

**SHOEMAKER ELEMENTARY  
STUDENT WELLNESS  
2022-2023**



**I. Policy Statement**

Shoemaker Elementary 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 Physical Education teacher. The official shall convene the Wellness Committee and lead the review, updating and evaluation of policy.

Each school shall designate a site coordinator who shall ensure compliance with the policy.

**III. School Wellness Committee**

To assist in the creation of a healthy environment, the Shoemaker Elementary 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.

#### **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 at every grade (k-12)
2. The entire school environment, 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.
4. Nutrition education curriculum is aligned with state and federal learning objectives and standards.
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 provides health education 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, physical activity clubs, and promote other afterschool activities (rec. volleyball, rec. basketball, Upward

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Basketball, Little league baseball/softball, Little league football, 3:16 Flag Football, cheerleading, dance classes, and 3:16 soccer).

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. Grab-N- Go Breakfast is available in all Scott County Schools to ensure every child has an opportunity to eat a nutritious breakfast.
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 free dental screenings by a dental hygienist.
8. 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.
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 6<sup>th</sup> 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/1<sup>st</sup> 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.
3. The nutritional content of foods and beverages donated for class parties or other school events is considered.
4. Marketing: Schools 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. The District 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. Shoemaker Elementary shall provide information on how the public can participate in the school wellness committee on an annual basis.

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### F. Monitoring and Evaluation

1. The Shoemaker Elementary 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.

#### NONDISCRIMINATION POLICY

In compliance with the Executive Order 11246; Title II of the Education Amendments of 1976; Title VI of the Civil Rights Act of 1972; Title IX Regulation 1964 and Implementing Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973; the Genetic Information Nondiscrimination Act (GINA) of 2008 and all other Federal, State, School rules, laws, regulations, and policies, Scott County Public Schools shall not discriminate on the basis of race, color, religion, national origin, political affiliation, gender identity, sexual orientation, gender/sex (including pregnant and parenting students), age, marital status, disability, or genetic information in any educational program including vocational education for career and technical students, daily activities or extra-curricular activities, or the admission to such programs or activities, and provides equal access to the Boy Scouts and other designated youth groups. Contact Brenda Robinette Nondiscrimination Compliance Officer, Jason Smith, Jennifer Frazier, Tammy Quillen, or Reagan Mullins at 276-386-6118, Scott County School Board Office for further information pertaining to nondiscrimination or to file a complaint.

#### POLÍTICA DE NO DISCRIMINACIÓN

En cumplimiento de la Orden Ejecutiva 11246; Título II de las Enmiendas de Educación de 1976; Título VI de la Ley de Derechos Civiles de 1972; Título IX Reglamento de 1964 y Aplicación de las Enmiendas a la Educación de 1972; Artículo 504 de la Ley de rehabilitación de 1973; la Ley de No Discriminación de Información Genética (GINA) de 2008 y todas las demás reglas federales, estatales, escolares, leyes, regulaciones **ypolíticas**, las Escuelas Públicas del Condado de Scott no discriminarán por motivos de raza, color, religión, origen nacional, afiliación política, identidad de género, orientación sexual, género / sexo (incluidos los estudiantes embarazadas y padres), edad, estado civil, discapacidad o información genética en cualquier programa educativo, incluida la educación vocacional para estudiantes profesionales y técnicos, actividades diarias o actividades extracurriculares, o la admisión a dichos programas o actividades, y proporciona igualdad de acceso a los Boy Scouts y otros grupos de jóvenes designados. Póngase en contacto con Brenda Robinette Nondiscrimination Compliance Officer, Jason Smith, Jennifer Frazier, Tammy Quillen o Reagan Mullins al 276-386-6118, Scott County School Board Office para obtener más información relacionada con la no discriminación o para presentar una queja.

