

Randolph County Schools **By Laws and Policies**

8510-WELLNESS

As required by law, the Board of Education establishes the following Wellness Policy for the Randolph County School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Schools can increase the important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

Section 1 **Nutrition Education & Promotion**

With regard to nutrition education, **the District shall:**

1. Include nutrition education in the sequential, comprehensive Health Curriculum in accordance with the curriculum standards, benchmarks, and provide students with the knowledge, attitudes and skills necessary to lead healthy lives.
2. Integrate nutrition education in health education in K-12 curriculum to enhance student health, well being and reduce childhood obesity; but not replace the standards and benchmarks for health education. Randolph County schools vary in the number of contact hours for physical education and health. Elementary schools, on average, have 56 contact hours for physical education/health; middle schools average 72 hours for physical education and 72 hours for health; and, high schools provide one year of physical education (18 weeks) or 150 contact hours and one year of health (18 weeks) or 150 contact hours.
3. Include opportunities for appropriate student projects related to nutrition, involving, when possible, the school's food service staff, community agencies and organizations.
4. Reinforce lifelong energy balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

5. Supports the teaching of healthy choices of quality foods that (promote the benefits of a balanced diet that) includes fruits, vegetables, whole grains products, and low fat and fat-free dairy products.
6. Extend beyond the school through WVDE *Smart Foods Smarter Kids* publication available quarterly. In addition, the WVOCN (West Virginia Office of Child Nutrition) publishes a newsletter four times a year entitled Mountain State Meal Times providing positive nutrition messages.
7. Encourage participation by the staff responsible for providing instruction in nutrition education in the professional development activities designed to better enable them to teach benchmarks and standards.
8. Prohibit selling soft drinks during the school day.
9. Address Nutrition Education with the adoption of each new health text series. Content Standards and Objectives (CSOs) updated by the West Virginia Department of Education is the basis upon which textbooks are approved and ultimately selected by individual counties. Generally, nutrition is a subject area that is contained within a unit or chapter in the text. Elementary schools devote more instructional hours to nutrition as the subject is introduced and explained in lower grades. Middle and high schools build on content knowledge to match the growing relationship between individuality and independence increases. Professional development is required and provided by county boards to all physical education and health teachers upon the adoption of new texts. Cafeteria staffs are updated annually on meal patterns as well as nutritional analysis of all menu items. Team Nutrition materials are provided by USDA to each school cafeteria manager to update nutrition education for staff, teachers and students. In addition, PEIA Pathway to Wellness Workshops provide professional development to all Food Service Directors as well as to individual school contacts on an annual basis.

Section 2

USDA Child Nutrition Programs and School Meals

1. All schools in Randolph County provide a nutritious Breakfast and Lunch at no cost to the family by doing county wide Community Eligibility Provision.
2. All Randolph County schools participate in the USDA School Breakfast Program.
3. Randolph County promotes and advertises the availability of meals to all students through the Summer Food Program which is available at participating sights.
4. In accordance with Policy 4321.1 participating schools in each attendance area coordinate food service with the Randolph County Office of Child Nutrition

(RCOCN). Through the county co-operative, Randolph County selects healthier foods by providing professional development on menu planning. Site coordinators adhere to menus approved by RCOCN based on low sodium, low-fat, reducing or eliminating processed foods.

5. Randolph County strives to enhance the quality of foods made available to students on school premises by reviewing the products and food services on an annual basis to revise the product selection. Changes in food and/or beverages selections to promote healthier consumption are communicated to the appropriate parties at the beginning of each school year.
6. Randolph County strives to increase program participation in School Breakfast and School Lunch Programs. In addition, "Grab & Go" breakfasts are available at all schools to increase student participation.
7. All foods available to students on campus during the school day and outside school food service hours shall comply with the current Policy 4321.1, including food available to students as classroom snacks, for fund raisers conducted during the instructional day, for classroom parties, or at holiday celebrations.
8. All Randolph County schools shall provide at least ten (10) minutes for students to eat breakfast and twenty (20) minutes for students to eat lunch.
9. Activities such as tutoring or club meetings shall not be scheduled during meal times unless students have the opportunity to participate in the Child Nutrition programs.
10. All Randolph County Schools shall schedule mealtimes so there is a minimum disruption by bus schedules, recess, and other special programs or events.
11. All Randolph County schools encourage proper hand washing hygiene through poster displays. Elementary schools are strongly encouraged to set aside adequate time to engage in hand washing procedures.
12. All food service personnel shall receive pre-service training in food service. Continuing professional development related to areas of responsibility shall be provided for all staff of the food service program.
13. All Randolph County schools shall provide clean attractive, well-lighted environment for students to eat. Meal areas are cleaned daily and all tables sanitized prior to/and following meal consumption.

Section 3

Nutrition Standards for Other Foods and Beverages

1. All foods available to students on campus during the school day and outside school food service hours shall comply with the current Policy 4321.1 including

school stores, vending machines, fund-raisers, food served for celebrations and parties. Information pertaining to nutrition guidelines are communicated to parents on an annual basis in student handbooks and West Virginia Department of Education website <http://wvde.state.wv.us/nutrition>. Information concerning smart foods = smarter kids is available on <http://wvde.state.wv.us/nutrition/toolkit>.

2. All foods and beverages made available on school premises during the school day meet WV Standards for School Nutrition Policy 4321.1. Randolph County limits all other foods and beverages to:
 - a. No more than 200 total calories per product/package;
 - b. No More than 35% of calories from fat per product/package, excluding nuts, seeds or cheese,
 - c. Less than 10% of total calories from saturated fat;
 - d. Less than or equal to 0.5 grams of trans fat per product/package,
 - e. Reduction of sugar content of food items to no more than 35% of calories per product, excluding fruits,
 - f. No more than 200 milligrams sodium per product/package,
 - g. At all grade levels, only water, 100% fruit and/or vegetable juice and non-fat and/or 1% low-fat milk (flavored or unflavored) be sold, served or distributed during the school day,
 - h. No more than 4 oz. fruit/vegetable juice portions for elementary students and no more than 8 oz. for middle/high school students per product/package.

Randolph County further prohibits:

- a. The withholding of foods and or beverages as a punishment,
 - b. Sale, service or distribution of coffee and coffee based products during the school day,
 - c. Beverages containing caffeine with the exception of those containing trace amounts of naturally occurring caffeine substances,
 - d. The sale, service or distribution of any foods containing non-nutritive/artificial sweeteners.
3. Randolph County schools refrain from using food and/or food products as rewards or in conjunction with a reward system.
4. All Randolph County students have access to free drinking water and cups during meal service.

Section 4 Physical Education

The Randolph County Board of Education supports physical education through goal:
“All students and school personnel shall develop and promote responsibility, citizenship, strong character and healthful living.”

1. The Physical Education curriculum for each grade level is as follows:

- a. Grades K & 1 – Students begin to develop motor skills and movement concepts that will enable the student to learn to enjoy physical activity and enhance the future participation in recreational lifetime activities.
- b. Grades 2 & 3 – Students build on the development of motor skills and movement concepts from previous grades to further enhance enjoyment and proficiency.
- c. Grade 4 – Students incorporate vigorous activity to enhance physical development social skills, and participation in enjoyable physical activity outside the classroom. FITNESSGRAM is given to meet fitness standards
- d. Grade 5 – The goal for physical education is to continue a vigorous program to enhance physical development and foster participation in enjoyable physical activity outside the classroom. Wellness, social skills, motor skill development and rhythmic development is emphasized. FITNESSGRAM is given to meet fitness standards.
- e. Grade 6-8 – The goal of the physical education program is to improve pre-Adolescent understanding of the connections between physical activity and lifetime wellness. New opportunities to explore recreational activities and lifetime fitness and social skills that were previously introduced are reinforced. Movement challenges are adjusted to meet individual maturational growth and skill. Emphasis on rhythmic movement and motor skills allow for student creativity and talent to be showcased in non-competitive manner. FITNESSGRAM is given to meet fitness standards.

Physical education at grades 9-12 focus on fitness, offer diverse movement forms, and emphasize lifetime physical activity. The FITNESSGRAM is required by the West Virginia Department of Education and administered to all students.

- f. Fitness/Conditioning I – Grades 9-12; prerequisite is successful completion of the required physical education class. These courses involve extensive strength training. Plyometric exercise, cardiovascular activities and flexibility.
- g. Fitness/Conditioning II – Grades 9-12; prerequisite is successful completion of the required physical education class. These courses involve extensive strength training. Plyometric exercise, cardiovascular activities, and flexibility.
- h. Advanced Physical Education/Team Sports – Grades 10-12; prerequisite is successful completion of the required physical education class. Program of study focuses on advanced skills in individual, team, and lifetime sports, cardiovascular training and conditioning.

2. All Randolph County Schools adhere to WV Code 18-2-7a for adequate time per week of physical education for each grade level configuration:

(a) *Elementary school grades.* -- Not less than thirty minutes of physical education, including physical exercise and age-appropriate physical activities, for not less than three days a week.

(b) *Middle school grades.* -- Not less than one full period of physical education, including physical exercise and age-appropriate physical activities, each school day of one semester of the school year.

(c) *High school grades.* -- Not less than one full course credit of physical education, including physical exercise and age-appropriate physical activities, which shall be required for graduation and the opportunity to enroll in an elective lifetime physical education course.

3. All Randolph County Schools maintain proper equipment that is appropriate to the grade level to deliver physical education.
4. All Randolph County classes taught in physical education provide proper pupil-teacher ratio.
5. All Randolph County physical education classes are taught by Highly Qualified Teachers (HQT), certified in Health and Physical Education.
6. Adaptive physical education classes are offered to students with disabilities as appropriate or required.
7. All Randolph County Physical Education teachers are provided opportunities for professional development on an annual basis.

Section 5 Physical Activity

1. Randolph County Board of Education supports physical activities that promote student wellness.
2. Excessive forms of physical activity shall not be employed as a form of discipline or punishment, during school or extra/co-curricular activities.
3. Physical activity shall be integrated, when possible, across the curricula and throughout the day.
4. Randolph County strongly encourages all elementary schools to use recess time with outdoor activity as weather permits or with appropriate indoor physical activity.
5. Randolph County schools shall encourage students in all grades to pursue physical activity outside the regular school day as well as provide the opportunities to participate in appropriate extra/co-curricular activities at all grades levels; encourage intramural formal intramural programs at all grade levels and emphasize interscholastic activities at the high school level.
6. All Randolph County schools encourage the use of school facilities outside and beyond the regular school day.
7. Randolph County encourages lifeline physical activity through the use of Community sponsored activities such as 5k, Relay for Life, walk-a-thons to support charitable organizations and agencies.

8. Most Randolph County schools provide a designated area (walking path) for staff to use at their discretion to promote physical activity and wellness.

Section 6 Communication and Promotion

1. Randolph County Board of Education maintains a Wellness Policy Committee through the Office of Child Nutrition. Members include teachers, principals, nurse, parents, teachers, food service director, community members.
2. The Wellness Policy Committee meets on a quarterly basis to track implementation and efficacy of the policy at each school.
3. Nutritional values of select foods is available on the “nutrition calculator” at the West Virginia Department of Education website:
<http://wvde.state.wv.us/nutrition>.
4. Randolph County encourages all educators to model behaviors that communicate healthful habits and positive actions during the school day and beyond.
5. Randolph County uses Centers for Disease Control and Prevention (CDC) Coordinated School Health Program (CSHP) model to promote wellness of all K-12 students.
6. Randolph County promotes the county wellness goals through action steps that support health curriculum, content standards in physical education at the annual health and screening clinics, Title I, Pre-K and Kindergarten screenings through Special Education services as well as encouraging parents to enroll their eligible children in available programs such as Medicaid, CHIPs, or other children’s health insurance program for which they may qualify.
7. Randolph County provides menu and alternative lunch plans to parents thru the county website.
8. All Randolph County removes specific brand advertisements for vending machines and promotes healthy choices through local newspaper publication of weekly menus.
9. Randolph County makes available to all school the WVDE healthy choice resources in the form of the publications: *Let’s Party* and *Let’s Play* to restrict marketing of unhealthy food choices for school celebration parties.

Section 7 Evaluation

The Superintendent designates an individual charged with the operational responsibility for measuring and evaluating the District's implementation and progress under this policy.

That individual shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

1. Randolph County utilizes an assessment that was developed to monitor the Wellness activities in the schools and make any revisions as needed.
2. Each school in Randolph County shall designate a contact who will provide feedback to RCOCN concerning the progress toward and outcomes of the goals as set forth in the Wellness Policy.