

WELLNESS POLICY

I. Purpose.

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 while accommodating the religious, ethnic and cultural diversity of its students. 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 legislature and/or the West Virginia Board of Education.**

II. Expectations: For academic success, a balanced approach of the following ~~four~~ components is vital for students:

2.1. Nutrition Education and Promotion. As part of a comprehensive school health education curriculum, nutrition education will provide students the capacity to obtain, interpret, and understand basic nutrition information and the competence to use such information in ways that enhance a healthy lifestyle. Nutrition education is essential to enable students to acquire and apply health promoting knowledge, skills and behaviors. (WVBE Policy 2520.5 and Policy 2520.55 Education Standards)

A. Classroom Teaching and School Community.

Raleigh County Schools' nutrition education and promotion program shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards that are closely aligned with the National Standards for Health Education, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. The nutrition education and promotion program shall include, but is not limited to:

- (1) nutrition education integrated within the comprehensive health education curriculum taught at every grade level (PK – 12), and, as appropriate, shall be integrated into other academic subjects in the regular educational program. It will be offered with frequency sufficient to achieve mastery of the West Virginia approved content standards and objectives and meet the needs of children;
- (2) benefits of healthy eating for learning, disease prevention, weight management, and oral health;
- (3) teachers, staff, and other adults in contact with students encouraged to model healthy eating habits and other beneficial health behaviors for students;
- (4) awareness of preventive measures incorporated in order to reduce the risks of obesity and chronic illness;
- (5) influence of family, peers, culture, media, technology and other factors on nutritional health behaviors;
- (6) decision-making skills and goal-setting skills to enhance health with relation to diet, weight control, physical activity and energy balance;
- (7) emphasis on health-enhancing behaviors such as reading nutritional facts on food labels;
- (8) links to school meal programs, school gardens, cafeteria nutrition promotion, after-school programs, and farm-to-school programs;
- (9) nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the child nutrition staff and teachers;

- (10) nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- (11) promote the benefits of a healthy balanced diet through marketing with monthly themes within the school meals program, display of healthy MyPlate food tray menu items at or near the point of sale, and nutrition posters displayed in school cafeterias;
- (12) nutrition promotion will include participatory activities such as contests, promotions, farm visits, and experience working in school gardens;
- (13) engage families in promoting nutrition with tips and information presented via handouts, newsletters, monthly menus and postings on the Raleigh County Schools' Child Nutrition website;
- (14) students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media;
- (15) students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- (16) staff members responsible for nutrition education will regularly participate in relevant professional development;
- (17) a county wellness committee appointed by the Superintendent will meet at least quarterly to address health and wellness that is ongoing beyond policy development.

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

2.2. Standards for USDA Child Nutrition Programs and School Meals.

In Raleigh County Schools, federally funded school nutrition programs are available to provide nutritious foods to all students. It is intended that these child nutrition programs be the main source of foods and beverages available at school. These programs have specific requirements to ensure that adequate nutrients are offered to promote health and wellness. Other foods and beverages, when available, should also provide necessary nutrients and contribute to an overall healthy eating environment. Raleigh County Schools shall provide school breakfasts and lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch programs (USDA nutrition standards).

Raleigh County Schools is uniquely positioned to model and reinforce these healthful eating behaviors. This policy reflects an integrated approach to ensuring a school environment that promotes optimal nutrition for students while accommodating special dietary needs. The intent of the policy is to encourage and enable schools to provide students with nutritious food and beverage choices that will enhance learning and promote healthy behaviors that can be maintained throughout life.

Schools are responsible for providing opportunities to learn healthy lifestyles, including good nutrition. Students learn these "lessons" not only from teachers and textbooks, but also from their experiences at school. These include experiences with foods sold as snacks, served for lunch and breakfast, served in parties, and used in classroom activities.

Raleigh County Schools operates under USDA regulations for school food programs (e.g., School Breakfast Program, National School Lunch Program, Child and Adult Care Food Program, and Summer Food Service Program). Raleigh County Schools provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than USDA meal regulations and guidance - 7 CFR Part 210 and Part 220 and the Healthy, Hunger Free Kids Act of 2010 as well as the state nutrient standards from WVBE Policy 4321.1.

A. Free and Reduced Priced Meals.

Raleigh County Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.

B. Participation Strategies. School meal programs will provide students

- (1) promotional mailings or events;
- (2) alternative breakfast strategies of "Grab and Go";
- (3) student input on the menu;
- (4) the opportunity to provide input on local, cultural, and ethnic favorites; and
- (5) periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.

C. Meal Times, Environments and Scheduling. Schools meal programs

- (1) will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- (2) should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m.;
- (3) should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- (4) will schedule lunch periods, as much as possible, to follow recess periods (in elementary schools);
- (5) will provide students access to hand washing or hand sanitizing before they eat;
- (6) should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk);
- (7) will provide appropriate supervision in the cafeteria and rules for safe behavior shall be consistently enforced; and
- (8) will provide a pleasant environment in which to eat meals.

D. Child Nutrition Staff and Training.

- (a) Qualified nutrition service personnel will administer the school meals programs. As part of the county's responsibility to operate a child nutrition program, Raleigh County Schools will provide continuing professional development for all nutrition personnel in schools. Staff development programs should include appropriate training programs for child nutrition directors, cafeteria managers, and cafeteria workers, according to their levels of responsibilities. Child nutrition staff
- (1) shall be directed by a qualified nutrition professional;
 - (2) shall ensure that the Child Nutrition Manager has appropriate certification; child nutrition staff members, who are properly qualified according to current professional standards, will administer the Child Nutrition Programs;
 - (3) shall obtain the appropriate food safety training (food handling permit, HACCP, etc.); and
 - (4) shall ensure that other professional development in the area of food and nutrition is provided for child nutrition staff.

- (b) Child Nutrition Directors are those individuals directly responsible for the management of the day-to-day operations of child nutrition programs for all participating schools under the jurisdiction of the school food authority (Raleigh County Board of Education) participating in school nutrition programs. Requirements for certification are included in West Virginia Board of Education Policy 5202: Minimum Requirements for the Licensure of Professional/Paraprofessional Personnel and Advanced Salary Classifications.

E. Feed to Achieve – Innovative Breakfast Strategies.

Raleigh County Schools ensures that all schools will provide breakfast through the USDA Breakfast Program in order to meet students' nutritional needs and enhance their ability to learn by:

- (1) Operating the School Breakfast Program at each school;
- (2) Utilizing methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or Breakfast After First Period;
- (3) Notifying parents and students of the availability of the School Breakfast Program; and
- (4) Encouraging parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

F. Lunch.

Meals served through the National School Lunch and Breakfast Programs will:

- (1) be appealing and attractive to children;
- (2) be served in clean and pleasant settings;
- (3) meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- (4) offer a variety of fruits and vegetables;
- (5) serve only fat-free flavored milk, 1% unflavored milk and nutritionally-equivalent non-dairy alternatives; and
- (6) ensure that whole grains are offered daily.

Schools should solicit input in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

G. After School Supper and Snack Programs.

- (a) When school is out and parents are still at work, children need a safe place to be with their friends, with structured activities, supportive adults and good nutrition. After school programs that participate in CACFP give children and teenagers the nutrition they need, and draw them into constructive activities that are safe, fun, and filled with opportunities for learning.
- (b) Meals served through the CACFP – After School Supper and Snack Program will:
 - (1) be appealing and attractive to children;
 - (2) be served in clean and pleasant settings;
 - (3) meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - (4) offer a variety of fruits and vegetables;
 - (5) serve only fat-free flavored milk, 1% unflavored milk and nutritionally-equivalent non-dairy alternatives; and
 - (6) ensure that whole grains are offered daily on supper programs

H. Summer Food Service Program – SFSP.

- (a) Raleigh County Schools operates under USDA regulations for school food programs by operating a Summer Food Service Program or CFR Part 225. Raleigh County Schools has and will continue to sponsor the Summer Food Service Program throughout the summer vacation.
- (b) Meals served through the SFSP – Summer Food Service Program will:
 - (1) be appealing and attractive to children;
 - (2) be served in clean and pleasant settings;
 - (3) meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - (4) offer a variety of fruits and vegetables;
 - (5) serve only fat-free flavored milk, 1% unflavored milk and nutritionally-equivalent non-dairy alternatives; and
 - (6) ensure that whole grains are offered daily

I. Farm to School.

- (a) It is the intent of Raleigh County Schools to procure more locally sourced, fresh fruits and vegetables into school cafeterias. This can be accomplished by opening lines of communication with local farmers and student farmers in order to connect the schools with local or regional producers in order to serve local or regionally produced foods in school cafeterias.
- (b) In addition to procurement activities, Raleigh County Schools would like to explore other Farm to School activities such as food, agriculture and nutrition-based educational efforts that span a host of hands-on experiential activities. Examples would be school gardens, field trips to local farms, and cooking classes. Standards-based curriculum centered on food, agriculture, and/or nutrition will integrate under this concept as well.

J. Menus and Analysis.

School menus and nutrition analysis information for school meals (e.g., calories, saturated fat, and sugar) can be accessed on the Raleigh County Schools website at:
<http://www.schoolnutritionandfitness.com/index.php?sid=1494524206447>.

K. Nutrition Standards for Competitive and Other Foods and Beverages.

- (a) The Smart Snacks in School Nutrition Standards apply to any foods sold to students during the school day on the school campus, including foods sold as fundraisers. Foods that do not meet these federal standards cannot be sold to students on the school campus during the school day. Standards do not apply during non-school hours, on weekends, and at off-school campus fundraising events, though local wellness policies may still apply. These standards apply to foods sold outside the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). (<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>)
- (b) Although W. Va. State Code 18-2-6a permits the sale of soft drinks to students in county high schools except during breakfast and lunch periods, the Raleigh County Board of Education passed a “no soft drink policy” on May 8, 2008 prohibiting the sale of soft drinks during the school day. (RCBOE Policy B.6.6)

- (c) In addition to caffeine, the sale, service or distribution of any foods or beverages containing non-nutritive/artificial sweeteners is prohibited.
- (d) Except for foods served in the school nutrition programs, no food or beverage shall be sold, served or distributed to students in elementary schools from the time the first child arrives at school until 20 minutes after all students are served lunch.
- (e) Foods and beverages shall not be offered as a reward or used as a means of punishment or disciplinary action for any student during the school day. Foods and beverages may not be sold, served or distributed in competition with the federal child nutrition programs in the child nutrition areas during the meal service periods. Other foods and beverages may not be sold, served or distributed in such a way as to encourage the distribution or purchase of these items as a ready substitute for, or in addition to, reimbursable meals. Wherever and whenever foods are sold, served or distributed on school premises, outside the school day, such foods shall include nutritious choices.
- (f) Food and beverage contracts must comply with WV126 CSR 202, WVBE Policy 8200, Purchasing Policies and Procedures Manual for Local Educational Agencies. All contracts shall be approved and signed by the county board or the county superintendent, if approval authority has been delegated by the board to the superintendent. County boards of education are statutorily created and given authority to contract. Individual schools do not have such authority. All food and beverage contracts or agreements regarding public schools and vendors shall meet all purchasing standards as set forth in policy and code and shall be competitively negotiated. Contracts that extend beyond a fiscal year shall contain a clause allowing the board to terminate the contract at the end of each year. Contracts shall facilitate the WVBE efforts to offer and promote nutritious food and beverage choice.

L. Special Dietary Considerations and Food Allergies.

- (a) 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. Direct school deliveries of food and beverages by local vendors and restaurants are prohibited. Organized food events and celebrations held during the school day shall be regulated and monitored by school personnel to meet the requirements of this policy.
- (b) Special care and consideration must be taken regarding any and all scenarios where students with special dietary needs and food allergies are present.
- (c) Only a parent, guardian, or family member may deliver outside foods and beverages to a child at school. This does not apply to food that is provided for a special event inclusive of all students in the class provided that the food is prepackaged.
- (d) Local wellness policies that are set and maintained at the local county level are a federal requirement. Snacks provided to students during the school day will meet standards set by Raleigh County Schools in accordance with the Raleigh County Board of Education's wellness policies. When schools allow outside, prepackaged food to be made available for the general student population, the school must communicate with parents/guardians food and beverages that meet nutrition and safety standards for classroom snacks and celebrations. Students with special dietary needs and food allergies must be considered at all times when outside foods are provided in a general setting. Schools should operate with the utmost care and caution when allowing

outside foods to be provided to students. School health teams can serve as resources.

- (e) Each school will be responsible for (1) monitoring the ingredients of pre-packaged foods and beverages brought in for organized food events and celebrations held during the school day and (2) ensuring that no pre-packaged foods and beverages are brought into classrooms with students who have known food allergies.
- (f) Students with disabilities who have chronic conditions, including but not limited to asthma, diabetes, gastrointestinal disorders, cardiac disorders, and know food allergies are eligible for a locally developed Individualized Health Care Plan (IHCP) developed by the certified school nurse; a Section 504 Plan; or an Individualized Education Program (IEP) inclusive of a Medical Statement for Special Dietary Needs.
- (g) All public schools are required to report any reactions resulting in the administration of epinephrine injections and administration of naloxone in their county. Other food safety concerns including contaminants such as drugs, chemicals, microorganisms and unknown substances, allergic reactions, medication incidents, etc. shall also be reported. The incidents shall be reported to the West Virginia Poison Center by calling 1-800-222-1222 after emergency medical services has transported the student or staff member to acute care. The notification should include the name of the student, the student's age and gender, date and the approximate time the incident occurred, symptoms observed, who administered the injection, the name of the school the student attends, a contact telephone number, if appropriate the rationale for administering the injection, the response to the epinephrine administration, the dose of epinephrine administered, and any other necessary elements to provide a complete report for the individual situation. The West Virginia Poison Center will provide the expertise during a potential concern, and will work collaboratively with schools and parents/guardians and provide data upon request to the public schools, local boards of education, and annually to the State Superintendent of Schools.

M. Marketing Other Foods and Beverages During the School Day.

- (a) 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 shall comply with the standards set forth in this policy.
- (b) Raleigh County Schools minimizes marketing other foods and beverages in the high school setting by locating their distribution in low student traffic areas and by ensuring that the exterior of vending machines does not depict commercial logos of products or suggest that the consumption of vended items conveys a health or social benefit.

N. A LA CARTE Sales.

To operate school-based nutrition programs as efficiently as possible, while maximizing federal reimbursement and minimizing the overall cost to the county, all meals must be priced and served as a unit. Only fluid milk, non-fat and/or 1% low-fat milkshakes and bottled water may be sold as a la carte items for breakfast and lunch at any grade level.

O. Availability of Drinking Water.

Schools participating in the NSLP must make potable water available to children at no charge where meals are served during the meal service. Schools shall make water available throughout the school day at no charge.

P. Sharing of Foods and Beverages.

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Q. Celebrations.

Schools should limit celebrations that involve food during the school day to no more than one party per class per semester.

R. Rewards and Penalties.

(a) Students shall not be penalized due to unpaid and/or outstanding meal debt. This includes, but is not limited to, denial of meals, prohibition of participating in extra-curricular activities, the denial of participation in graduation, and/or the refusal of transcript requests. Students shall not be denied a meal or served an alternative meal as a result of unpaid meal debt. All communication addressing financial matters shall be directed to the child's parents/guardians. Practices including, but not limited to, putting stickers or wristbands on children to remind parents/guardians to pay unpaid fees are prohibited. Schools are prohibited from identifying or stigmatizing students with meal debt or requiring them to complete chores or work in exchange for meals.

(b) Food and beverages shall not be offered as a reward and/or used as a means of punishment or disciplinary action for any student during the school day.

(c) See RCBOE Policy B.6.3: Collection Policy regarding collection of student debt.

S. Fundraising.

Fundraising done during the school day is to follow the same nutritional guidelines set forth in WVDBE Policy 4321.1 under Nutrition Standards for other food and beverages. Organizations/groups are highly encouraged to do fundraising based on the use of non-food items to raise funds.

2.3. Physical Education and Physical Activity.

A. The Raleigh County Board of Education adopts the Healthy Lifestyles Act to ensure that all Raleigh County students receive adequate time during the school day for physical activity.

B. Movement activities will be integrated into the core curriculum.

C. Opportunity for appropriate movement experiences will be available to enhance the Physical Education program and emphasize lifelong fitness.

D. School staff should model physical activity in order to promote active lifestyles.

E. The primary goals for physical activity and physical education are to provide opportunities for every student 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. There are numerous opportunities for schools to help students meet the Centers for Disease Control and Prevention's (CDC) recommendation of 60 minutes of physical activity daily for children and adolescents. Raleigh County Schools promotes a

comprehensive physical activity program which encompasses a variety of opportunities for students to be physically active including; physical education, recess, before/after-school physical activity programs, health education that includes physical activity as a main component, intramurals, interscholastic sports, and physical activity breaks within the regular classroom on a daily basis.

F. Physical Education.

Raleigh County Schools recognizes that quality Physical Education (PE) is vitally important to ensuring students engage in physical activity over their lifetime. The physical education curriculum is aligned with academic standards (WVBE Policy 2520.55 and Policy 2520.6), comprehensive in scope and sequence, and follows the SHAPE standards. The curriculum shall meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play, and responsible participation. The program shall be provided with adequate space and equipment and conform to all applicable safety standards. Per Senate Bill 785, and House Bill 2816, each child enrolled in public schools of this state will actively participate in physical education classes during the school year to the level of his or her ability.

- (1) All classes shall be taught by certified, licensed Physical Education teachers.
- (2) Physical education staff will receive professional development and adequate training in physical education on a yearly basis.
- (3) Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Recess at the elementary level and intramurals at the secondary level are prohibited from taking the place of physical education.
- (4) Students will spend at least 50 percent of physical education class time participating in moderate to vigorous-intensity physical activity in all or most lessons. (WVBE Policy 2510)
- (5) The FITNESSGRAM® shall be administered to all students in grades 4 – 8 and the year credit taken in high school. (W. Va. Code §18-2-7a)
- (6) Schools not having the number of certified physical education teachers or required physical setting may develop alternate programs that will enable current staff and physical settings to be used to meet the physical education requirements. Alternate programs shall be submitted to the WVDE and the Healthy Lifestyle Council for approval.

G. Physical Activity.

- (1) In order to enhance the critical link between physical activity and brain functioning for students in grades Kindergarten-5, physical activity in the form of recess or informal physical activity will be provided for no fewer than 30 minutes daily for all students. (WVBE Policy 2510)
- (2) WV Universal Pre-K classrooms are required to offer no less than 60 minutes of daily outdoor activity (when weather allows), and physical activity is provided through an integrated approach as part of the comprehensive curricular framework. (WVBE Policy 2525)
- (3) In middle schools opportunities will be provided for 30 minutes of moderate to vigorous integrated informal physical activity daily to keep middle grades students physically active. Opportunities should be provided for 30 minutes of moderate to vigorous integrated informal physical activity daily to keep high school students physically active. This can be accomplished through clubs, intramurals, and interscholastic sports. Wellness education should target widespread behaviors that undermine the health and resulting capacity for personal success during adolescence. (WVBE Policy 2510)
- (4) Schools are encouraged to register as Active Schools, and teachers are encouraged to use its Resource Guide in their planning of daily physical activities. (<https://www.activeschoolsus.org/>)
- (5) Schools are discouraged from the use of physical activity and withholding of other forms of physical activity, such as recess, as punishment unless the safety of students is in question.

- (6) Raleigh County Board of Education Policy F.2: Community Relations allows for community use of facilities for physical activity outside of the school day.

2.4. Other School-Based Activity.

- A. National Physical Fitness and Sports Month – Schools will participate in this event each May and shall make every effort to involve the community they serve in the related events. (SB 785, HB 2816)
- B. Schools will participate in state-wide physical activities established by the WVDE.
- C. Raleigh County Schools highly values the personal efforts by staff to maintain a healthy lifestyle. Each school will maintain a wellness council that meets at least quarterly to address the needs of each school including staff wellness. Staff will be offered wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity, and other activities that support staff and student wellness.

2.5. Health Services.

- A. 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.
- B. The Raleigh County Board of Education adopts West Virginia Code §16-3-4 to ensure students are properly immunized and free from communicable diseases.
- C. Staff members will be encouraged to serve as role models for healthy practices.
- D. Staff will collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
- E. Staff will adapt nutrition and physical activity to meet the special health needs of students.
- F. The School Health Services Department will make the community aware of available School Health Services.

II. Wellness Policy Implementation and Monitoring.

2.1. Wellness Policy committee members will be appointed by the superintendent of Schools and will meet periodically throughout the school year. Committee members will include:

- 1. Board of Education member
- 2. Superintendent of Schools
- 3. Director of Child Nutrition
- 4. Director of School Health
- 5. Contract Dietician
- 6. School Principal
- 7. Elementary Teacher
- 8. Secondary Teacher
- 9. Elementary Parent
- 10. Secondary Parent
- 11. Student Committee Representative
- 12. College Student
- 13. Community Leaders

- 14. School Nurse Liaison
- 15. Wellness Coaches

- 2.2. Each school will designate a staff member as the Wellness Coach.
- 2.3. Physical education teachers and school health professionals will be permitted to participate in the development, implementation and periodic review and update of the Local Wellness Policy (LWP).
- 2.4. The Alliance for a Healthier Generation’s Healthy Schools Program Assessment (School Health Index) will be used as an evaluation tool to measure the implementation of the LWP, including the extent to which schools are in compliance with LWP and a description of the progress made in attaining goals of LWP. The assessment results will be made available to the public on the Raleigh County Schools’ website.
- 2.5. The superintendent will designate one or more LEA officials or school officials to ensure that each school complies with the LWP.
- 2.6. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new and federal initiatives, local evaluation data, changing district priorities, and other issues.

III. Recommendations.

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

IV. Severability.

If any provision of this policy or application thereof to any person or circumstance is held invalid, such invalidity shall not affect other provisions or applications of this policy.

Reference: Healthy, Hunger-Free Kids Act of 2010, WVBE Policy 4321.1, WVBE Policy 2510, WVBE Policy 2520.55, WVBE Policy 2520.6, WV Senate Bill 785, WV H. B. 2816, RCS Policy B.6.6, RCS Policy F.2, WV Code §18-2-7a

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