

# **Local Wellness Policy**



**July 1, 2006  
Plans of Action – Revised July, 2016**

**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 the lower edge of the Potomac Highlands. Total county population 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. Nutrition Education
2. Physical Education
3. Nutrition guidelines for all foods and beverages available on school campuses during the school day
4. Other school based activities designed to promote student wellness
5. Strengthen county & school local wellness committees

**NOTE: Finalized 10/10/16am**

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

10/23/2013

<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.	1. Pendleton County Schools will use Lunch Implementaion Option B in menu planning.	Child Nutrition Direction Child Nutrition Staff	Ongoing
	2. 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.		
	3. School meals will meet the Nutrition Standards in The National School Lunch & School Breakfast Programs, Healthy Hunger-Free Kids Act 2010.		
2. Establish guidelines for "other foods" sold or served in the school environment.	1. Pendleton County Schools will adhere to legislative rule Standards for School Nutrition, Policies 4320 & 4321.1 for all foods sold or served outside the school cafeteria.	School Principals Business Managers Child Nutrition Director	Ongoing
	2. Contracts with vendors to provide "other foods & beverages" will be awarded by the Pendleton County Board of Education		

**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.
3. Improve the nutritional quality of meals served in schools.	1. Review and revise food specifications.	RESA VIII Food Co op	Annually
	2. Limit foods with high sodium content on salad bars.	Child Nutrition Director Child Nutrition Staff	Ongoing
	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

**Goal 2:** To educate students about nutritious eating habits.

Oct 10, 2016'

<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 to holiday parties, such as juice, fruits and dairy products.	1. A nutrition calculator is available at <a href="http://www.wvsmartfoods.com">www.wvsmartfoods.com</a> to assist faculty, staff, and parents in planning parties and snacks.	WVDE OCN Website Elementary Schools	On going
	2. Teachers will discuss healthy snacks with students during health class, before holiday parties, and will send information about healthy foods home to families.	Teachers	Health classes Before holding parties
	3. Elementary school teachers will encourage healthy snack foods and ensure that there are healthy snack foods available at parties.	Elementary School Teachers	
	4. Policy 4321.1 discussion held with staff regarding parties (FES)	Principal	Beginning of school year
2. Teach students to make better food choices using "MyPlate."	1. Students will learn to make better food choices using "MyPlate" in health class.	Teachers	Every year that "MyPlate" is covered

**Goal 2:** To educate students about nutritious eating habits. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
3. Motivate and remind students about the importance of hand washing before meals.	1. Teachers will discuss the importance of hand washing in class.	Teachers	Health Classes Child Development Classes Food & Nutrition Class
4. Teach preschool and kindergarten students the importance of eating healthy snacks.	1. Teachers will discuss healthy snacks with students .  2. Teachers will offer healthy snacks at snack time. (All Elementary Schools)	Preschool & Kindergarten teachers	Ongoing
5. Provide students the opportunity for an "In School" snack.	1. Teachers will give their students the opportunity of eating a nutritious snack provided by the Child Nutrition Program during the school day. (NFES).	School Administrators Teachers Child Nutrition Director Kitchen Staff	Ongoing



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

Oct. 10, 2016'

<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/middle	Elementary Principals	Daily K - 6
	2. Recess in gym on bad weather days. Utilize town park on nice days (FES)	School Staff	Daily
	4. Age appropriate quality physical education classes.	Certified Physical Education Teachers	Ongoing
	5. Marbles, Chin-Ups, Dance, Push ups, Pacer, Jumping Jacks and Tennis Clubs. (FES)	Certified Physical Education Teachers	Ongoing
	6. Bowling Trip (FES) Pump-It-Up (FES) Swimming Trip (FES) Water Park (FES) Town Park Days (FES)	Certified Physical Education Teachers	Ongoing
	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>
	8. Walk-a-thon Fund Raiser K-6 (FES)	Physical Education Teacher	1 Day Event
	9. Fitness Clubs (FES)	Certified Physical Education Teacher	Ongoing
	10. Exercising to music, marching, dancing (FES) Go-Noodle (FES)	Music/ Physical Education Teacher	Ongoing
	11. WV Move (FES)	Grade Level 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>
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	Ongoing
	3. Monthly Wellness Activities (FES)	Physical Education Teacher	Ongoing
3. Provide extra-curricular activities/after school programs for student involvement.	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.	Local School Board, Principals, Athletic Directors, Coaches, Youth Sports Organizations	Throughout the year
	2. School day clubs: Yoga, Teobo, Tennis, Zumba. Dance, Dance Revolution Club, Jump Rope Club, and Marbles Club. (FES)	Community Resources Instructors Physical Education Teacher	4 weeks

**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. Extra Recess while waiting for buses (NFES)	NFES Staff	Thoroughout the year
	4. Tennis clinic after school. Grade 1-6 (FES)	Physical Education Teacher/ Second Grade Teacher	Ongoing
4. Teach students the benefits of physical activity in reference to their mental, physical and emotional/social health.	1. Health instruction as part of the school curriculum, including Life Connections and Foods Classes.	Health teachers or classroom teachers, Health Educator	Ongoing
	2. Reinforce the benefits of physical activity through the physical education curriculum.	Physical Ed Teachers	Ongoing
	3. Continue to use the walking trail as a stress relieving and social partaking activity between classes (BES)	Kindergarten - Sixth Grade Teachers	Ongoing
	4. Walk to town library, town park, bowling alley and other areas of town (FES)	Teachers	Throughout the year

**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.	Chris Roberson - School Based Health Clinic RESA Tobacco Prevention Specialist Health Cluster	Yearly
	2. Coordinate "Not On Tobacco" (a voluntary tobacco cessation program for students 9-12).	Trained Staff Chris Roberson - School Based Health Clinic	Yearly
	3. Student participation in activities during "Red Ribbon Week" (Elementary Schools)	Elementary Staff	Yearly
	4. Alternative - To - Suspension Program available to students who have a tobacco violation on school grounds	Chris Roberson - School Based Health Clinic	As needed for tobacco violations
	5. Bullying and drug awareness facts K-6 (FES)	Physical Education Teacher	Yearly

**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)	Guidance Counselor	Thoroughout the year
2. Establish healthy habits for disease 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. Germ City (FES)	WVU Extension Agent	Yearly
	4. Provide personal hygiene instruction (PCMS) & follow-up	School Nurse PCMS Health Classes Health Cluster	Yearly
	5. Dential Hygiene	School Nurse	Yearly
	6. Sun Wise (FES)	WVU Extension Agent	Yearly

**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.	1. Provide safety information and training.	Safety Administrator	Ongoing
	2. Hold safety/loss control committee meetings.	Safety Coordinator	Monthly
	3. Investigate accidents to determine causes & identify ways to prevent future accidents.	Safety Committee	Ongoing
	4. Make safety repairs & improvements.		Ongoing
	5. Safe School Activities (FES; NFES)	Safe School Committee	Ongoing
4. Utilize school based health clinics located in all four schools.	1. Refer students for health care as needed.	School Health Nurse School Staff School Based Health Clinic Staff	Ongoing
5. Provide safety intervention to students	1. Fire prevention PK (FES, BES)	School Staff	Yearly
	2. Bus safety	Director of Admin. & Support Services	Yearly
	3. EMS Week PreK-6 (FES, BES)	School Staff	Yearly
	4. Illness Prevention 1st (FES)	School Staff	Yearly

**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>
	5. Bike safety 2nd (FES)	School Staff	Yearly
	6. Complete Code Drills/Fire Drills	Principal	Yearly Throughout the Year



**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. 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. Obtain equipment needed to implement HACCP.	Child Nutrition Director Child Nutrition Staff	As needed
7. Revise and develop local recipes.	1. Current local recipes will be standardized.	Child Nutrition Director	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
	3. New local recipes will be developed.	Child Nutrition Director Child Nutrition Staff	Ongoing
	4. All local recipes will be periodically reviewed.	Child Nutrition Director Child Nutrition Staff	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>
8. Participate in CARDIAC Project	1. Student participation grades K, 2 & 5 in collaboration with the Regional Health Education Partnership	School Nurse School Administrators	Annually
9. 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
10. All 6th and 11th graders 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
11. 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

**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. Increase students' consumption of fresh fruits & vegetables.	1. Salad bars will be available to students in all schools.	School Administrators Child Nutrition Director Child Nutrition Staff	Daily
	2. Eligible schools will participate in the Fresh Fruit & Vegetable Program (NFES).	School Administrators Child Nutrition Director Child Nutrition Staff	At least weekly
13. Provide students with more opportunities to participate in school meals.	1. Eliminate the reduced price fee for breakfast.	Superintendent Treasurer Child Nutrition Director	Beginning August, 2011 and Ongoing
	2. Schedule breakfast for preschool and kindergarten after Grades 1-6 finish breakfast (BES, FES & NFES).	Principal	Beginning August, 2011 and Ongoing
	3. Students who arrive late to school are given an opportunity to eat breakfast before going to class (BES, FES, & NFES).	Principal	Beginning August, 2011 and 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>
	4. "Breakfast talks" will be conducted with students to encourage more to eat breakfast (FES; NFES)	Principal Head Teacher Preschool Teacher	Beginning August, 2011 & Ongoing
	5. Provide middle school students with a place to put personal items before entering breakfast line (PCMS).	Middle School Principal	Beginning September, 2011 & Ongoing
	6. Grab & Go Breakfast (PCHS)	Cafeteria Manager	Beginning January, 2014 & Ongoing
14. 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	SY 2014
15. ATV Safety for 5th/6th Grade Students (FES)	Class held in gym which includes videos/activities/handouts	WVU Extension Agent	1 week/May

**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.	1. Review and identify school and county committee membership.	County & School Wellness Committee Members	October, 2013
	2. Recruit members from identified areas.	County & School Wellness Committee Members	October, 2013
2. Member Training	1. Provide training to school and county committee members.	Regional Wellness Specialist	On going
	2. Foster new school principals' learning of the Wellness Committees Activities and Procedures	Wellness Committee Members	On going