

8510 – WELLNESS

As required by law, the Board of Education establishes the following Wellness policy for Cabell County Schools.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the County's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can plan an 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, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the 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.

The Board shall set goals in an effort to enable students to establish good health and nutrition habits.

- A. With regard to nutrition education and promotion, the County shall ensure that:
 1. Nutrition education be included in the Health curriculum in accordance with WV State Board Policy 2520.5, Health Content Standards and Objectives and Policy 2520.55, 21st Century Wellness PreK-4 Content Standards and Objectives, so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 2. Nutrition education be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 3. Nutrition education standards and benchmarks be age-appropriate and culturally relevant.
 4. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat dairy products.
 5. Nutrition education include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
 6. Nutrition education and promotion posters be displayed in the cafeteria.
 7. Nutrition promotion events involve students, parent, staff, and community.
 8. Nutrition promotion of meal program with statewide cook training courses.
 9. Nutrition promotion with farm to school projects to include school gardens, school high tunnels, and local farmers.

- B. With regard to physical education, the County shall ensure that:
1. Students in grades K-5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), receive instruction in physical education, according to WV State Board Policy 2510.
 2. Students in grades 6-8, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), receive physical exercise and age appropriate physical activities according to WV State Board Policy 2510.
 3. Students in grades 9-12, including those with disabilities, special health care needs in alternative educational settings (to the extent consistent with the students' IEPs), receive at least one (1) full course of instruction in physical education, including physical exercise and age appropriate physical activities, and have the opportunity to enroll in an elective lifetime physical education course.
- C. With regard to physical activity, the County shall ensure that:
1. A sequential, comprehensive physical education program be provided for students in K-12 in accordance with the content and objectives established by WV State Board Policy 2520.6.
 2. Physical education curriculum provides sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
 3. Physical education classes provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
 4. Sequential comprehensive physical education curriculum stresses the importance of remaining physically active for life.
 5. The sequential, comprehensive physical education curriculum provides students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
 6. The K-12 program includes instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
 7. Physical education teaches cooperation, fair play, and responsible participation.
 8. Physical education meets the needs of all students, including those who are not athletically gifted.
 9. Physical education is presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

10. Physical education includes cooperative as well as competitive games.
11. Physical education promotes participation in physical activity outside the regular school day.
12. Physical activity not be employed as a form of discipline or punishment.
13. Physical activity and movement be integrated, when possible, across the curriculum and throughout the school day.
14. Schools encourage families to provide physical activity outside the regular school day, such outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
15. The school encourages families and community organizations to institute programs that support physical activity of all sorts.

D. With regard to other school-based activities, the County shall ensure that:

1. Body mass index measures are used as an indicator of progress toward promoting healthy lifestyles among students. Body mass index measures are included in kindergarten screening procedures. Students in grades four through eight and students enrolled in high school education courses have their body mass index measured through required fitness testing procedures. Body mass index measures will be reported to the State Department of Education via the West Virginia Education Information System (WVEIS).
2. The schools demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
3. The county provides a district wellness coordinator and wellness coaches in the schools.
4. Except for foods served in the school nutrition programs, no food or beverages shall be sold, served or distributed to students on school campuses from the time the first child arrives until 20 minutes after all students are served lunch in elementary schools. Vended snacks may be sold using contracts with board approved vendors in all schools. USDA Smart guidelines will be followed for snacks sold while Smart Snack entrees will be prohibited. Nutritional guidelines may be found in Appendix 1 – A USDA Guide to Smart Snacks in School - pg. 7.
5. For classroom celebrations, school principals monitor and assume responsibility for foods offered to school children. Foods served or distributed meet requirements of County Administrative Guidelines and considered safe for children in the classroom setting.
6. 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 no more than five (5) celebrations per year and should last no more than one hour.

7. Foods contributed to celebrations must be commercially prepared and in original packages. A nutritional and ingredient label must be present. Exceptions to this requirement include fresh vegetables and fresh fruit. Homemade treats are not permitted.
 8. Food items containing the eight (8) most common allergens must be considered for children while at school (peanuts, tree nuts, milk, egg, wheat, soy, fish, and shellfish). Foods served to students at school may not contain peanuts or tree nuts. Precautions must be used when approving all foods containing these allergens.
 9. Beverages permitted will be bottled water, 100% fruit juice, and milk.
- E. With regard to nutrition, the County shall ensure that:
1. The schools provide at least ten (10) minutes daily for students to eat breakfast, and at least twenty (20) minutes daily for students to eat lunch.
 2. The schools schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events. Schools will practice Breakfast After First, Breakfast in the Classroom, or Grab n Go Breakfast after the start of the school day.
 3. Schools provide attractive, clean environments in which the students eat.
 4. Schools provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
 5. Schools provide all students a breakfast and lunch at no cost to eliminate any stigma or identification of students.
 6. In accordance with County Policy **8500**, entitled, Food Service, the food service program complies with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
 7. As set forth in County Policy **8531**, entitled, Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
 8. The County complies with Child Nutrition Standards in accordance with County Policy 8510.01 and WV State Board Policy 4321.1.
 9. The food service program provides all students affordable access to the varied and nutritious foods they need to be healthy and to learn.
 10. The food service program be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
 11. Continuing professional development be provided for all staff of the food service program.

Adopted: 01/02/18