GOAL I: NUTRITION EDUCATION

Objectives and Activities:

1.1 Nutrition education must be an integral focus of health education and physical education.

1.1.1. All schools will become a team nutrition school.
1.1.2. Each school will be encouraged to have an annual health fair.
1.1.3. Nutrition education will be integrated into other areas of curriculum such as math, science, language arts and social studies.
1.1.4. The staff responsible for nutrition education will be adequately prepared and participate in regular professional development activities to effectively deliver an accurate nutrition education as planned.
1.1.5. Nutrition education will involve sharing information through monthly newsletters with families to positively impact students and the health of the community.
1.1.6. Schools will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

1.2 Schools will actively participate in National School Lunch Week and National School Breakfast Week.

1.2.1. Annual activities will be provided through the School Nutrition Association.
1.2.2. Schools will offer rewards for students participating in National School Lunch Week and National School Breakfast Week.
1.2.3. All schools will encourage nutrition promotions, such as contest, taste testing, farm visits, etc., especially during National School Lunch Week and National School Breakfast Week.
1.2.4. Students will be encouraged to start each day with a healthy breakfast.

1.3 Nutrition Education can become part of school celebrations and parties.

1.3.1 Students can learn that all foods are beneficial and play a key role in the diet, if consumed in moderation.
GOAL II: PHYSICAL ACTIVITY

Objectives and Activities:

2.1 Physical activity will be incorporated into subjects other than physical education.

2.1.1. Movement can be made a part of science, math, social studies and language arts.
2.1.2. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
2.1.3. Consider a daily recess period, which is not used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
2.1.4. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
2.1.5. Equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
2.1.6. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
2.1.7. Information will be provided to families to help them incorporate physical activity into their student's lives.
2.1.8. Schools will encourage families and community members to support physical activity.

2.2 Schools should consider making fundraising activities physical in nature (walk-a-thon, jump-a-thon, etc.).
GOAL III: PROGRAM REQUIREMENTS & NUTRITION STANDARDS

Objectives and Activities:

3.1 Calhoun County Schools will continue to develop countywide menus for lunch that meet the nutritional requirements of WVDE Policy 4321.1. Breakfast menus will be posted in schools one week in advance.

3.1.1. Provide opportunity for food service personnel (especially cafeteria managers) to assist in development of menus.
3.1.2. Provide training for food service personnel regarding meal pattern requirements.
3.1.3. Provide opportunity for students at the middle and high school to have an input in the development of menus.
3.1.4. Analyzing menus through Nutri-Kids will be implemented.

3.2 Recipes used for school meals will be reviewed and adjusted to meet requirements for the USDA’s Dietary Guidelines and comply with Policy 4321.1.

3.2.1. The usage of USDA’s Standardized Recipes will be recommended.

3.3 Students will be provided a positive atmosphere to eat their meals.

3.3.1. Schools should encourage student participation in school breakfast by ensuring they have at least ten minutes of eating time for breakfast.
3.3.2. In planning annual schedules, students should be allotted twenty minutes at least to eat lunch.
3.3.3. All students should have a clean and attractive cafeteria to enjoy their meals.
3.3.4. Posters that promote making healthy choices can be displayed in the cafeteria and then throughout the entire school.
3.3.5. Drinking water is available for students at meals.
3.3.6. Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student’s Individualized Education Plan (IEP).

3.4 Schools should encourage more students to participate in both breakfast and lunch daily.

3.4.1. Schools should actively participate in National School Lunch and National School Breakfast Weeks.
3.4.2. Schools are encouraged to promote school breakfast to all students.
3.5 All school based organizations will be encouraged to comply with the current USDA Dietary Guidelines for Americans:

3.6 Food providers will take every measure to ensure that student access to foods and beverage meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

3.7 Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

3.8 Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.

3.8.1 Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school

3.8.2 Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.
GOAL IV: OTHER SCHOOL BASED ACTIVITIES

Objectives and Activities:

4.1 All schools will be in compliance with foods made available to students as required by WVDE Policy 4321.1, Standards for School Nutrition.

4.1.1. All school administrators will be provided with an updated copy of Policy 4321.1 that became effective November 17, 2004.
4.1.2. School Personnel will be updated on changes to state policy and state law as changes are made.
4.1.3. Staff development will be provided for administrators, teachers, support staff, food service staff, students and parents, where applicable, on Policy 4321.1

4.2 Promote and encourage students on selecting nutritional beverages and snacks.

4.2.1. Explore the opportunity of milk vending and/or the sale of milk as a snack at all schools.
4.2.2. Calhoun County Schools students will be actively involved in review of current foods available in snack machines and making recommendations on appropriate and inappropriate snacks.
4.2.3. In order to set a positive example for students, schools boosters clubs, parent associations, etc. are discouraged from selling foods that do not meet USDA Dietary Guidelines. Any foods sold for fundraising purposes, which do not meet the USDA Dietary Guidelines, shall not be made available for consumption during the school day.

4.3 After-school programs will encourage physical activity and healthy habit information.

4.4 Local Wellness Policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).

4.5 Support for the health of all students is demonstrated by helping to enroll eligible children in Medicaid and other state children’s health insurance programs.
Resources

WV Dept. of Health and Human Resources:  
http://www.wvdhhr.org/bph/oehp/obesity/default.htm

Center for Health Care in Schools, George Washington University:  
http://www.heathinschools.org

United States Department of Agriculture – Team Nutrition:  
http://www.fns.usda.gov/tn/

School Nutrition Association:  www.schoolnutrition.org

American Food Service Association:  www.asfsa.org

Action for Healthy Kids:  www.ActionForHealthyKids.org

Why It Is Our Business.  CDC Healthy School Nutrition Power Point

Changing The Scene – Survey conducted with Calhoun County Schools  
Students and Local Wellness Policy Committee Members, April 2006