

## WELLNESS

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Hampshire County Schools recognizes a relationship exists 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. Research indicates that 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. Also, staff wellness is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

### I. INTRODUCTION AND RATIONALE

The Hampshire County Board of Education implemented a wellness policy that addressed nutrition and physical activity at the start of the 2006-2007 school year. This policy was revised during the 2009-2010 school year and revised again in 2017-2018 school year in order to meet all requirements under WVBE Policy 432.1. This policy is designed to promote children's health and well-being. The increasing rates of obesity and overweight among youth threaten to jeopardize the future health and productivity of our children. A healthy school environment goes beyond the school meal served in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition and appropriate amounts of physical activities. All foods made available on school campuses should offer children nutritious choices. Physical activity, nutrition education and nutrition promotion should be incorporated into the school day as often as possible. The healthy, nutritionally and physically active child is more likely to be academically successful.

### II. FOCUS

The Hampshire County Board of Education recognizes that while parents are the primary teachers and caregivers for their children, the present and future health, safety and well-being of students are also the concern of Hampshire County Schools. Schools will focus on:

A. School environment: A school environment that is safe, that is physically, socially and psychologically healthful and that promotes health enhancing behaviors.

B. Physical Education Curriculum: A physical education curriculum involves moderate to vigorous physical activity that teaches knowledge, motor skills and positive attitudes that promotes activities and sports that all students enjoy and can pursue that is coordinated with the comprehensive school health education curriculum.

C. Health Education Curriculum: A health education curriculum that is designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors that is taught by well-prepared and well-supported teachers.

D. Nutrition Services Program: A nutrition services program that includes a food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods, a comprehensive school health education curriculum and coordinated with the food service program and a school environment that encourages students to make healthy food choices.

E. Health Services Program: A school health services program that is designed to prevent and control communicable disease and other health problems, provide emergency care for illness or injury and is provided by well-qualified and well-supported health nurses.

F. Counseling and Student Services Program: A counseling and student services program that is designed to ensure access or referral to assessments, interventions and other service for students' mental, emotional and social health, provided by well-qualified and well-supported professionals.

G. Staff Health Promotion Program: A staff health promotion program that provides opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.

### III. GOALS

A. Schools will provide nutrition education to foster lifelong habits for healthy eating and will establish links between health education and school meal programs.

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

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

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

- E. Schools will only promote nutritious meals, snacks and beverages that meet federal, state, local laws and guidelines.
- F. Schools will provide a healthy and safe environment that supports academic success before, during and after school.
- G. Schools will have a wellness coordinator and wellness committee in each Hampshire County school to organize wellness events for students, professional and service personnel staff.

#### IV. NUTRITION EDUCATION

- A. Schools should provide nutrition education and engage in nutrition promotion.
- B. Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).
- C. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab.
- D. School staff will cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition.
- E. The school district will train staff in nutrition education and implement the principles of the health education curriculum in all grades.
- F. Nutrition education will be integrated into the broader curriculum.
- G. Nutrition education will teach specific skills such as understanding calorie balance and nutrition fact labels.
- H. An appropriate number of class hours should be designated for nutrition education.
- I. Nutrition education curriculum is aligned with academic standards or benchmarks, comprehensive in scope and sequence.

#### V. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS

- A. The district shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.
- B. All schools will provide breakfast through the USDA School Breakfast Program.

- C. The district operates under USDA regulations for the Summer Food Service Program.
- D. School meals are required to meet specific standards beyond USDA standards:
  - (1) 4 fruits and/or non-fried vegetables per day
  - (2) Only 1% fat free milk is served
  - (3) At least half of grains are whole grain
- E. All cooked foods offered as part of a meal will be baked or steamed.
- F. The district shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- G. No events will be held during lunch period unless students may eat during the event.
- H. After obtaining food, students will have at least 20 minutes to eat lunch.
- I. Students shall have convenient access to hand washing facilities.
- J. The district shall ensure that the Food Service Manager has an appropriate degree and certification.
- K. The district shall ensure that professional development in the area of food and nutrition is provided for food service staff.
- L. Students will be provided a pleasant environment in which to eat lunch.
- M. The district will share and publicize information about the nutritional contents of meals with students and parents.

## VI. NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES

Hampshire 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.

- A. All foods and beverages sold, served or distributed on campus during the school day must comply with the WVDE Policy 4321.1 Standards for School Nutrition. This includes vending and beverage contracts, fundraisers, concession stands, student stores, organized food events and celebrations.

B. It is required that all other food and beverages made available during the school day meet the following requirements:

1. Limit total calories to no more than 200 per product/package.
2. Limit total fat to no more than 35% of calories per product/package excluding seeds, nuts or cheese.
3. Limit saturated fat to less than 10% of the total calories.
4. Limit trans-fat to less than or equal to 0.5 grams per product/package.
5. Reduce sugar content of food items to no more than 35% of calories per product excluding fruits.
6. Limit sodium to no more than 200 milligrams per product/package.
7. Only water, milk and 100% juice will be allowed at the school.
8. Prohibit the sale, service or distribution of coffee and coffee based products during the school day.
9. Prohibit caffeine containing beverages with the exception of those containing trace amounts of naturally occurring caffeine substances.
10. Prohibit the sale, service or distribution of any foods containing non-nutritive artificial sweeteners.
11. Individually sold items shall not exceed one serving per package.
12. Milk shall contain no more than 22g of sugar per 8 oz.
13. The serving size limit for drinks other than water is 12 ounces or less.

C. 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.

D. On school premises, from the arrival of the first child at school until the departure of the least regularly scheduled school bus, all fundraising activities involving foods and beverages shall comply with the Standards for School Nutrition, 4321.1

E. 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.

- F. 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.
- G. 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.
- H. Wherever and whenever foods are sold, served or distributed on school premises, outside the school day, such foods shall include nutritious choices.
- I. 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 be 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.
- J. Schools shall comply with WVDE Policy 4321.1 Standards for School Nutrition and monitor all foods 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 the vending machines does not depict commercial logos of products or suggest that the consumption of vended items conveys a health or social benefit.
- K. Nutrition education is incorporated during classroom food events and celebrations, not just during meals.
- L. Soft drinks will not be available during the school day. Water, 100% fruit and vegetable juice will be the only vended beverages during the school day.
- M. Meal providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- N. Nutritional information for products offered in snack bars, vending and school stores is readily available near the point of purchase.
- O. Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices.

P. Students and staff will have access to free, safe and fresh drinking water throughout the school day.

Q. County Food Service Department and schools will assist volunteer groups and student organizations that currently operate concessions or food sales to understand and implement this provision.

## VII. PHYSICAL EDUCATION

A. All students in grades K-12 will be offered a physical education program.

B. Elementary students shall receive physical education every three days for 45 minutes. Due to non-compliance with Policy 2510, schools shall submit a waiver explaining additional opportunities for physical activity throughout the school.

C. Middle school students shall participate in a Physical Education program that offers a minimum of 100 minutes a week (every other day for 50 minutes).

D. High school students shall be offered a Physical Education program that allows for a minimum of 200 minutes of physical activity a week (every day for 50 minutes for one year or every day for 90 minutes for one semester).

E. The district shall provide all students with physical education that teaches them the skills needed for lifetime physical fitness.

F. Students shall be assessed for the ability to demonstrate physical education competency through application of knowledge, skill development and practice.

G. Physical education curriculum must follow NASPE standards.

H. The physical education program shall meet the needs of all students, including those who are not athletically gifted and teach cooperation, fair play and responsible participation.

I. Grades received from physical education classes are part of every student's GPA.

J. Elementary and middle school students should be enrolled in a physical education course. High school students are required to obtain one physical education credit, but should also have the opportunity to register for a physical education class yearly.

K. The physical education program shall be provided with adequate space and equipment and conform to all applicable safety standards.

Physical education classes will include at least 50% of moderate to vigorous activity in all or most lessons.

Physical education will be taught by a qualified instructor.

All staff involved in physical education will receive professional development on a yearly basis.

Waivers for physical education are discouraged; however, if necessary, schools should develop a physical education plan that maximizes movement and a focus on wellness.

Students will receive an annual health assessment in their PE classes. The physical education teachers will assist students in interpreting their personal scores and compare them to national physical activity recommendations.

## ACTIVITY

Schools should provide opportunities for regular physical activity.

Teachers are encouraged to integrate movement and physical activity in all grades (K-12) throughout the school day.

The district will promote periodic and on-going programs to increase the activity choices for faculty and staff.

Classrooms shall incorporate, where possible, appropriate short breaks that include physical movement.

Schools are strongly encouraged to develop intramural programs for students at all levels.

The district promotes the use of school facilities outside of school hours for physical activity programs offered by community based organizations.

Schools are encouraged to collaborate with community groups to facilitate and promote walking and biking to school by students and staff using safe routes and safe practices.

All elementary school students shall have daily recess, during which schools shall provide space, equipment and an environment conducive to safe and enjoyable activity.

## IX. COMMUNICATION AND PROMOTION

A. The Hampshire County Schools Wellness Policy was originally written and subsequently revised by the Hampshire County Schools wellness committee that included the following: 1) Food Services Program Director, 2) Safety Director, 3) School Nurses, 4) Physical Education Teachers, 5) Health Teachers and 6) Superintendent.

- A. Activity programs will be available for staff and gym memberships will be subsidized.
- B. The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating.
- C. Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.
- D. The food services department will provide families with opportunities for input and monitoring of their children's food purchases at the K-8 level.
- E. Schools will link nutrition education activities with the coordinated school health program.
- F. Schools shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- G. Nutrition education will be provided to parents. Nutrition education may be provided in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles and through any other appropriate means available to reach parents.
- H. The district will provide parents with healthy snack ideas.
- I. It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection.
- J. The display and advertising of foods with minimal nutritional value is not allowed on school grounds.

The Hampshire County Schools Wellness committee will continue to meet annually at a minimum to develop, monitor, review and revise nutrition and physical activity policies.

#### X. EVALUATION

- A. The Superintendent or his designee shall ensure compliance with established district-wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance with those policies in his or her school.
- B. The Hampshire County Schools Wellness committee will meet annually at a minimum to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.

C. The Hampshire County Schools Wellness committee shall prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions to the Wellness Policy, which will be revised as necessary.

D. Funding for school wellness activities or policy evaluation will be allocated from the general operations budget.

## XI. SUMMARY

The Hampshire County Board of Education is committed to maximizing the health and wellness of its students and staff and as a measure of this commitment has formally set into place this policy which visibly affirms the county's steadfast intent to support the following:

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

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

C. 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 or 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.

Establishing a continuing advisory board or 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 on-going evaluation of the effectiveness of this policy in improving health and wellness outcomes for students, staff and the community.

## SCHOOL CELEBRATION GUIDELINES

Foods available at Hampshire County Schools should contribute to the development of sound nutritional habits. Concern for the health and well-being of all students should be considered in all food offered. Good nutrition and the value of healthy food choices are often taught in classrooms. To keep our children healthy, school administrators, teachers, staff and parents can work together to offer healthy classroom party

alternatives. The focus of school parties and events should be more about the planned activities and games than the food itself. Portion sizes should be of reasonable size given the age of the students.

All Hampshire County Schools are being directed to follow the practices outlined below:

#### Classroom Celebrations

All foods served must meet all requirements of the policy and be considered safe for all children to consume in the classroom setting.

Healthy food items shall be considered and preferred. See the list of suggested healthy celebration foods. Schools receiving the Fresh Fruits and Vegetables Grant are encouraged to communicate with the Child Nutrition Office for healthy options for celebrations.

For student safety, NO homemade treats are permitted.

Food must be commercially prepared, packaged and factory sealed with the visible ingredients and nutrition label so they may be properly evaluated for possible allergy reactions with students.

Treat bags that include food are not permitted. A list of suggested party favors for treat bags is included.

Beverages permitted will be bottled water, 100% fruit juice and milk only.

Celebrations permitted during the school day must be thirty (30) minutes after the last student has received lunch.

Approved school-wide celebrations will be limited to three (3) per year.

#### ALLERGY AWARENESS

Food items containing the eight (8) most common allergens must be considered for children while at school. These are peanuts, tree nuts, milk, eggs, wheat, soy, fish and shellfish. Treats that contain these allergens will not be permitted. Food items that contain peanuts or tree nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts) may not be served. Cross contamination can occur when food manufacturers expose a safe food to a food allergen. Precautions must be used when approving all foods containing these allergens. Chocolate candies are not permitted due to manufacturing in plants that also contain peanuts and/or tree nuts.

## HEALTHY CLASSROOM PARTY FOOD SUGGESTIONS

Fresh fruit with low-fat dip, fruit cups packed in juice or water, squeezable applesauce, raisins or dried fruit snacks, fresh vegetables with low-fat dip, hummus or low-fat dips or salsa, mini bagels or muffins, yogurt cups or tubes, low-fat string cheese sticks, low-fat Skinny Pop popcorn, low-fat, low-salt tortilla chips, pretzels and baked chips, frozen 100% juice bars, frozen yogurt, low-fat pudding cups, whole grain cereals, whole grain, graham, animal, teddy grahams and Goldfish crackers, Nutra-grain bars or low-fat granola bars (BE AWARE of products that contain nuts), Rice crispy bars or rice cakes, bottled water, 100% fruit juice and low-fat or non-fat milk.

The purpose of this document is to provide guidance in place of Child Nutrition Policy 4321.1. These guidelines regulating foods served in schools at celebration events are subject to change as often as the WVDE and USDA regulations are revised and updated. These guidelines may change annually or as needed.

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