive in the classroom. We will provide nutrition education, promote physical exercise, offer a variety of food choices and encourage all children to lead a healthy lifestyle today and throughout life.

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3. NUTRITION EDUCATION AND PROMOTION

- 3.1** In accordance with WV Board Policy 2520, Monroe County Schools will offer nutrition education at each grade level as part of a sequential, comprehensive, standards-based program that results in the knowledge and skills to promote and protect their health.
- 3.2** Monroe County Schools will include nutrition education that is enjoyable, developmentally appropriate, and that contains culturally relevant participatory activities, such as promotions, taste testing, farm visits, and school gardens.
- 3.3** Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily. Parents will be encouraged to continue these practices at home.
- 3.4** Monroe County Schools promotes fresh fruits and vegetables, whole-grain products, low-fat and fat free dairy products, and healthy food preparation that follows the USDA Dietary Guidelines in daily menu preparation and serving.
- 3.5** Monroe County Schools will follow the West Virginia Board of Education Next Generation Content Standards and Objectives. Schools will link nutrition education activities with the coordinated school health program.
- 3.6** Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as mathematics, science, social studies, and reading/language arts, as applicable.

4. PHYSICAL ACTIVITY

- 4.1** In accordance with WV Board Policy 2520, daily Physical Education is expected for all children that meets the West Virginia Board of Education guidelines for students grades K-12, including recess and physical education class.
- 4.2** Recess for elementary students should be offered daily and should encourage moderate to vigorous physical activity.
- 4.3** Schools should offer extracurricular physical activity programs to include intramural programs and after-school programs that include physical

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activity. These activities should meet the needs, interests and abilities of all students and include all students.

- 4.4** Monroe County Schools encourages the use of school spaces and facilities by community members, agencies and organizations after-school, on weekends and during school vacations so that all students, parents, staff and community members may participate in physical activity and nutrition education programs.
- 4.5** Monroe County Schools will gather data obtained from a school's second grade population that includes body weight, BMI, and physical activity levels to use as baseline data to track and evaluate positive physical changes and lifestyle changes of the children and their families.

5. SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS.

- 5.1** Offer opportunities during the school day for students to fully embrace regular activity as a personal behavior, so students have opportunities for physical activity beyond physical education class.
- 5.2** Collect BMI data on groups of students to track progress in promoting and participating in physical activity to improve student wellness.
- 5.3** Provide opportunities for classroom teachers to participate in Staff Wellness and serve as role models for students, parents and community members.
- 5.4** Encourage classroom teachers to provide short physical activity breaks between lessons, classes, and extended testing, as appropriate.
- 5.5** Communicate with parents/guardians the importance of a healthy diet and daily physical activity through newsletters, workshops, seminars, wellness centers, the county website, and school bulletins.
- 5.6** Support parents'/guardians' efforts to provide their children with opportunities to be physical active outside of school.
- 5.7** Schools shall provide a representative to serve on the Monroe County Schools Wellness Team, chaired by the Certified School Nurse. The team will meet on a quarterly basis, at a minimum.
- 5.8** Schools shall provide an annual report of wellness activities completed during the school year to the Certified School Nurse. This report must be submitted in June.

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- 5.9** Before each school year starts, each school shall provide an Action Work Plan with two goals in the format provided by the Certified School Nurse.

6. QUALITY SCHOOL MEALS AND PLEASANT EATING EXPERIENCES.

- 6.1** In accordance with WV Board Policy 4320 and 4321, Monroe County Schools will offer breakfast and lunch programs to all students. Students and staff are highly encouraged to promote and participate in these programs with staff members serving as role models.
- 6.2** School child nutrition staff will regularly participates in professional development activities and trainings to improve their skills as they prepare foods for the child nutrition programs.
- 6.3** Students will receive positive, motivating messages about healthy eating and physical activity throughout the school setting.
- 6.4** Food safety will be a key part of the school's child nutrition operation.
- 6.5** Menus will meet the minimum standards established by the U. S. Department of Agriculture and the West Virginia Department of Education, Office of Child Nutrition, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature. Menus will be available to students, parents, and community via handouts, newsletters, cafeteria postings, the county website, and media announcements.
- 6.6** Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- 6.7** The school district will provide nutritional information to parents that encourages parents to provide safe and nutritious foods for their children when they send food to the school for lunch or school activities.
- 6.8** Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.

7. NUTRITIONAL GUIDELINES FOR OTHER AVAILABLE FOODS OFFERED AT SCHOOLS.

- 7.1** Schools will follow Federal Regulation 7 CFR (Code of Federal Regulation) §210.11 Competitive Food Services, W.Va. Code § 18-2-6a

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Sale of Soft Drinks, WVBE Policy 4321.1: Standards for School Nutrition
and WVBE Policy 4320: Child Nutrition Programs that govern competitive
foods/foods of minimal nutritional value available in the schools of Monroe
County and will hold administration and Child Nutrition Staff accountable.

- 7.2 The schools in the county will follow WVBE Policy 4321.1 and Monroe County Board of Education Policy EFC: Sale of Healthy Beverages/Foods During the Instructional School Day.
- 7.3 School personnel will assist all students in developing the healthy practice of washing hands before eating.
- 7.4 Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- 7.5 Schools will encourage socializing among students and between students and adults. Adults will properly supervise cafeterias and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.
- 7.6 School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited.

8. SEVERABILITY.

If any provision of this policy or application thereof to any person or circumstance is held invalid, such invalidity shall not affect other provisions or applications of this policy.

Adopted: December 4, 2014 [date]

Revised by Board Action: _____ [date]