

SCHOOL WELLNESS

I. Policy Statement

The Wythe County School Board recognizes the link between student/staff health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in division students.

II. Goals

The Wythe County School Board has established the following goals to promote student/staff wellness.

A. Nutrition Promotion and Education

Students/staff will receive nutrition education that teaches the skills needed to adopt and maintain healthy eating habits. This information will be taught by school nurses, as well as through cross curriculum activities.

Whenever possible, nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Posters containing nutrition information will be located in each cafeteria in Wythe County throughout the school year. These messages will serve to reinforce the teaching being provided throughout the building, and will be coordinated with the food services staff as well as other school personnel.

Wythe County Public Schools will continue to address both nutrition and physical education through the health education curriculum and cross curricula instruction.

Professional development trainings will be provided yearly for all staff interested in nutrition education and for the nurses who are responsible for teaching children about nutrition.

An emphasis will be placed on communication with parents about the availability of breakfast and lunch programs throughout the school year. Students will be encouraged to start each day with a healthy breakfast.

The School Nurses will meet with the building PTO or PTA yearly to present a program to parents about nutrition education which will be a component of the Wythe County Public School's outreach program. Wythe County will continue providing menus.

B. Nutrition Guidelines

Generally

Nutrition guidelines have been selected by the Federal Government for all foods available on every school campus during the school day. The objectives of the guidelines are to promote student health and learning and reduce childhood obesity.

Vending machines accessible to students located on school property will only offer “Smart Snacks”.

Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

Attention to the nutritional content of foods and beverages donated for class parties or other school events will be encouraged.

School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and/or other areas accessible to students, and activities such as incentive programs, has been considered.

Food, such as lunch or breakfast, is not used as a reward or a punishment for student behaviors, unless it is detailed in a student’s Individualized Education Program (IEP).

Extracurricular activity concession providers will be encouraged to include healthy choice snacks such as fruits, bottled water, and other foods low in fat and sugar. Also, an emphasis will ~~also~~ be placed on providing information on the contents of foods provided for concessions and school parties to benefit children with known food allergies. School organizations sponsoring fundraising activities shall consider the nutritional value of any food or drink product being

considered for sale. Only those items meeting designated nutritional standards will be approved for sale by principals and assistant principals.

Cafeteria offerings will give the children the opportunity to make healthy choices within the dietary guidelines of the USDA by giving them the option of choosing from such things as salads, fresh fruits and vegetables ,whole grain, low fat and low sugar content foods.

Nutritional standards for the school breakfast and school lunch programs that meet or exceed state and federal standard will continue to be in place, and an adequate amount of time to eat these meals will be provided.

Children will not be stereotyped in any way, and the Wythe County Public Schools will continue to keep information confidential to protect children’s right to privacy.

Outreach strategies to encourage families to reinforce and support healthy eating and physical activity are in place.

C. Physical activity

The Wythe County school division has a goal of making a program of physical fitness available to all students for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular activities, and other programs and physical activities.

Physical education courses will be an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Physical activity for students (physical education classes and/or recess) is not used as a reward or punishment.

Students are provided opportunities for physical activity through a range of before and/or after school programs, including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.

Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

D. Other school-based activities

A Wellness Works Program will be offered yearly for all staff to encourage physical activity and nutritional awareness. This program is in collaboration with Wythe County Community Hospital. The school nurse at every site will be providing nutritional educational materials and encouragement toward healthy lifestyles. This program will serve to provide the role models within the schools for the children.

Support for the health of all students will demonstrated by promoting eligible children to the availability of Medicaid and other state children's health insurance programs.

Height and weight will be collected and maintained on students in grades K, 3, 5, 7 and 10. This information will be utilized for division-wide but not individual data purposes.

Dental screenings will be offered with parental permission. Parents will receive written notification of any dental concerns.

Schools will be encouraged to organize individual wellness committees comprised of families, teachers, administrators and students to help implement this policy and to plan, implement, and improve nutrition, physical activity and mental health in the school environment.

An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.

All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.

The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs.

E. Implementation

The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy.

The Wythe County Public School Health Coordinator/Nursing Supervisor will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the policy, including indicators that will be used to measure its success. Principals will be responsible for overseeing the implementation in their buildings. The public, including parents, students, and others in the community, will be informed and updated about the content of implementation of the policy. Implementation procedures will include periodically measuring and making available to the public an assessment on the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies, and a description of the progress made in attaining the goals of the policy.

Adopted: August 8, 2012
Revised: June 10, 2013
June 11, 2015

Legal Refs: 42 U.S.C. § 1751 Note

Code of Virginia, 1950, as amended, § 22.1-253.13:1.D.13.

Cross Refs: EFB Free and Reduced Price Food Services
IGAE/IGAF Health Education/Physical Education
JL Fund Raising and Solicitation
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships