# STUDENT WELLNESS

I. Policy Statement

The Scott County School Board recognizes that children and youth who begin each day as healthy individuals learn more and better and are more likely to succeed in the educational setting.

II. Goals

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

A. Nutrition Education

1. Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
2. Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.
3. Students receive consistent nutrition messages from all aspects of the school program.
4. Division health education curriculum standards and guidelines, when applicable, address both nutrition and physical education.
5. Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
6. Schools link 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.
9. Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students, and the community.
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.
2. Schools encourage 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.
3. Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

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 65% free & reduced lunches .
2. An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
3. All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
4. Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.
5. School staff are encouraged to model healthy eating behaviors.
6. 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.
7. The Scott County Health Department, in conjunction with Lee County & Wise County Health Departments, provide the services of a dentist and a dental assistant to the students of Scott County Schools. A dental trailer is moved from one school to another during the school year to provide dental care.
8. The Lenowisco Health District provides free fluoride treatments to all elementary schools. This service has been offered on a yearly basis, starting in September –May. Fluoride is administered to participating students on a daily basis.
9. The Scott County Health Department offers Flu vaccines to all eligible students and staff members in the fall for those that are interested.
10. Scott County Health Department offers upcoming 6th grade students their T-dap boosters, to be given in the school with the assistance of the school health nurse/aide.
11. 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.
12. Individual classroom activities are provided by the school nurses to the students for nutrition, health and hygiene as requested by teachers & principals.
13. 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. The nutritional content of foods and beverages donated for class parties or other school events is considered.
3. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and/or other areas accessible to students, and activities such as incentive programs, has been considered.
4. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity are in place.
5. Foods and beverages sold in vending machines meet or exceed state and federal standards.

III. Implementation

The Food Service Supervisor will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success. The Wellness Committee along with the help of the Nursing Coordinator will update the policy as needed.