

**A POLICY STATEMENT OF
THE HANCOCK COUNTY BOARD OF EDUCATION
New Cumberland, West Virginia**

WELLNESS

The Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265, requires that all local education agencies participating in the National School Lunch Program develop a local wellness policy. This local wellness policy provides an opportunity for the Hancock County Board of Education to create an environment in all Hancock County Schools that promotes wellness. The Board has a shared commitment with parents and the community to provide a school environment that promotes healthy eating and physical activity for students and staff.

Healthy eating and activity patterns are essential for students to achieve academic, physical and mental growth. Schools play an important role in shaping students physical and mental behavior. School staff shall be mentors in promoting healthy lifestyles that will encourage students to achieve lifelong wellness.

Goals

Nutrition Education and Promotion

Schools shall provide nutrition education in grades Pre-K–12 that is interactive and teaches the skills students need to adopt a healthy eating behavior.

1. Schools will promote nutrition education and engage in nutrition promotion that is offered at each grade level in accordance with the WVDE Policies 2520.55 and 2520.5: Health and Wellness Education Standards for West Virginia Schools.
2. Schools will integrate nutrition topics with the comprehensive health education curriculum taught at every grade level. (Pre-K–12)
3. Youth Advisory Committees will have the opportunity to provide input on local, cultural and ethnic favorites.
4. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. The Center of Disease Control and Prevention's Coordinated School Health Program shall be used as a resource.
5. Each school will create or strengthen existing school health councils to develop, monitor and revise nutrition and physical activities policies or procedures. Also, council will train staff to be role models in healthy behavior.
6. Parents/Guardians are provided information on the County Wellness Policy through newsletters, publications and websites.
7. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeteria to encourage students to make healthy choices.

Standards for USDA Child Nutrition

1. Hancock County Schools operates under USDA regulations for the School Breakfast and National School Lunch Program. Hancock County Schools provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance – 7CFR Part 210 and Part 220 and the Healthy, Hunger Free Kids Act of 2010, as well as the state nutrient standards from WVDE Policy 4321.1.
2. Nutrition information for school meals is available through the Central Food Service Department.

Nutrition Standards for Competitive and Other Foods and Beverages

All other foods and beverages made available on school premises during the school day must meet the following requirements set forth in WV policy 4321.1.

1. Due to special dietary needs and food safety concerns, foods and beverages brought or delivered from outside sources may be consumed only by individual students for which they were brought or delivered and not by the general student population.
2. On school premises, from the arrival of the first child at school until the departure of the last regularly scheduled school bus, all fund-raising activities involving foods and beverages comply with WVBE Policy 4321.1.
3. All meals must be priced and served as a unit. Only fluid milk and bottled water may be sold as a la carte items for breakfast and lunch at any grade level. However, food and beverages may be components of any recognition ceremony.
4. In addition to milk, safe drinking water shall be offered with meals for student consumption in all child nutrition programs. Cups must be available with any water dispensers for easy student access.
5. It is required that all other foods and beverages available during the school day reflect the limited requirements on calories, fats and sodium set forth by Policy 4321.1.

Physical Education

The primary goal for physical activity and physical education is to provide opportunities for every student in all grades Pre-K-12 to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-term and long-term benefits of a physically active and healthy lifestyle.

1. All students in grades Pre-K-12 will receive physical education as prescribed by the WVDE Policy 2510.
2. Provide daily activity through physical education classes, recess, intramurals, interscholastic and community activity.
3. The program shall be provided with adequate space and equipment and conform to all applicable safety standards.
4. Physical education staff will receive professional development and adequate training in physical education on a yearly basis.
5. Regular physical activity breaks are recommended throughout the school day. Some of these strategies include 5 minutes of moderate to vigorous physical activity into their daily lessons; Implementation of Let's Move! WV Resource Guide and Schools participate in state-wide physical activities established by the WVDE.
6. All elementary school students shall have daily recess. In case of poor weather that prevents outdoor recess, school will develop a plan to promote physical activity during indoor recess during the regularly scheduled recess time.
7. Physical Education electives will be offered on the high school level. Sports may not take place of Physical Education.

Hancock County Wellness Committee

The Hancock County Wellness Committee consists of various members of the school system and community. Individuals include, but are not limited to: School Wellness Representative, Nurse, Administrator, Parents, WVU Extension Office Representative, School Board Member, Business and Community Representative, PTA/PTO Representatives, **two students**, and Food Service Director.

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File: EJ

1. The county Child Nutrition Director will oversee the county-wide Nutrition and Physical Activity Wellness Policies.
2. The county Child Nutrition Director will submit a yearly Wellness Summary Report to WVDE based on input from the schools within the county.

Policy Evaluation

1. Bi-annually, by May 15th, of the school year, the county Wellness Committee will evaluate and document the success of the policy implementation.
2. To help with this evaluation, each school in the county will complete an assessment of the schools existing nutrition and physical activities policies.

Communication

1. The county and local school health and wellness councils will meet at least four times during the school year.
2. School websites will be user-friendly concerning availability of the County Wellness Policy, Assessment Results, Monthly Menus, Newsletters and Nutrition Tips.
3. Physical Education information and other school-based physical activity opportunities will be included on website and newsletters.

Date Adopted: 6/12/06
Date Amended: 5/27/08; 4/28/10; 3/26/12; 6/23/14; 11/9/15;
5/22/17; 12/16/19
Date Reviewed:

The above Policy Statement is an integral part of the Official Policy Manual of this Board of Education as of the date shown adopted.

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School Celebrations

Classroom celebrations will be permitted during the school day when the following guidelines occur:

1. Celebrations involving serving food during the school day are limited to no more than six (6) parties per class per year. Classrooms can elect two (2) celebration treats such as pizza or a cupcake. The only beverages permitted are water, 100% juice, and/or low-fat or fat-free milk. Flavored milk is permitted when low-fat and/or fat-free.
2. Parties and events should be more about activities and traditions than the food itself.
3. School principals must monitor and assume responsibility for all food offered to school children. All food served or distributed must be considered safe for all children in the classroom.
4. Purchased food items brought in from home must meet all nutritional guidelines, be Smart Snack compliant and be packaged and labeled. **NO HOMEMADE ITEMS WILL BE PERMITTED.**
5. All food contributed to celebrations must be commercially prepared and in the original package. A nutrition and ingredient label must be present. Exceptions to this requirement include fresh fruit, vegetables, and water.
6. Celebrations are permitted during the school day thirty (30) minutes after the last student has received lunch. Celebrations should last no longer than one (1) hour.
7. Schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes
8. Food items containing the nine most common food allergens must be considered for children while at school. The top eight allergens include peanuts, tree nuts, wheat, soy, dairy, fish, shellfish, eggs, and sesame. Precautions must be used when approving foods with these top allergens.
9. Foods containing peanuts and tree nuts may not be served. Additionally, any food that may have been processed in a facility where cross-contact with nuts occurred may not be served.
10. Any student with a special dietary need shall be accommodated for.
11. Birthday celebrations will be allowed at the elementary schools with non-edible treats.

Student Projects

Student projects related to food may be permitted when nutrition and food safety guidelines are followed and approved by the Principal. Activities must be related to education and/or health, nutrition and wellness. Supervised culinary arts class projects are an exception to this requirement.

Ideas for Parents in lieu of food items for celebrations

1. Distribute party favors such as bouncy balls, matchbox cars, erasers, tops, magnifying glasses, sunglasses, bubbles, whistles, stickers, pencils, crayons, pens, frisbees, jump ropes, yoyos, puzzle games, slinkies, spinning tops, cards, and sidewalk chalk.
2. Arrange a treasure hunt around the classroom
3. Give supplies and directions for crafts. Ask parent(s)/guardian(s) to come and help with the craft

Suggested Food List:

- Yogurt and Fruit
- Yogurt covered pretzels
- Fruit Smoothies
- Hummus or Bean dip w/ WG Crackers
- Animal, Graham, and Teddy Crackers
- Low-fat Popcorn
- Baked Tortilla Chips
- Canned Fruits
- Fresh Fruits
- Fresh Veggies
- Low-Fat String Cheese
- Rice Cakes
- Whole Grain Crackers