

## *TWIN SPRINGS HIGH SCHOOL WELLNESS POLICY 2022-23*



### **I. Policy Statement**

Twin Springs High School supports the health and well-being of the students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is district policy 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.

Twin Springs High 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 school shall establish a Wellness Committee that will provide ongoing review and evaluation of the Wellness Policy. The

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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.

### Wellness Committee:

**Jordan Mullins, Principal—Site Coordinator**

**Keith Warner, Assistant Principal**

**Tyler Webb, PE Teacher**

**Megan Ball, Nurse**

**Matt Bays, Teacher/Coach**

**Robin Tiller, Teacher/Coach**

**Jennifer Wallace, Parent/Community Member**

**Tina Gilmer, Parent/Community Member**

## IV. Goals

Twin Springs High School 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, 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.
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 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, and constantly encouraged.
9. 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.
10. Twin Springs High School offers daily nutritional information in the cafeteria to promote healthy lifestyles and food choices.

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11. Twin Springs High School's Nutrition and Wellness class creates posters to place throughout the school to promote a healthy wellbeing.

### **B. Physical Activity**

Students are given opportunities for physical activity during the school day through physical education (PE) classes, 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. Twin Springs High 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.
3. Twin Springs High School provides training to enable staff to promote enjoyable, lifelong physical activity among students.

### **C. Other School-based Activities**

1. Twin Springs High School offers fresh fruit daily at lunch.
2. Grab-N- Go Breakfast is available at Twin Springs High Schools 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 at Twin Springs High School are given breakfast and lunch each day at no charge.
5. Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.
6. Twin Springs High 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 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.

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12. School Health Services cooperates with the Scott County Health Department in tracking communicable diseases including, but not limited to, COVID-19, influenza, and influenza like illnesses to monitor the health status of our students.
13. Scott County and Twin Springs High School follow all guidance and procedures given by the CDC, VDH, and the State of Virginia regarding COVID-19 and quarantine.
14. The wearing of masks is optional to be worn by staff and students throughout the day. Any antagonizing or harassment toward staff/students choosing to wear a mask is strictly prohibited.
15. Deep cleaning and sanitizing are still being done each day throughout the campus in an attempt to prevent sickness.
16. Individual classroom activities are provided by the school nurses to the students for nutrition, health and hygiene as requested by teachers & principals.
17. 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. Water filling stations are available to all students and staff, both upstairs and on the main level. There is also a water filling station in the boys basketball locker room.
7. Menus shall be posted on the district and school websites.

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8. Twin Springs High School is allowed 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. Twin Springs High School shall provide information on how the public can participate in the school wellness committee on an annual basis.

### **F. Monitoring and Evaluation**

1. Twin Springs High School 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.

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