

Local Wellness Policy



**July 1, 2006
Plans of Action – Revised July, 2019**

Mission Statement:

The Pendleton County Board of Education shall provide leadership to develop policies necessary to promote wellness for its students and staff.

General Health Statistics:

Pendleton County is a very rural, sparsely populated county at lower edge of the Potomac Highlands. Total county populating according to the 2010 census was 7695, with 19.5% of the population, under 18 years. Population density is second lowest in West Virginia with 11.0 persons per square mile. Pendleton County has three elementary schools, Pre-K through sixth, and one middle/high school, seventh through twelfth, with a total student population of 1013. Student population continues to decline.

The median family income in Pendleton County is approximately \$35,404 with 21.7% under age 18. at or below the federal poverty guidelines. Many families seek employment outside the county. With high fuel prices more of the family income is being spent on gas just to travel to work.

Health risk behaviors and negative health outcomes continue to be a problem for both the general county population and school children. Pendleton County ranks higher than the United States averages in the prevalence of hypertension awareness, cigarette smoking and smokeless tobacco use. Obesity in Pendleton County ranks about the same as national numbers.

These factors could have a significant impact on the health and nutrition status of children in the county.

Needs Assessment

The United States is the undisputed leader in obesity prevalence. Based on 2009 data, one third of adults are overweight or obese in this country. Based on 2001 data, obesity in the United States has risen from 20.1% to the current level. West Virginia ranks second in the nation for prevalence of obesity and has seen a rise in occurrence similar to that of the nation. At 32.2% obesity in Pendleton County ranks right along with the current U.S. average in prevalence of obesity.

As obesity has increased so has the incidence of co-morbidities of obesity which include cardiovascular disease, type 2 diabetes, hypertension, certain cancers, osteoarthritis and others.

Children are not immune from obesity or its effects. 17% of U.S. children (ages 2 - 19) are obese. Data suggests that children who are over fat are more likely to remain over fat during adolescence and into adulthood. Type 2 diabetes was rarely seen in children just a few years ago but now is becoming common in younger children. More children are being diagnosed with hypertension and elevated blood cholesterol levels.

With the increase in the incidence of obesity and the associated health risks and diseases, the need for health care intervention will likely continue to grow. We are fortunate that all four schools have school based health clinics which are staffed by medical providers as well as the services of a school health nurse to monitor the physical needs of these students and provide medical education. The services of a registered dietitian are also available to advise cafeteria personnel regarding special meal preparation.

Education of our children and the community concerning the relationship between obesity and associated health risks and the importance of preventative care including nutrition and physical activity is also crucial. Action plans have been developed to address this need.

Goals

It is our commitment to improve the wellness of children in Pendleton County. Goals have been set for the following areas:

1. Establish Guidelines for foods served and sold in schools
2. Nutrition Education
3. Physical Education
4. Other school based activities designed to promote student wellness
5. Strengthen county & school local wellness committees
6. Promote healthy eating and nutrition.

Goal 1: To establish guidelines for foods served and sold in schools.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Establish guidelines for meals served in the school cafeteria.	<ol style="list-style-type: none"> 1. Pendleton County Schools will adhere to legislative rule Standards for School Nutrition Policies 4320 & 4321.1 and the Healthy Hunger Free Kids Act when planning meals. 2. School meals will meet the Nutrition Standards in The National School Lunch & School Breakfast Programs, Healthy Hunger-Free Kids Act 2010. 	Child Nutrition Direction Child Nutrition Staff	Ongoing
2. Establish guidelines for "competitive foods" sold or served in the school environment.	<ol style="list-style-type: none"> 1. Pendleton County Schools will adhere to legislative rule Standards for School Nutrition, Policies 4320 & 4321.1 and USDA Smart Snack Standards for all foods sold outside the school cafeteria. 2. Contracts with vendors to provide "competitive foods & beverages" will be awarded by the Pendleton County Board of Education 	School Principals Business Manager Child Nutrition Director	Ongoing
	2. Contracts with vendors to provide "competitive foods & beverages" will be awarded by the Pendleton County Board of Education	Business Manager Pendleton Co. Board of Education	Bid/Extension Annually

Goal 1: To establish guidelines for foods served and sold in schools.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	3. Nutrition Standards will be reviewed with vendors.	Child Nutrition Director Business Manager	Beginning of new contact and as needed.
	4. A list of approved products will be sent to school administrators for purchasing and monitoring purposes.	Child Nutrition Director Business Manager	Annually As new products are approved.
	5. Vending products will be monitored for compliance.	School Administrators Child Nutrition Director	After vendor delivery. During school monitors & follow-up.
	6. Foods and beverages served for School Day Celebrates and School Day Snacks shall comply with County Policy T.6.7.	School Administrators Child Nutrition Director	Ongoing
3. Improve the nutritional quality of meals served in schools.	1. Review and revise food specifications.	Panhandle 8 Food Coop.	Annually
	2. Limit foods with high sodium content on salad bars.	Child Nutrition Director Child Nutrition Staff	Ongoing

Goal 1: To establish guidelines for foods served and sold in schools.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	3. Serve only low fat dairy products that contain 1% or less milk fat.	Child Nutrition Director Child Nutrition Staff	Ongoing
	4. Avoid food that contain trans fat.	Child Nutrition Director Child Nutrition Staff	Ongoing
	5. The majority of grains served will be whole grain.	Child Nutrition Director Child Nutrition Staff	Ongoing

Goal 2: To educate students about nutritious and healthy eating practices.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Encourage students to bring healthy food and drinks such as juice, fruits & dairy products to holiday parties.	<ol style="list-style-type: none"> 1. A nutrition calculator is available at https://foodplanner.healthiergeneration.org/products to assist faculty, staff, and parents in planning parties and snacks. 2. Teachers will discuss healthy snacks with students during health class, before holiday parties, and will send information about healthy foods home to families. 	<p>USDA Website Elementary Schools</p> <p>Behavioral Health Educator (SBHC) WVU Extension</p>	<p>On going</p> <p>Health classes Before holding parties Ongoing / Yearly</p>
2. Teach students to make better food choices using "MyPlate."	<ol style="list-style-type: none"> 3. Elementary school teachers will encourage healthy snack foods and ensure that there are healthy snack foods available at parties. 4. Policy 4321.1 discussion held with staff regarding classroom parties 5. Policy 4321.1 discussion held with Leadership & Wellness committee meetings. 	<p>Elementary School Teachers</p> <p>Principals At each Site</p> <p>Child Nutrition Director</p>	<p>Beginning of school year</p> <p>Ongoing</p>
2. Teach students to make better food choices using "MyPlate."	<ol style="list-style-type: none"> 1. Students will learn to make better food choices using "MyPlate" in health class. 2. New Elementary Staff will be provided "MyPlate" resources. 	<p>Teachers</p> <p>Child Nutrition Director</p>	<p>Every year that "MyPlate" is covered</p> <p>Annually</p>

3. Health Education teacher has taught lessons regarding MyPlate and making better food choices (NFES/FES)

Health Teacher

Ongoing

Goal 3: To promote an active lifestyle through physical education.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Provide opportunities for involvement in physical activities at school.	1. Recess daily for all elementary	Elementary Principals	Daily PK - 6
	2. Recess in gym on bad weather days. Utilize town park on nice days (FES/NFES/BES)	Elementary School Staff	Daily
	3. Age appropriate quality physical education classes.	Certified Physical Education Teachers	Ongoing
	4. Marbles, Push Ups, Pacer, Tennis Clubs, Jogging Club (K-6), Wellness Club, PomPom/Flag Club (FES)	Certified Physical Education Teachers	Ongoing
	5. Bowling Club (FES) Pump-It-Up (FES/NFES/BES) Swimming Trip (FES/BES) Water Park (FES/NFES/BES) Town Park Days (FES) Valley Jump Park (FES) Ski Trip (NFES)	Certified Physical Education Teachers	Ongoing
	6. Field Day (BES)	PE Teacher	End of Every Year
	7. Fitness Gram Test to meet the goals of content standards-	Certified Physical Education Teachers	Ongoing

Goal 3: To promote an active lifestyle through physical education. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	7. Walk-a-thon Fund Raiser PREK-6 (FES)	Physical Education Teacher Elementary	1 Day Event
	8. Fitness Clubs (FES)	Certified Physical Education Teacher Elementary	Ongoing
	9. Exercising to music (BES), marching, dancing (FES) Go-Noodle (FES/BES)	Music/ Physical Education Teacher Elem Grade Level Teachers	Ongoing
2. Encourage students to become involved in physical activities at home with families.	1. Send information home with students to make them aware of opportunities available for involvement, i.e. Dance Classes, fitness programs, internet services, county recreation, etc.	Physical Ed and/Health Teachers Coaches	2 times/year
	2. Wellness home work involving parent and child exercising together (FES)	Physical Education Teacher Elementary	Ongoing
	3. Monthly Wellness Activities (FES) Growth Mindset Lessons (5)	Physical Education Teacher Counselor	Ongoing

Elementary

Goal 3: To promote an active lifestyle through physical education. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
3. Provide extra-curricular activities/after school programs for student involvement.	<ol style="list-style-type: none"> 1. Offer soccer, baseball, cheerleading, basketball, football, and softball for elementary students as well as a variety of sports for middle and high school students. 2. After School Clubs: Push Ups, Wellness, Jogging, Bowling, PomPom/Flag, Pacer, Tennis, Marble, Swim Clubs (FES) 3. Extra Recess while waiting for buses (NFES) 5. Dance 	<p>Local School Board, Principles, Athletic Directors, Coaches, Youth Sports Organizations</p> <p>Community Resources Instructors Physical Education Teacher</p> <p>NFES Staff</p> <p>BES Staff</p>	<p>Throughout the year</p> <p>4 weeks</p> <p>Thoroughout the year</p> <p>Annual</p>

Goal 3: To promote an active lifestyle through physical education. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
4. Teach students the benefits of physical activity in reference to their mental, physical and emotional/social health.	<ol style="list-style-type: none"> 1. Health instruction as part of the school curriculum, including Life Connections and Foods Classes. 	Health teachers or classroom teachers, Health Educator	Ongoing
	<ol style="list-style-type: none"> 2. Reinforce the benefits of physical activity through the physical education curriculum. 	Physical Ed Teachers	Ongoing
	<ol style="list-style-type: none"> 3. Continue to use the walking trail as a stress relieving and social partaking activity between classes (BES) 	Kindergarten - Sixth Grade Teachers	Ongoing
	<ol style="list-style-type: none"> 4. Walk to town library, town park, bowling alley and other areas of town (FES) 	Teachers	Throughout the year
	<ol style="list-style-type: none"> 5. Students receive instruction on being healthy and making positive food choices during health education instruction and during regular classroom instruction. (NFES) 	Teachers & Staff	Ongoing

Goal 4: To provide school based activities that promote student wellness.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Establish programs/clubs to raise drug awareness.	1. Present tobacco prevention information to middle school students.	Health Educator (SBHC) RESA Tobacco Prevention Specialist Health Cluster	Yearly
	2. Coordinate "Not On Tobacco" (a voluntary tobacco cessation program for students 9-12).	Trained Staff Health Educator (SBHC)	Yearly
	3. Student participation in activities during "Red Ribbon Week" (Elementary Schools) Students receive bracelets, bookmarks, bags, frisbee,s coloring books that remind them to make healthy and safe choices (NFES).	Elementary Staff	Yearly
	4. Alternative - To - Suspension Program available to students who have a tobacco violation on school grounds	Health Educator (SBHC)	As needed for tobacco violations

<p>5. Bullying and drug awareness facts K-6 (FES) Media Safety/Cyber bullying lessons (FES) Digital Footprints (FES)</p>	<p>Physical Education Teacher RESA VIII TIS Counselor</p>	<p>Yearly</p>
<p>6. All student PREK-6 participate in biweekly age appropriate classroom guidance lessons that focus on making healthy choices for your body and staying away from drugs and alcohol. (NFES)</p>	<p>School Counselor</p>	<p>Yearly</p>

Goal 4: To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	6. Bucket Filing Program Encourage kindness / positive relations in School (FES)	School Counselor, Teachers, and Staff	Ongoing
2. Establish healthy habits for prevention of disease and illness.	1. Provide hand washing/oral hygiene instruction to lower elementary students.	School Nurse	Yearly
	2. Provide toothbrushes and toothpaste (Elementary Schools)	School Nurse	Yearly
	3. Provide personal hygiene instruction (PCMS) & follow-up	School Nurse PCMS Health Classes Health Cluster	Yearly
	4. Dental Hygiene	School Nurse	Yearly
	5. Puberty Awareness 5th grade (all elementary schools)	School Nurse	Yearly
	6. PK Brushes teeth (elementary schools)	PK Teachers all elementary schools	Daily/Yearly/Ongoing

Goal 4: To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
3. Establish a safe work & learning environment for Pendleton County students & staff.	<ol style="list-style-type: none"> 1. Provide safety information and training. 2. Hold safety/loss control committee meetings. 3. Investigate accidents to determine causes & identify ways to prevent future accidents. 4. Make safety repairs & improvements. 5. Safe School Activities (FES; NFES) 6. A list of concerns are made during Faculty Senate meetings and addressed by Mr. Jenkins and staff. (NFES) 7. ALICE Training- County 	Safety Administrator	Ongoing
		Safety Coordinator	Monthly
		Safety Committee	Ongoing
			Ongoing
		Safe School Committee	Ongoing
		All Staff	Ongoing
		County-Wide Staff	Ongoing
		School Health Nurse	Ongoing
		School Staff	
		School Based Health Clinic Staff	
		School Staff	Yearly
4. Utilize school based health clinics located in all four schools.	<ol style="list-style-type: none"> 1. Refer students for health care as needed. 		
5. Provide safety intervention to students	<ol style="list-style-type: none"> 1. Fire prevention PK (FES) & PRE-6 (BES) 		

- 2. Bus safety
Director of Admin. & Support Services
Yearly
- 3. EMS Week PreK-3 (FES)
School Staff
Yearly
- 4. School-wide drills have been conducted and principals and classroom teachers continuously review the various codes
All Staff
Ongoing

Goal 4: To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
6. Participate in CARDIAC Project	6. Complete Code Drills/Fire Drills 1. Student participation grades K, 2 & 5 in collaboration with the Regional Health Education Partnership	Principal School Nurse School Administrators	Yearly Throughout the Year Annually
7. High school students will learn CPR and Heimlich Maneuver	1. CPR will be taught in high school health classes. Heimlich maneuver will be taught in middle school health class.	Health Teacher School Nurse Trained CPR Instructor PCMS Health Cluster	Annually
8. All 6th and 11th grade students will receive required immunizations before start of 7th and 12th grades.	1. Tetanus and Menactra vaccines	School Based Health Clinic Staff	Annually

2. Immunizations will be available at the school based health clinic.

Annually

Goal 4: To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
9. Offer seasonal flu vaccine to all students and staff.	1. Hold flu clinics at all schools.	School Based Health Clinic Staff School Administrators County Health Dept.	Annually
10. Continue to utilize the walking trail for the purpose of promoting student wellness and aid in class transitioning.	1. All students, K-6, and teachers will plan to utilize the walking trail for at least 10 minutes as part of their daily schedule (BES)	Principal Classroom Teachers	Ongoing
11. To improve parent participation in student wellness by increasing communication.	1. PE Teachers provide resources and are available during parent teacher conferences (all schools).	PE Teachers	Ongoing

Goal 4: To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
12. "Step It Up", the Pedometer Challenge	1. Daily walking (NFES)	6th Grade Teacher	1 week
13. Increase student's responsibility for their personal health behaviors	Survey and interview 8th & 10th grade students and provide each with a personally tailored consultation. (PCM/HS)	Behavioral Health Education (SBHC)	School year

Goal 5: To strengthen county and local wellness committees.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Review committee membership to assure diverse representation.	<ol style="list-style-type: none"> 1. Review and identify school and county committee membership. 2. Recruit members from identified areas. 	County & School Wellness Committee Members	October, 2013
2. Member Training	<ol style="list-style-type: none"> 1. Provide training to school and county committee members. 2. Foster new school principals' learning of the Wellness Committees Activities and Procedures 	County & School Wellness Committee Members Regional Wellness Specialist Wellness Committee Members	On going On going

Goal 6: To promote healthy eating and nutrition.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Implement Hazard Analysis Critical Control Point (HACCP) Based Standard Operating Procedures as required by the Child Nutrition Reauthorization Act of 2004.	1. Hold staff meetings regarding procedures & techniques for implementation & sustaining HACCP.	Child Nutrition Staff	Ongoing
2. Revise and develop local recipes.	1. Current local recipes will be standardized. 2. Current local recipes will be revised, as needed, to meet nutrition standards (such as lowering fat & sodium).	Child Nutrition Director Child Nutrition Staff	As Needed
	1. Current local recipes will be standardized.	Child Nutrition Director Child Nutrition Staff	Ongoing
	2. Current local recipes will be revised, as needed, to meet nutrition standards (such as lowering fat & sodium).	Child Nutrition Director Child Nutrition Staff	Ongoing

Goal 6: To promote healthy eating and nutrition. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
3. Increase students' consumption of fresh fruits & vegetables.	3. New local recipes will be developed to improve student acceptance.	Child Nutrition Director Child Nutrition Staff	Ongoing
	4. All local recipes will be periodically reviewed for nutrient content and student acceptance.	Child Nutrition Director Child Nutrition Staff	Annually
3. Increase students' consumption of fresh fruits & vegetables.	1. Salad bars will be available to students in all schools.	School Administrators Child Nutrition	Daily
	2. Eligible schools will participate in the Fresh Fruit & Vegetable Program (NFES).	School Administrators Child Nutrition Director Child Nutrition Staff	At least weekly

Goal 6: To promote healthy eating and nutrition. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
4. Provide students with more opportunities to participate in school meals.	<ol style="list-style-type: none"> Elementary Schools will participate in the Community Eligibility Program (CEP) which will provide free breakfast and lunch to all students The high school will participate in CEP starting 2019-2020. Schedule breakfast for preschool and kindergarten after Grades 1-6 finish breakfast (BES, FES & NFES). Students who arrive late to school are given an opportunity to eat breakfast before going to class (BES, FES, & NFES). Breakfast After First Grades 7-12 (4/5 days a week) 	<p>Superintendent Treasurer Child Nutrition Director</p> <p>Superintendent Treasurer Child Nutrition Director Principal</p> <p>Principal</p> <p>Child Nutrition Director, Administrators, & Cafeteria Manager</p>	<p>Beginning SY 2017- 2018 and Ongoing</p> <p>Beginning August 2019 and ongoing. Beginning August, 2011 and Ongoing</p> <p>Beginning August, 2011 and Ongoing</p> <p>Beginning September 2019 & Ongoing</p>

6. "Breakfast talks" will be conducted with students to encourage more to eat breakfast (county wide)

Principal
Head Teacher
Preschool
Teacher

Beginning
August,
2011 &
Ongoing

Goal 6: To promote healthy eating and nutrition. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	6. Provide middle school students with a place to put personal items before entering breakfast line (PCMS).	Middle School Principal	Beginning September, 2011 & Ongoing
	7. Grab & Go Breakfast (PCHS)	Cafeteria Manager	Beginning January, 2014 & Ongoing

Goal 7: Individual schools promotions

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
<p>1. Fine Arts Fridays- To promote positive attitudes and good mental health through a variety of activities.</p>	<p>Provide opportunities for students to participate in fine arts activities that are lacking in daily schedule. (BES)</p>	<p>Principal & Staff</p>	<p>Throughout the Year</p>
<p>2. increase activity of students- encourage students in becoming more involved in their overall fitness</p>	<p>building a nature trail where students can walk, plant, do science experiments (PCMHS)</p>	<p>science department administrators 7-12</p>	<p>2019-2020 school year</p>

