

Policy 1006 **Braxton County Schools Wellness Policy**

PURPOSE

The Braxton County School system 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.

LOCAL DESIGNATION

The Braxton County School system will designate one person to serve on the Local Wellness Council. Each school will designate one person to serve on the Local Wellness Council.

STAKEHOLDER INVOLVEMENT

The Braxton County Local Wellness Council will consist of a group of individuals representing the school and community, and will include parents, students, school food authority representatives, school board members, teachers, administrators, health professionals, and members of the public. (As required by Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S. C. 1758 b).

RESPONSIBILITY

ELEMENTS OF LOCAL WELLNESS POLICY

NUTRITION EDUCATION

The primary goal of nutrition education is to influence students’ eating behaviors. Braxton County Schools will promote nutrition education through classroom teaching, nutritional marketing, and teacher training in the area of nutrition education. Schools will promote nutrition education and engage in nutrition promotion that is offered at each grade level in accordance with the WVDE Policies 2520.55 and 2520.5: Health and Wellness Education Standards for West Virginia Schools 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;

- integrates nutrition topics within the comprehensive health education curriculum taught at every grade level (K-12); integrates nutrition education into overall curriculum;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

STAFF WELLNESS AND TRAINING

Braxton 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 will maintain a health and wellness council. This group will be part of the school LSIC and the school Faculty Senate.

STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS

In Braxton County Schools, federally funded school nutrition programs are available to provide nutritious foods to all students. It is intended that these child nutrition programs be the main source of foods and beverages available at school. These programs have specific requirements to ensure that adequate nutrients are offered to promote health and wellness. Other foods and beverages, when available, should also provide necessary nutrients and contribute to an overall healthy eating environment. Braxton County Schools shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.

Braxton County Schools operates under USDA regulations for school food programs (e.g., School Breakfast Program, National School Lunch Program, Child and Adult Care Food Program, and Summer Food Service Program). Braxton County Schools provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance - 7 CFR Part 210 and Part 220 and the Healthy, Hunger Free Kids Act of 2010 as well as the state nutrient standards from the WVDE Policy 4321.1.

FREE AND REDUCED-PRICED MEALS

Braxton 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-priced schools meals.

MEAL TIMES, ENVIRONMENTS AND SCHEDULING

Schools meal programs

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- 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 schedule lunch periods, as much as possible, to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat;
- will provide appropriate supervision in the cafeteria and rules for safe behavior shall be consistently enforced; and
- will provide a pleasant environment in which to eat meals.

FOOD SERVICE STAFF AND TRAINING

Qualified nutrition service personnel will administer the school meals programs. As part of the county's responsibility to operate a food service program, we will provide continuing professional development for all nutrition personnel in schools. Staff development programs should include appropriate training programs for child nutrition directors, cafeteria managers, and cafeteria workers, according to their levels of responsibilities. Food service staff

- shall be directed by a qualified nutrition professional;
- shall ensure that the Food Service Director has appropriate certification;

- food service staff members, who are properly qualified according to current professional standards, will administer the Child Nutrition Programs;
- shall obtain the appropriate food safety training (food handling permit, HACCP, etc.); and
- shall ensure that other professional development in the area of food and nutrition is provided for food service staff.

MEAL GUIDELINES AND NUTRITION INFORMATION

School meal programs:

- are required to meet the specific standards set for by USDA;
- lunch, if possible, will include 1 fresh/1 canned or frozen fruit
- lunch, if possible, will include both fresh and canned or frozen vegetable
- only 1% and fat-free milk served;
- all cooked foods offered as part of the meal will be baked or steamed;
- purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food;
- all grains are whole grain;
- eliminates trans fats; and

BREAKFAST

Braxton County Schools ensures that all schools will provide breakfast through the USDA School Breakfast Program in order to meet their nutritional needs and enhance their ability to learn by:

- Operating the School Breakfast Program at each school;
- Utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- Notifying parents and students of the availability of the School Breakfast Program.

LUNCH

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 fresh and/or canned and frozen fruits and vegetables;
- serve only fat-free flavored milk, 1% unflavored milk and nutritionally-equivalent non-dairy alternatives; and
- ensure that whole grains are offered daily.

Schools should solicit input in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

AFTER SCHOOL SNACK

The snack may be offered if the school provides an afterschool activity that meets the requirements outlined by the Office of Child Nutrition.

SUMMER FOOD SERVICE PROGRAM

Braxton County Schools operates under USDA regulations for school food programs by operating a Summer Food Service Program or CFR Part 225. Braxton County Schools has and will continue to sponsor the Summer Food Service Program throughout the summer vacation.

FARM TO SCHOOL

It is the intent of Braxton County Schools to procure more locally sourced, fresh fruits and vegetables into school cafeterias. This can be accomplished by opening lines of communication with local farmers and student farmers in order to connect the schools with local or regional producers in order to serve local or regionally produced foods in school cafeterias.

NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES

All other foods and beverages made available on school premises during the school day must meet the requirements set forth in West Virginia Policy 4321.1 and the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S. C. 1758 b).

Food and beverage contracts must comply with WV126 CSR 202, WVBE Policy 8200, Purchasing Policies and Procedures Manual for Local Educational Agencies. All contracts shall be approved and signed by the county board or the county superintendent, if approval authority has been delegated by the board to the superintendent. County boards of education are statutorily created and given authority to contract. Individual schools do not have such authority. All food and beverage contracts or agreements regarding public schools and vendors shall meet all purchasing standards as set forth in policy and code and shall be competitively negotiated. Contracts that extend beyond a fiscal year shall contain a clause allowing the board to terminate the contract at the end of each year. Contracts shall facilitate the WVBE efforts to offer and promote nutritious food and beverage choice.

A LA CARTE SALES

Only fluid milk may be sold as a la carte items for breakfast and lunch at any grade level.

AVAILABILITY OF DRINKING WATER

In addition to milk, safe drinking water shall be offered with meals for student consumption in all child nutrition programs. Cups must be available with any water dispenser for easy student access.

CELEBRATIONS

School celebrations are to follow the same nutritional guidelines set forth in WVDE Policy 4321.1 under Nutrition Standards for other food and beverages. Schools should limit celebrations that involve food during the school day to no more than one party per class per semester.

FUNDRAISING

Fundraising done during the school day is to follow the same nutritional guidelines set forth in WVDE Policy 4321.1 under Nutrition Standards for other food and beverages. Organizations/groups are highly encouraged to do fundraising based on the use of non-food items to raise funds.

PHYSICAL EDUCATION Pre-K - 12

The primary goal for physical activity and physical education is to provide opportunities for every student in all grades Pre K -12 to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-term and long-term benefits of a physically active and healthy lifestyle. Braxton County Schools promotes a comprehensive physical activity program which encompasses a variety of opportunities for students to be physically active including; physical education, recess, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within the regular classroom on a daily basis. Students shall be able to demonstrate physical education competency through application of knowledge, skill development, and practice. Physical education curriculum is aligned with academic standards, comprehensive in scope and sequence, and follows the NASPE standards. 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. The program shall be provided with adequate space and equipment and conform to all applicable safety standards. In accordance with WVDE Policy 2520.6 21st Century Physical Education 5-12 Content Standards and Objectives for Physical Education, WVDE Policy 2520.55: 21st Century Wellness PreK-4 Content Standards and Objectives for West Virginia Schools, Senate Bill 785, and House Bill 2816, each child enrolled in public schools of this state will actively participate in physical education classes during the school year to the level of his or her ability. Annually students will complete the Fitnessgram assessment as outlined by the WVDE. Confidential health reports will be sent directly to parents and will include additional resources. Physical education teachers will assist students in interpreting their personal attainments and compare them to national physical activity recommendations.

Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Recess at the elementary level and intramurals at the secondary level are prohibited from taking the place of physical education. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity in all or most lessons.

INTEGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING

In order that Braxton County students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

In Braxton County Schools:

- physical activity opportunities shall be offered daily during the school day.
- 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;
- schools should discourage extended periods of inactivity. When activities, such as mandatory testing, make it necessary for students to remain indoors for long periods time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active;
 - Staff members shall not deny participation in physical activity opportunities as a form of discipline or punishment unless the safety of students is in question;
 - opportunities for physical activity will be integrated across the curricula for all grades (K-12) and throughout the school day; and
 - classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

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, equipment, and an environment conducive to safe and enjoyable activity. In case of poor weather that prevents outdoor recess, schools will develop a plan to promote physical activity during indoor recess during the regularly scheduled recess time. When allowed in the schedule, recess before lunch is being encouraged.

PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL

Local teams are available for student participation in basketball, football, soccer, and baseball. Students in 6th grade are included in all middle school after school athletic programs with the exception of football.

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 –based agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

COMMUNICATION AND PROMOTION/PUBLIC NOTIFICATION

SCHOOL HEALTH AND WELLNESS COUNCILS

The county as well as the individual schools within the county will maintain school health and wellness councils that continue to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. In addition, the council will serve as resources to school sites for implementing the Wellness Policy.

The Council will work with the Alliance for a Healthier Generation to develop a sequential ongoing plan for each school that is directly related to the needs of the individual school.

COMMUNICATIONS WITH PUBLIC

The Wellness Policy will be available on the Board of Education Website. Information concerning wellness 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.

Braxton County Schools will provide physical education information 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.

COMMUNICATIONS WITH STAFF

Braxton County Schools will support staff wellness programs specifically addressing the health of staff. When opportunities are present presentations, staff development, etc. will be provided to staff.

EDUCATION, MARKETING, AND PROMOTIONS INSIDE/OUTSIDE THE CLASSROOM

School environment, including cafeterias, other eating areas, and classroom, shall provide clear and consistent messages that reinforce healthy eating. The school will market healthy eating through the use of updated posters and messages. The schools will consider student needs in planning for a healthy school nutrition environment. Education materials shall be free of brands and illustrations of unhealthful foods.

MEASURING AND IMPLEMENTATION

MONITORING

The child nutrition director will ensure compliance with established county-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 child nutrition director. The child nutrition director will develop a summary report every two years on county-wide compliance with the county's established nutrition and physical activity wellness policies, based on input from the schools within the county. The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the county.

POLICY EVALUATION

To help with the initial development of the county's wellness policy, each school in the county 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 county 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 the review, the school district will review the 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 county, and individual schools within the county, will meet, as necessary, revise the wellness and develop work plans to facilitate their implementation.

Authority

USDA Healthy Hunger-Free Kids Act of 2010

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