

# KANAWHA COUNTY BOARD OF EDUCATION POLICY

## Kanawha County Schools Wellness Policy

Series: C57

Reference: Public Law 108-265 "Child Nutrition and WIC Reauthorization Act of 2004"

Issued: 02.19.2009

Revised: 09.01.2009; 12.17.2015

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57.01 **Mission Statement.** As required by law, the Board of Education establishes the following wellness policy for Kanawha 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 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.

57.01.1. Wellness Policy--The Wellness Policy was developed by a committee comprised of representatives from the school administrators, child nutrition department, curriculum and instruction department, local school board, health care professionals, students, teachers, parents, and the community. Information from the Center for Disease Control's "School Health Index" assessment, which is published, and is science-based research, was used to develop revisions to this policy.

57.01.2. Focus—Schools in Kanawha County will focus upon:

57.01.2.1. School Environment—A school environment that is safe; that is physically, socially, and psychologically healthful; and that promotes health enhancing behaviors.

57.01.2.2. Physical Education Curriculum—A physical education curriculum that involves moderate to vigorous physical activity; that teaches knowledge, motor skills, and positive attitudes; that promotes activities and sports that all students enjoy and can pursue; that is coordinated with the comprehensive school health education curriculum. There should be continuity throughout the county.

57.01.2.3. Physical Activity- Emphasis placed on integrating physical activity throughout the school day, a minimum of 30 minutes in addition to Physical Education. (WVBE Policy 2510 requires that physical activity in the form of recess or informal physical activity will be provided for at least 30 minutes daily for all students.)

57.01.2.4. Health Education Curriculum—A health education curriculum that is designed to motivate and help students maintain and improve their health, prevent disease, and avoid health-related risk behaviors that is taught by well-prepared and well-supported teachers.

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- 57.01.2.5.        Nutrition Services Program—A nutrition services program that includes a food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods; a comprehensive school health education curriculum and coordinates with the food service program; and a school environment that encourages students to make healthy food choices. No students shall be overtly identified by meal status or account balances.
- 57.01.2.6.        Health Services Program—A school health services program that is designed to prevent and control communicable disease and other health problems; provide emergency care for illness or injury; and is provided by qualified and certified school nurses and other school health professionals.
- 57.01.2.7.        Counseling and Student Services Program—A counseling and student services program that is designed to ensure access or referral to assessments, interventions, and other services for students' mental, emotional, and social health, provided by qualified and certified mental health professionals.
- 57.01.2.8.        Staff Health Promotion Program—A staff promotion program that provides opportunities for school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities.

**57.02    Goals.**

- 57.02.1.        Schools will provide nutrition education to foster lifelong habits for healthy eating and will establish links between health education and school meal programs.
- 57.02.2.        Schools will provide physical education programs that are designed to stress physical fitness and encourage healthy, active lifestyles.
- 57.02.3.        Child Nutrition meals served through National School Lunch and Breakfast, and snacks will meet or exceed all requirements of the federal, state, and local nutrition standards.
- 57.02.4.        Nutrition Guidelines for All Foods Served on Campus—Schools will take every measure to ensure that student access to foods and beverages meet federal, state, and local nutrition policies.
- 57.02.5        Schools will provide a healthy and safe environment for all students, including those with special dietary needs before, during, and after school.

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57.03 **Nutrition Education.** Objective: Schools will provide nutrition education to foster life-long habits for healthy eating.

57.03.1. Schools should provide nutrition education and engage in nutrition promotion.

57.03.2. Nutrition topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12).

57.03.3. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab.

57.03.4. School staff will cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition.

57.03.5. Nutrition education curriculum is aligned with state academic standards or benchmarks and comprehensive in scope and sequence.

57.04 **Physical Education.** The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles, and shall be provided for every grade level through required or elective classes.

57.04.1. Students shall be provided varied opportunities for enjoyment, challenge, self-expression, and social interaction that will lead to a physically active lifestyle. A variety of intramural and interscholastic activities will be provided.

57.04.2. Each school will adhere to the physical education content standards established by Kanawha County Schools, and provide a safe facility for physical education activities.

57.04.3. Physical education should include the instruction of individual activities, as well as competitive and non-competitive team sports to encourage life-long physical activity.

57.04.4. Kanawha County Schools will provide physical education teachers that meet the state standard qualifications.

57.05.5 Schools will be encouraged to offer physical education activities and courses to students a minimum of three days per week.

57.04.6. Ongoing physical education training will be provided to physical education teachers through staff development opportunities.

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57.05 **Physical Activity**

- 57.05.1 Schools are strongly recommended to avoid 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 indoor for long period of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
- 57.05.2 Schools shall offer a range of activities that meet the needs, interests, and abilities of all students. This should include boys, girls, students with disabilities, and students with special health care needs.
- 57.05.3 Elementary Schools shall provide a designated area for students to participate in physical activity daily during their recess/free time. School staff shall supervise students throughout the recess period.
- 57.05.4. Elementary Schools shall encourage supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.
- 57.05.5. Time allocated for recess/free time shall not be used for punishment or to complete academic assignments or unfinished homework.
- 57.05.6. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- 57.05.7. Information shall be provided to families via the KCS website and handbook to help them incorporate physical activity into their student's lives.
- 57.05.8 Schools will encourage families and community members to institute programs that support physical activity and will provide opportunities for school staff to engage into ongoing physical activities that encourage a healthy lifestyle.
- 57.05.9. Each school is encouraged to organize at least one family focused physical activity event each school year.
- 57.05.10. Schools will allow and encourage shared use of school facilities for community physical activity.

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57.05 **Nutrition Guidelines for All Foods Served on Campus/Nutrition Standards for Competitive and Other Foods and Beverages.**

57.05.1. Kanawha County Schools will make available healthy food and beverage choices whenever and wherever food and beverages are sold, served or distributed on school premises during the school day or at school sponsored events.

57.05.1.1. All foods and beverages sold, served or distributed on campus during the school day must comply with the WVDE Policy 4321.1 Standards for School Nutrition. This includes vending and beverage contracts, student stores, organized food events, and celebrations.

57.05.2. School Celebrations—Foods available at school should contribute to the development of sound nutritional habits. All foods offered to students must reflect concern for the health and well-being of all students.

57.05.2.1. All foods and beverages served must meet all requirements of the policy and be considered safe for all children to consume in the classroom setting.

57.05.2.2. Healthy food and beverage items shall be considered and preferred. Only non-caffeinated beverages shall be offered. Smart Snacks calculator provides quick and easy nutritional analysis and is available on the county website or by searching <https://foodplanner.healthiergeneration.org/products>.

57.05.2.3. For student safety, no home-made foods or beverages are permitted.

57.05.2.4. Approved school-wide party times during the school day will be scheduled after the end of the last lunch period.

57.05.2.5. Administrators of the school site will determine the frequency of celebrations per school year. Recommendations are Halloween, Christmas and Valentine's Day. It is strongly recommended that celebrations involving food be limited to twice a year, with the emphasis for all celebrations being on games and other fun physical activities.

57.05.2.6. Food and beverage items must be commercially prepared, packaged, and factory sealed with a visible ingredient and nutritional label so they may be properly evaluated for possible allergy reactions with students. The exception would be fresh vegetables, fruits, and bottled water.

57.05.2.7. Food Allergens and Ingredients—Food and beverage items containing the 8 most common allergens must be considered for children while at school

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(peanuts, tree nuts, milk, egg, wheat, soy, fish, shell fish). Foods and beverages that contain these allergens will not be permitted if these allergens exist with students in individual classrooms. Food items that include peanuts or tree nuts (almonds, brazil nuts, cashews, hazelnuts, pecans, pine nuts, macadamia, pistachio, and walnuts) may not be served. Cross contact can occur with food manufacturers when a safe food comes in contact with a food allergen. Precautions must be used when approving all foods containing these allergens. Chocolate candies are not permitted due to being manufactured in plants that also contain peanuts and/or tree nuts. Other food allergies or sensitivities will be dealt with on a case by case basis and following health provider orders to insure the safety of the students.

57.05.2.8. It is required that all other food and beverages made available during the school day meet Smart Snack guidelines.

1. Limit total calories to no more than 200 per product/package.
2. Limit total fat to no more than 35% of calories per product/package, excluding seeds, nuts or cheese.
3. Limit saturated fat to less than 10% of the total calories.
4. Limit trans fat to less than or = to 0.5 grams per product/package.
5. Reduce sugar content of food items to no more than 35% of calories per product, excluding fruits.
6. Limit sodium to no more than 200 milligrams per product/package.

57.05.3. **Fundraising.**

57.05.3.1. Sales of foods and beverages that meet the Smart Snacks standards and sales of non-food items are not limited under the federal USDA policy.

57.05.3.2. Fundraising activities that occur during non-school hours, on weekends, or at off-campus events are not limited under the federal USDA policy.

57.05.3.3. Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the federal USDA policy.

57.05.3.4. In-school fundraisers must meet the Smart Snacks standards and must be conducted at least 20 minutes after the last lunch period has ended.

57.06 **Standards for USDA Child Nutrition Programs and School Meals; Child Nutrition Operations.**

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- 57.06.1. The district shall provide school breakfasts and lunches that meet nutritional standards required by the USDA School Breakfast and National School Lunch programs.
- 57.06.2. All schools will provide breakfast through the USDA School Breakfast Program and will have a breakfast strategy in place to promote breakfast participation.
- 57.06.3. Summer Food Service Program is operated under USDA regulations and is promoted in areas across the county.
- 57.06.4. School meals will follow all USDA guidelines including:
1. Only 1% or non-fat flavored or white milk is served in NSLP.
  2. At least half of the grains served are whole-grain rich.
- 57.06.5 The district shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- 57.06.6. No events will be conducted during lunch periods unless students have the ability to eat during the event.
- 57.06.7. Students have at least 20 minutes to eat lunch; 10 minutes for breakfast.
- 57.06.8. Students have convenient access to hand washing facilities.
- 57.06.9. The district will ensure that the Child Nutrition Director has obtained state certification and maintains the credentials thereafter.
- 57.06.10. Qualified Child Nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversities of the student body in meal planning; and will provide clean, safe, pleasant settings and adequate time for students to enjoy their meals.
- 57.06.11. The district shall ensure that professional development standards for all food service staff is conducted yearly and documented.
- 57.06.12. The district will share and publicize information about the nutritional contents of meals with students and parents.
- 57.07 **Healthy and Safe Environment.** Schools will provide a healthy and safe environment that supports academic success-before, during, and after school.

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- 57.07.1. School cafeterias will include enough serving periods and serving lines. Long lines may limit the ability to have 20 minutes to consume lunch and 10 minutes to consume breakfast.
- 57.07.2. Dining areas must have enough space for seating of students.
- 57.07.3. Safe drinking water will be offered with meals for student consumption in all nutrition programs.
- 57.07.4. School buildings and grounds, structures, buses, and equipment will meet all current health and safety standards, including environmental air quality, and should be inviting, clean, safe, and in good repair.
- 57.07.5. School and district offices will maintain an environment that is free of tobacco, alcohol, and other drugs.
- 57.07.6. Safety procedures and appropriate training for students and staff should support personal safety and an environment that is free from violence and harassment.
- 57.07.7. Each work site, school, and classroom should be an environment where students, parents/guardians, and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.
- 57.07.8. Students will be taught to understand and respect the differences in others and how to build positive interpersonal relationships.
- 57.07.9. Each school will provide a supportive environment that includes guidance, counseling, social services, and health services that encourages students, families, and staff to request assistance when needed and that links them to school or community resources.
- 57.07.10. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines have been implemented and will be updated yearly. Each and every cook must have completed yearly food safety training, and obtain and hold food handler's certification.
- 57.07.11. Child Nutrition Director and lead coordinators must hold and obtain ServSafe Certification every 5 years. Policy 4321.1 WVDE requires certification documentation.
- 57.07.12. Schools will be required to submit monthly Food Safety Check off monitors to the Child Nutrition offices.
- 57.07.13. School Health Index assessments shall be conducted biennially (every two years), beginning in the 2018 school year.



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57.07.14 Schools shall present programs within the existing health and physical education program which teach resistance and 3 life skills to counteract societal and peer pressure to use drugs, alcohol and tobacco, and shall include counselors, school nurses, teachers and staff in full implementation of the program.

57.08 **Monitoring and Policy Review.** The Superintendent or designee will ensure compliance with established county nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the schools' compliance each year.

57.08.1. Local wellness policy revisions may occur to adapt to changing WVDE policy, dietary guidelines, or public interest.

57.09 **Summary.** Therefore, be it resolved that, the Kanawha 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 which visibly affirms the county's steadfast intent to support the following:

57.09.1. Providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and wellness.

57.09.2. 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.

57.09.3. 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.

57.09.4. Establishing this policy as a framework to guide program and curriculum development as it relates to health and wellness in the county.

57.09.5. Utilizing the county Wellness Committee to assist in monitoring outcomes and advising on continuous improvement that can be made to further enhance health and wellness in the county.

57.09.6. Establishing an ongoing evaluation of the effectiveness of this policy in improving health and wellness outcomes for students, staff, and the community.