



Belmont- Harrison County Board Policy

Reference: Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004, Healthy, Hunger-Free Kids Act of 2010 (HHFKA)
Date Adopted: November 16, 2006
Last Review/Revision: January 2017

Policy #37

School Wellness Program

I. Purpose

Belmont and Harrison County Board of Development Disabilities (hereto referred to as the County Board) is committed to the optimal development of every student. The County Board believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes.

This policy outlines the County Board's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students will have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;

- The community is engaged in supporting the work of the County Board in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The County Board establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

II. Application

This policy shall apply to the schools, operated by the Belmont and Harrison County Board of Developmental Disabilities, which provides services to children with intellectual and/or developmental disabilities. It is the philosophy of the County Board to assist each student to develop physically, emotionally, socially, and mentally to his fullest potential.

The County Board is committed to providing a school setting that promotes and protects children’s good health, well-being, and ability to learn by supporting healthy eating and physical activity (based on each child’s ability) in a safe environment.

The County Board promotes healthy habits for students by supporting wellness, good nutrition, and regular physical activity as part of the total learning experience. All staff will encourage good nutrition and physical activities that will positively influence the students’ and parents’ understanding, beliefs, and habits. Improved health will optimize student performance potential.

III. School Wellness Committee

A. Committee Role and Membership

- The County Board will work within the existing Health and Safety committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this County Board School Wellness Policy.

B. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

- The County Board will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and

objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

- This wellness policy and the progress reports can be found in the policy manual.
- The position/person responsible for managing the triennial assessment and contact information is the **Director of Children Services**.
- The Health and Safety Committee will monitor schools' compliance with this wellness policy.
- The County Board will actively notify households/families of the availability of the triennial progress report.
- The County Board will retain records to document compliance with the requirements of the wellness policy at the County Board's Administrative Offices and/or on County Board's central computer network.

IV. Annual Notification of Policy

The County Board will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The County Board will make this information available via the County Board website and/or County Board-wide communications.

V. Triennial Progress Assessments

- A. At least once every three years, the County Board will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
- The extent to which schools under the jurisdiction of the County Board are in compliance with the wellness policy;
 - A description of the progress made in attaining the goals of the County Board's wellness policy.

VI. Revisions and Updating the Policy

- A. The Health and Safety Committee will update or modify the wellness policy based on the results of the triennial assessments and/or as County Board priorities change; community needs change; wellness goals are met; and new Federal or state guidance or standards are issued with board approval. The wellness policy

will be assessed and updated as indicated at least every three years, following the triennial assessment.

VII. **Community Involvement, Outreach and Communications**

Parents, staff and community members will be encouraged to provide input through the use of annual surveys. The food service staff will work with the teachers ensure that the students' physicians' recommendations for diets, texture, etc. are followed. The County Board will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

VIII. **Nutrition**

A. School Meals

- The County Board is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.
- All schools within the County Board participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the County Board are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:
 - Are accessible to all students;
 - Are appealing and attractive to children;
 - Are served in clean and pleasant settings;
 - Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
 - Promote healthy food and beverage choices.

B. Menus

- Menus will be posted in the School – Nutrient content and ingredients are available.
- Menus will be created/reviewed by the Food Service Coordinator.

- C. The County Board child nutrition program will accommodate students with special dietary needs.
- D. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
- E. Students are served lunch at a reasonable and appropriate time of day.
- F. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

IX. Staff Qualifications and Professional Development

- A. All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements.

X. Water

- A. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The County Board will make drinking water available where school meals are served during mealtimes.
 - Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
 - All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
 - Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

XI. Competitive Foods and Beverages

- A. The County Board is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. There is no food and beverages sold and served outside of the school meal programs. There are no a la carte options in the cafeteria.

XII. Celebrations and Rewards

- A. When students and families bring in food to the school, the students and families will be encouraged to bring in items that meet the USDA Smart Snacks in School nutrition standards including through:

- Celebrations and parties.
- Classroom snacks brought by parents.
- Rewards and incentives. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

XIII. **Fundraising**

- A. Non-food fundraising is promoted. When school fundraising involves food, items will not be sold for immediate consumption.

XIV. **Nutrition Promotion**

- A. Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.
- B. The County Board will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

XV. **Nutrition Education**

- A. The County Board will teach, model, encourage and support healthy eating by all students.
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - Is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
 - Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities.
 - Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
 - Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

XVI. **Food and Beverage Marketing in Schools**

- A. There is no food and beverage marketing in the schools.

XVII. **Physical Activity**

- A. Children and adolescents should participate in at least 60 minutes of physical activity every day.
- B. Physical activity during the school day including but not limited to swim, occupational therapy, physical therapy, recess, classroom physical activity breaks or physical education **will not be withheld** as punishment for any reason.
- C. To the extent practicable, the County Board will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The County Board will conduct necessary inspections and repairs.
- D. All students will be provided equal opportunity to participate in physical education. The County Board will make appropriate accommodations to allow for equitable participation for all students and will adapt classes and equipment as necessary.
- E. All County Board **students** in each grade will receive physical activity opportunities for at least 60-89 minutes per week throughout the school year.
- F. Classroom Physical Activity Breaks - The County Board recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The County Board recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.
- G. Teachers will serve as role models by being physically active alongside the students whenever feasible.

XVIII. **Other Activities that Promote Student Wellness**

- A. All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

XIX. Community Health Promotion and Family Engagement

The County Board will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.