

PLEASANTS COUNTY SCHOOLS
Wellness Policy

The Board of Education establishes the following wellness policy for Pleasants 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 play 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 by 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 sets the following 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:
 - 1. Nutrition education shall be included in the Health curriculum in accordance with the West Virginia State Board of Education Policy 2520.55, Health Content Standards and Objectives and where pertinent Policy 2520.13, Vocational Education 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 shall 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 shall be age-appropriate and culturally relevant.
 - 4. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
 - 5. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
- B. With regard to physical activity, the County shall:

The following provisions must be included in the wellness policy:

- 1. All 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), shall receive instruction in physical education for at least thirty (30) minutes, three (3) days per week, including physical exercise and age appropriate physical activities.
- 2. All 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), shall receive at least one (1) full period of instruction in physical education each school day of one (1) semester of the school year, including physical exercise and age appropriate physical activities, and shall have the opportunity to enroll in an elective lifetime physical education course.

3. All students in grades 9-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive at least one (1) full course of instruction in physical education, including physical exercise and age appropriate physical activities, and shall have the opportunity to enroll in an elective lifetime physical education course.
4. Physical Education
 - a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the content and objectives established by State Board of Education Policies 2520.6/2520.55/2510.
 - b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
 - c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
 - d. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
 - e. The sequential, comprehensive physical education curriculum shall provide 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.
 - f. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
 - g. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
 - h. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
 - i. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
 - j. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
 - k. Planned instruction in physical education shall include cooperative as well as competitive games.
 - l. Planned instruction in physical education shall take into account gender and cultural differences.
 - m. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
5. Physical Activity
 - a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 - b. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

- c. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
 - d. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students and staff with special healthcare needs.
- C. Body mass index measures shall be used as an indicator of progress toward promoting healthy lifestyles among students. Body mass index measures shall be included in Pre-K/kindergarten screening procedures. Students in grades four through eight and students enrolled in high school education courses shall have their body mass index measured through required fitness testing procedures. Body mass index measures shall be reported to the State Department of Education via the West Virginia Education Information System.

With regard to other school-based activities, the County shall:

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
2. The school shall provide attractive, clean environments in which the students eat.
3. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
4. The schools may 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.
5. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply 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.
- B. As set forth in 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).
- C. The County shall comply with Child Nutrition Standards in accordance with Policy 8510.01 and West Virginia Board Policy 4321.1.
- D. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- E. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- F. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.

- G. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
- H. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- I. All food service personnel shall receive pre-service training in food service operations.
- J. Continuing professional development shall be provided for all staff of the food service program.

The board recognizes that students' ability to learn also correlates with mental and physical well being.

Furthermore, the county will maintain other ways to promote student wellness by:

- A. Maintaining an anti-bullying environment by establishing bullying prevention strategies and programs at each school in the county.
- B. Continually offer counseling services through school counselors as well as through local agencies such as Westbrook Mental Health Services as needed. A referral process will be maintained for these purposes.
- C. Two full time nurses will manage care for students with chronic medical conditions such as diabetes, asthma, seizure disorder and others.
- D. A collaborative effort will be taken with teachers, community volunteers, and guest speaker events to raise awareness on pregnancy prevention as well as tobacco and drug prevention.

The school district will maintain a local wellness committee comprised of students, parents, teachers, principals, food service professionals, health professionals, and other interested community members in the district. This committee will be responsible for monitoring and reviewing this district wide wellness policy.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the County's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

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