

CHAPTER 5

5.19 Wellness (adopted 04/25/2006, amended 10/28/08)

5.19.1 Purpose

The purpose of this policy is to provide direction to the Marshall County School system for promoting student wellness through nutrition education, physical activity, and the selection of nourishing foods and beverages as well as to fulfill the requirements of Public Law 108-265, Section 204, June 30, 2004, child Nutrition and WIC Reauthorization Act of 2004.

5.19.2 Philosophy

The Marshall County Board of Education recognizes that good health fosters student attendance and education and understands that students need nourishing foods and physical activity in order to grow, learn, and thrive. The Board of Education acknowledges the necessity for the school system to ensure that the school environment promotes and protects students' health and ability to learn by providing nutrition education, physical activity, and a variety of food and beverage choices. The Board believes schools have a responsibility to help students develop the skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle.

5.19.3 Nutrition Education

- Students will be offered health education in accordance with W.Va. policy 2510 and with a frequency sufficient to achieve mastery of the West Virginia approved content standards and objectives and meet the needs of children.
- Students will receive nutrition education that is interactive and teaches the knowledge and skills needed to adopt healthy eating behaviors.
- Staff who provides nutrition education shall have appropriate training.

5.19.4 Physical Education

- Students will be offered physical education in accordance with W.Va. policy 2510 and with a frequency sufficient to achieve mastery of the West Virginia approved content standards and objectives and meet the needs of children.
- Students at the elementary level will be provided with daily recess, during which schools should encourage moderate to vigorous physical activity. Exceptions may be made by the principal for circumstances such as

special events or altered schedules.

- Students are given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, non-competitive activities, intramurals and interscholastic athletic programs.
- Schools should 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.

5.19.5 Child Nutrition Director

- Hold an authorization endorsed as School Nutrition Program Director that is approved and issued by the WVDE and renew said authorization annually with 15 clock of staff development related to Child Nutrition Programs and offered or granted approval by the WVDE.
- Shall have a minimum of Bachelor of Science degree with a 2.5 overall grade point average (GPA).
- Shall have a least 6 hours course work in nutrition and/or food service management.
- Shall receive superintendent verification for most qualified candidate.

5.19.6 Nutrition Guidelines

- Marshall County Schools shall ensure that reimbursable school meals meets or exceeds the program requirements and nutrition standards found in the Child Nutrition Act and the Richard B. Russell National School Lunch Act.
- The schools shall follow the guidelines stipulated in W.Va. State policy 4321.1 concerning other foods sold or served during the instructional day.
- Marshall County Schools will encourage students to make nutritious food choices through accessibility and marketing efforts of healthful foods and beverages.
- School foodservice staff will be properly qualified according to current professional standards and will regularly participate in professional development activities planned and/or administered by the Director of Child Nutrition

5.19.7 School-based Activities Goals

- Marshall County Schools encourages all students to participate in the food service program.
- Schools shall protect the identity of students who eat free and reduced priced meals.
- Marshall County Schools will make available drinking fountains in all schools, so that students can get water at meals and throughout the day.
- Schools will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- Schools will schedule lunch time as near the middle of the school day as possible.
- Marshall County Schools will provide opportunities for staff development in the areas of nutrition, physical education, stress management, conflict resolution, asthma education, and first aide.

5.19.8 Policy Development

Marshall County Schools shall assemble a Local Wellness Policy Committee to assist in the development of the wellness policy. The team will include a minimum of one representative from each of the following groups; health care provider, food service staff, parent/guardian, school board, teacher, and school administrator. This committee may offer revisions annually or more often if necessary. This policy will be submitted to the office of Child Nutrition biannually, showing current revisions and yearly progress.

5.19.9 Compliance

The Superintendent is authorized to develop and implement procedures consistent with this policy. Input from the Local Wellness Policy Committee shall be considered before implementing such procedures. School principals or their designee shall measure how well the wellness policy is implemented, managed, and enforced and report to the Superintendent. The Superintendent or designee shall report to the Board of Education, as requested, on Marshall County Schools programs and efforts to meet the purpose and intent of this policy.

Wellness Procedures 5.19.P