

**Wellness Policy**

The Raleigh County Board of Education recognizes that health, wellness, and fitness enhance both learning and the quality of life. The purpose of this policy is to ensure that the school environment promotes optimal nutrition and physical activity. Schools will demonstrate the link between nutrition, physical activity, wellness, discipline, and academic achievement through the implementation of this policy. **The Raleigh County Board of Education recognizes that any changes to the WV Codes and/or policies cited in this policy shall become part of this county policy upon passage by the state legislation.**

- I. Expectations: For academic success a balanced approach of the following four components is vital for students:

- A. Nutrition

- 1. The Raleigh County Board of Education adopts West Virginia Department of Education Policy 4321.1 – Standards for School Nutrition as the guideline for Child Nutrition.
- 2. Schools will follow the nutritional guidelines for all foods made available to students, whether given away, served, or sold on the school campus during the school day. Healthy choices, as defined in Policy 4321.1, will be offered when snacks are available after the school day.
- 3. Raleigh County Schools will follow the “no soft drink policy” passed by the Raleigh County Board of Education on May 12, 2008.
- 4. Appropriate food choices will be available to all students through the breakfast and lunch programs to ensure healthy eating.
- 5. Teachers, staff, and other adults in contact with students will be encouraged to model healthy eating habits for students.

- B. Health Education

- 1. Age appropriate healthy living skills, with an emphasis on nutrition, shall be taught as a part of the regular instructional program and will provide an opportunity for all students to understand and practice concepts and skills related to optimum health promotion.

2. Health and wellness concepts will be integrated into the core curriculum.
3. Modeling of beneficial health behaviors will be demonstrated within the school environment.
4. Awareness of preventive measures will be incorporated in order to reduce the risks of obesity and chronic illness.

C. Physical Education

1. The Raleigh County Board of Education adopts the Healthy Lifestyles Act to ensure that all Raleigh County students receive adequate time during school day for physical activity.
2. Movement activities will be integrated into the core curriculum.
3. Opportunity for appropriate movement experiences will be available to enhance the Physical Education program and emphasize lifelong fitness.
4. School staff should model physical activity in order to promote active lifestyles.

D. Health Services

1. The Raleigh County Board of Education adopts West Virginia Code 18-5-22, 18-5-22a, and 8-5-22b to ensure health services are provided to students.
2. The Raleigh County Board of Education adopts West Virginia Code 16-3-4 to ensure students are properly immunized and free from communicable diseases.
3. Staff members will be encouraged to serve as role models for healthy practices.
4. Staff will collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
5. Staff will adapt nutrition and physical activity to meet the special health needs of students.
6. The School Health Services Department will make the community aware of available School Health Services.

II. Wellness Policy Implementation and Monitoring

- A. Wellness Policy committee members will be appointed by the superintendent of schools and will meet periodically throughout the school year.

Committee members will include:

- a. Board of Education member
- b. Superintendent of School

- c. Director of Child Nutrition
- d. School Nurse Coordinator
- e. Contract Dietitian
- f. School Principal
- g. Elementary Teacher
- h. Secondary Teacher
- i. Elementary Parent
- j. Secondary Parent
- k. Student Committee Representative
- l. College student
- m. Community Leaders
- n. School Nurse Liaison
- o. Wellness Coaches

- B. Each school will designate a staff member as the Wellness Coach to monitor the program.
- C. The School Health Index will be used as an evaluation tool. The Alliance for a Healthier Generation will also provide an evaluation tool to help set individual school goals.

1. Evaluation results will be made available to the committee prior to May 30<sup>th</sup> of each year.

### III. Recommendations

- A. School staff shall make health and wellness of students and staff an important part of the school mission.
- B. Students shall make personal health and wellness a priority. They should take advantage of opportunities made available through the school and the community to achieve optimal health and wellness.
- C. Parents shall make the health and wellness of their child/children a priority as well as be a good role model.
- D. Communities shall make healthful foods and opportunities to be physically active in order to grow, learn, and thrive accessible.

APPROVED: January 13, 2009