

LOGAN COUNTY SCHOOLS
WELLNESS POLICY
MISSION STATEMENT

Logan County Schools recognize that the link between nutrition, physical activity and learning is well documented. 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, like Type 2 diabetes. 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.

October 2017

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GOALS

- Schools will provide nutrition education to foster lifelong habits for healthy eating and will establish links between health education and school meal programs.
- Schools will provide physical education program that are designed to stress physical fitness and encourage healthy and active lifestyles.
- Child nutrition meals served through the National School Lunch and 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.

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NUTRITION EDUCATION

Schools aim to teach, encourage and support healthy eating by students, community and staff. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program math, science, language arts, social sciences, and elective subjects
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure(physical activity/exercise)
- Links 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
- All Pre-K through 12th grade students 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. Staff who provide nutrition education shall have the appropriate training, such as in health enhancement or family and consumer sciences
- Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health

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PHYSICAL ACTIVITY

The 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
- Provide a daily recess period, which is not 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
- Information will be provided to families to help them incorporate physical activity into their student's lives
- Schools encourage families and community members to institute programs that support physical activity
- All schools shall encourage supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity
- Schools should discourage extended periods (i.e. 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
- 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

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CHILD NUTRITION OPERATIONS

Logan County Schools 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 (i.e. school lunch and breakfast).
- All foodservice personnel shall have adequate staff development training in food services 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.
- All schools in Logan County shall participate in breakfast after the start of the instructional day.
- Schools will provide students with 20 minutes after sitting down for 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.
- Drinking water and cups are made available to students during meals.
- 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 the individual students for which they were brought or delivered and not by the general population.

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Guidelines for All Foods and Beverages on Campus

Logan 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 USDA Smart Snack, WVDE Policy 4321.1 Standards for School Nutrition. This includes: vending and beverage contracts, fundraisers, concession stands, student stores, and school parties/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.
- 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 Policy 4321.1.
- Foods and beverages shall not be offered as a reward or used as 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.
- Whenever and wherever 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 Logan County Schools Celebration Policy 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 school 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 health or social benefit.
- Nutrition education is incorporated during classroom food events and celebrations, not just during meals.
- There is no access to soda vending machines at any Logan County School. Water, 100% fruit and vegetable juice will be the only vended beverages available during the school day.

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HEALTH AND SAFE ENVIRONMENT

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

- Students should be provided 20 minutes for lunch, from the time the students are seated.
- 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.
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individual Educational Plan.
- 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 school.

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MONITORING AND POLICY REVIEW

The superintendent or designee will ensure compliance with established county nutrition and physical activity wellness policies. Each school will report on the school's compliance to the school superintendent or designee.

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SUMMARY

Therefore, be it resolved that the Logan 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 this 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 this county.
- Establishing an ongoing evaluation of the effectiveness of this policy in improving health and wellness outcomes for students, staff and the community.

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