

STUDENT WELLNESS 2022-2023

I. Policy Statement

The Board of Education of the Scott County School District support the health and well-being of the District's students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by the District meet or exceed the federal nutritional guidelines issued by the U. S. Department of Agriculture.

II. Wellness Policy Leadership

The designated official for oversight of the wellness policy is the School Nutrition Supervisor. The official shall convene the Wellness Committee and lead the review, updating and evaluation of policy.

Weber City Elementary School's designated site coordinator is Kayla Dickenson, Physical Education teacher.

III. School Wellness Committee

To assist in the creation of a healthy environment, the District shall establish a Wellness Committee that will provide ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than 3 times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

The Committee shall consist of a diverse group of stakeholders to participate in the development, implementation, periodic review and updating of the Wellness Policy.

Committee members for Weber City Elementary School – Kayla Dickenson (site coordinator & PE teacher), Kari White (Assistant Principal), Kandace Haigler (teacher), Hope Hensley (school nurse), and Kimi Humphries (parent).

IV. Goals

The Board of Education of the Scott County School District has established the following goals to promote student wellness.

A. Nutrition Education

1. Nutrition topics shall be integrated within the comprehensive health education curriculum taught in every grade level.

2. The entire school environment, not just the classroom shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical exercise.

3. Nutrition education will incorporate helping children acquire skills for reading food labels and menu planning.

- *Weber City participated in the 5210 Nutrition Grant and has incorporated strategies within the school.*

4. Nutrition education curriculum is aligned with state and federal learning objectives

School District: Scott County Schools

and standards.

5. Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).

- Weber City Elementary links nutrition education activities with the coordinated school health program.

7. Staff who provide health education, culinary arts, and nutrition/wellness classes will have appropriate training and/or licensure.

8. The level of student participation in the school breakfast and school lunch programs is appropriate.

- *Weber City Elementary is enrolled as a Team Nutrition School, and we conduct nutrition education activities and promotions that involve parents, students, and the community.*
- *At Weber City Elementary, we send home a newsletter with report cards each nine weeks highlighting aspects of health, wellness, and physical activity.*

10. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.

B. Physical Activity

Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.

1. Students are given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, physical activity clubs, and other after school programs.

- *Weber City Elementary teachers allow students daily "brain breaks" where students participate in stress relief, yoga, movement practices and other physical activities*
- *Weber City Elementary hosts the Boys & Girls Club of Scott County, an after school program, that incorporates physical activities and health related curriculum in their daily operations.*
- *Weber City Elementary students participate in sports programs at local churches, through little league, Scott County Parks & Recreation, and community travel ball programs.*
- *Weber City Elementary staff and students compete friendly in monthly athletic games. (kickball, volleyball, relays, etc.)*

2. Weber City Elementary School encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

- *Weber City Elementary offers a yearly program where students learn dances and perform for their families.*

3. Weber City Elementary School provides training to enable staff to promote enjoyable, lifelong physical activity among students.

- *Weber City Elementary participated in the 5210 Grant program in the Spring of 2021 which educated all staff and students about nutrition education and the importance of*

School District: Scott County Schools

a healthy lifestyle. WCE plans to continue multiple activities this year that were added last year. This includes but is not limited to our school wide scavenger hunt for Thanksgiving and St. Patrick's Day celebrations, Lucky loop walk, and Teacher call-in extra PE winner for the day.

C. Other School-based Activities

1. Fresh fruit/vegetable snacks are offered daily, when grants are available, to certain elementary schools that meet the criteria of 75% free & reduced lunches.
2. Grab-N- Go Breakfast is available at Weber City Elementary to ensure every child has an opportunity to eat a nutritious breakfast.
3. An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
4. All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
 - *All Weber City Elementary Students are currently participating in Free Breakfast and lunch due to the Community Eligibility Provision program.*
5. Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.
6. School staff are encouraged to model healthy eating behaviors.
7. The commonwealth of Virginia mandated screenings for students are performed within the guidelines set up by the Code of Virginia. Appropriate referrals are then completed for hearing, vision, and dental.
8. The Scott County Health Department, in conjunction with Lee County & Wise County Health Departments, provide free dental screenings by a dental hygienist.
9. VA SMILES dental program offers our students dental cleanings, sealants, cavity fillings, extractions, x-rays, and makes referrals for further surgical needs. They see the students twice a year.
10. The Scott County Health Department offers Flu vaccines to all eligible students and staff members in the fall for those that are interested.
11. Scott County Health Department offers upcoming 7th grade students their T-dap boosters, to be given in the school with the assistance of the school health nurse/aide.
12. School Health Services cooperates with the Scott County Health Department in tracking communicable diseases, influenza and influenza like illnesses to monitor the health status of our students.
13. Individual classroom activities are provided by the school nurses to the students for nutrition, health and hygiene as requested by teachers & principals.
14. Blood Borne Pathogens training is given to the staff on a yearly basis. CPR/1st Aide training is offered for those staff who are mandated by the state of Virginia to be certified in order to perform their job duties/skills.

D. Nutrition Guidelines

1. Nutritional standards for the school breakfast and school lunch programs, a la carte items, and after school snacks meet or exceed state and federal standards.
2. All food and beverages sold and served outside the school meal program ("competitive" foods and beverages) shall, at a minimum, meet the standards established in the USDA's Nutrition Standards for all Foods Sold in Schools (Smart Snacks) rule.

School District: Scott County Schools

3. The nutritional content of foods and beverages donated for class parties or other school events is considered.
4. Marketing: Weber City Elementary will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.
5. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity are in place.
6. When drinking fountains are not present in the cafeteria, water cups/jugs are available.
7. Menus shall be posted on the district and school websites.
8. Weber City Elementary allows up to 30 exempt fundraisers per school year. All other fundraisers sold during the school day must meet Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

E. Community Engagement

1. The District shall provide information on how the public can participate in the school wellness committee on an annual basis.

F. Monitoring and Evaluation

1. The District wellness policy shall be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or new federal or state guidance are issued.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer, and lender