

A POLICY STATEMENT
OF
THE HANCOCK COUNTY BOARD OF EDUCATION
New Cumberland, West Virginia 26047

Hancock County Schools
Wellness Policy

Schools, home and community play a strong role in the lives of young people. By educating them about healthy eating habits and physical activity, we encourage lifelong wellness.

In order to promote the health and wellness in our students and staff, Hancock County will pursue development in the following areas:

- I. Nutritional Education – Provide education in grades Pre K-12 that is interactive and teaches the skills students need to adopt a healthy eating behavior.

GOALS:

- A. Students will receive nutrition education in the classroom from qualified staff, parents, and the community
 - B. Meet nutritional standards through meals and all foods available on school campus
 - C. Provide additional training for all staff to encourage a healthy eating lifestyle
 - D. Provide information to parents on the nutritional guidelines for students at home and school (newsletter, PTA/PTO, etc.)
- II. Physical Activity – All students in grades Pre K-12 will receive physical education as prescribed by the West Virginia Department of Education.

GOALS:

- A. Teach skills and provide knowledge to develop and understand the long term, benefits of a physically active lifestyle
 - B. Provide daily activity through physical education classes, recess, intramurals, interscholastic and community activity
 - C. Provide wellness programs for staff members
 - D. Engage parents and community to meet wellness goals (newsletters, PTA/PTO, etc.)
- III. School Wellness – Other school-based activities that promote student wellness:

GOALS:

- A. Provide staff development in areas of nutrition, stress management, blood pressure, diabetes, asthma and personal wellness
- B. Provide trainings/programs in CPR, first aid and disease prevention to professional and service personnel staff
- C. Provide parents/guardians with information regarding student wellness through information provided on the county web-site
- D. Encourage each school to develop sit-based wellness activities (Walk Across America, Health Fairs, etc.)

As a means of promoting student health and reducing childhood obesity, each school and office location will meet/exceed the standards for child nutrition for all food and beverages available to students on school premises.

1. Organized food events and celebrations held during the school day will follow state policy and shall be regulated and monitored by school personnel.
2. Beverage machines will not contain soft drinks at any school or office location.

The Hancock County Wellness Committee consists of various members of the school system and community. Individuals include, but are not limited to: School Wellness Representative, Nurse, Administrator, Parents, WVU Extension Office Representative, School Board Member, RESA VI Wellness

Representative, Business and Community Representative and PTA/PTO Representatives.

Bi-annually, by May 15 of the school year, the county Wellness Committee will convene, evaluate, and document the success of the policy implementation. If necessary, revisions to the policy will also be made at that time.

Implementation of the above policy, which is posted on the Hancock County School Website, will ensure that Hancock County Schools fulfills our role in promoting positive life-long habits through education and wellness.

This replaces policy JL/JLC revised on May 27, 2008.

Date adopted: June 12, 2006
Date revised: May 27, 2008
Date revised: April 28, 2010
Date revised: March 26, 2012

The above Policy Statement is an integral part of the Official Policy Manual of this Board of Education as of the date shown adopted.