

# Local School Wellness Policy

## Wythe County Public Schools Implementation 2021





# Local School Wellness Policy

## Wythe County Public Schools Implementation 2021

### Table of Contents

Leadership.....	3
Public Involvement <sup>1</sup> .....	3
School Health Advisory Board <sup>2</sup> .....	3
School Meals <sup>1</sup> .....	3
Foods Sold Outside of the School Meal Programs (Smart Snacks) <sup>1</sup> .....	5
Foods Provided, Not Sold <sup>1</sup> .....	6
Food and Beverage Marketing <sup>1</sup> .....	6
School-Sponsored Fundraisers <sup>3</sup> .....	7
Nutrition Education <sup>1</sup> .....	7
Nutrition Promotion <sup>1</sup> .....	9
Physical Education/Physical Activity <sup>1</sup> .....	9
Other Activities that Promote Student Wellness <sup>1</sup> .....	12
Triennial Assessment <sup>1</sup> .....	14
Public Update and Information <sup>1</sup> .....	14
Recordkeeping.....	15
Definitions.....	15
Appendix A: School Health Advisory Board Contacts.....	16
Appendix B: School Wellness Coordinator Contacts.....	18
Appendix C: Healthy Celebrations and Rewards.....	19

## **Leadership<sup>1</sup>**

The School Health Coordinator, with support from the School Wellness Committee, shall implement and ensure compliance with the Local School Wellness Policy (Wellness Policy) by leading the review, update, and evaluation of the policy.

## **Public Involvement<sup>1</sup>**

The division will invite a diverse group of stakeholders from the list below and the public to participate in the development, implementation, and periodic review of the Wellness Policy. The public will be notified through the division website for opportunities to participate.

- Administrators
- Classroom teachers
- Physical education teachers
- School food authority (SFA) representatives
- School nurse
- Community members
- Students
- Parents
- School Board members
- Medical/Healthcare professionals
- Virginia Cooperative Extension agents
- Local farmers, chefs, or nutritionists

## **The Wythe County Public School Wellness Committee<sup>2</sup>**

Wythe County Public Schools will convene a representative School Wellness Team (SWT) that meets at least twice per year to establish goals for and oversee school health policies and programs. This board assists with the development, implementation, and periodic review of the Wythe County Public School Wellness Policy. The SWT will include representatives from each school and reflect the diversity of the community to the greatest extent possible. Refer to Appendix A for a list of participants of the School Wellness Team.

Each school building principal will designate a wellness policy coordinator who will ensure compliance with the policy and establish an ongoing school wellness committee that convenes the review of school-level issues in accordance with the division wide SWT on an annual basis. Refer to Appendix B for a list of school-level wellness policy coordinators.

## **School Meals<sup>1</sup>**

All schools within Wythe County Public Schools (the District) participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and Summer Food Service Program (SFSP) and/or any additional federal meal program(s) the division or school participates in. All meals served to students meet or exceed current nutrition requirements established under

the Healthy Hunger-free Kids Act of 2010, as specified in the Code of Federal Regulations at [7CFR210.10](#) and [7CFR220.8](#).

Wythe County Public Schools is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Meals feature minimally processed and scratch cooked foods from local sources to the greatest extent possible. The meals served meet the nutrition needs of students within their calorie requirements and are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving. The school meal programs aim to improve the diet and health of schoolchildren, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Meal patterns and nutrition standards align with the nutrition recommendations of the Dietary Guidelines for Americans. For more information on the United States Department of Agriculture Food and Nutrition Service (USDA-FNS) child nutrition programs, visit the [USDA-FNS Child Nutrition Programs website](#).

Every school within the Wythe County Public School system will provide breakfast through at least one alternative breakfast service model in addition to the traditional breakfast service in the cafeteria to encourage breakfast consumption and ensure access for every student. Alternative breakfast models include:

- Breakfast in the Classroom – Students eat breakfast in the classroom with their classmates and teacher. Breakfast can be served after the first bell or when students arrive but before the beginning of the official instructional day. Breakfast meals can be delivered to each classroom or picked up from a central location (e.g., cafeteria or kiosk) on the way to class.
- Grab-and-Go Breakfast – Students pick up breakfast meals as they arrive at school and eat in their classroom. Meals are available in a variety of locations, such as mobile service carts equipped with a computerized point of sale or roster, and located at the school entrance, other high-traffic areas, or in the cafeteria. Food items are packaged as a unit to assure a reimbursable meal is received and to make this model convenient and appealing to students.
- Second Chance Breakfast - Students eat breakfast during a nutrition break in the morning, usually after first period, either in the cafeteria, from a mobile service cart, or in the classroom. Breakfast meals are usually packaged together to allow students to receive their breakfast in just a few minutes and get to their next class.<sup>2</sup>

Applications for free and reduced-price meals are sent home to all families at the beginning of the school year. The application is also made available on the division website. Wythe County Public Schools takes steps to protect the privacy of students who qualify for free or reduced-price meals. Students may not be overtly identified as receiving these benefits and the division has implemented plans to provide meals in a non-stigmatizing manner. All students enter their

student ID number in the cafeteria's point of sale system to receive a meal or purchase a la carte items. All students receive a reimbursement meal even if there are no funds on the students account

Available funding and resource allocation for student health and wellness are equitable across Wythe County Public School.

Students will be allowed adequate meal times counting from the time they have received their meal and are seated. Adequate meal times include at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

Wythe County Public Schools will accommodate students with special dietary needs and follow the USDA regulations outlined in [SP 59-2016](#) to make reasonable modifications to accommodate children with disabilities. This includes providing special meals, at no extra charge, to children with a disability that restricts their diet.

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as outlined in the [USDA Professional Standards for Child Nutrition Professionals website](#).

Wythe County Public Schools recognizes water as an essential nutrient and encourages students, staff, teachers, and administrators to model positive hydration behaviors. Wythe County Public Schools will comply with the [USDA regulation eCFR210.10](#) that requires free, potable water be provided in the cafeteria during breakfast and lunch. Water is not a replacement for milk at meals but rather an additional beverage available to students. Easy access to clean, safe, and good-tasting water is accessible to students and staff during and after the school day. Water sources, such as water fountains, water refill stations, or dispensers, will be regularly maintained. Students are allowed to carry clear water bottles throughout the school day filled with only water.

### **Foods Sold Outside of the School Meal Programs (Smart Snacks)<sup>1</sup>**

Wythe County Public Schools is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. All foods and beverages sold outside of the school meal programs shall meet the standards established in the [USDA-FNS Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#). These standards will apply in all locations and to all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

The District recommends that all snacks sold and served to students outside of school hours on the school campus, including before and after school care, clubs, and after school programming, will meet the same nutrition standards as food sold during the school day.

The District also recommends that all beverages containing caffeine not be sold on high school campuses.

The USDA's [Tools for Schools: Focusing on Smart Snacks website](#) provides resources to assist schools, parents, and teachers with identifying food items that meet the USDA-FNS Smart Snacks criteria and ways to encourage children to make healthier snack choices.

### **Foods Provided, Not Sold<sup>1</sup>**

Celebrating success or events with poor nutritional quality foods can undermine healthy eating messages and lead to unhealthy eating habits that can continue into adulthood. The division recommends that foods offered on the school campus meet or exceed the USDA-FNS Smart Snacks rule including those provided at celebrations or classroom snacks by staff or family members. Compliant products are available through Wythe County Public School's School Nutrition Department. Contact the school nutrition director for more information.

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Refer to Appendix C for a list of healthy celebration and snack ideas that meet the USDA-FNS Smart Snacks rule. The division will provide this list to parents, teachers, and students annually on the county website.

### **Food and Beverage Marketing<sup>1</sup>**

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA-FNS Smart Snacks rule. Marketing will promote healthy food and beverage choices.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product. Marketing on the school campus includes, but is not limited to:

- brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- brands, logos, or trademarks on school equipment, such as marquees, message boards, scoreboards, or backboards, and educational materials;
- brands, logos, or trademarks on cups, menu boards, coolers, recycle and trash cans, and other food service equipment;
- brands, logos, or trademarks on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the division;
- advertisements in school publications or school mailings;
- free product samples, taste tests, or coupons of a product; and

- The district recommends that this also include fundraisers and corporate-incentives programs.

### **School-Sponsored Fundraisers<sup>3</sup>**

The District recommends that fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the USDA-FNS Smart Snacks rule. Schools are encouraged to promote physical activity fundraisers such as walk-a-thons, jump rope for heart, and fun runs. Wythe County Public Schools will make available to parents and teachers a list of healthy fundraising ideas, such as these alternative [fundraising ideas from the Alliance for a Healthier Generation](#).

Any fundraiser that sells food or beverages, whether the items meet the USDA-FNS Smart Snacks rule or are exempt, may not be conducted during meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period. The income from any food or beverage sold to students during these times shall accrue to the non-profit nutrition program account.

Schools are permitted to allow no more than 30 school-sponsored fundraisers per school during the school day to be exempt from the USDA-FNS Smart Snacks rule in accordance with [Virginia Code 8VAC20-740](#).

The fundraiser designee approves, tracks, and monitors fundraisers to ensure compliance with the nutrition standards for school-sponsored fundraisers. The fundraiser designee for Wythe County Public Schools is the school principal, wellness policy designee, or other fundraiser designee; not a school nutrition personnel and a fundraiser-tracking document is kept on file in the main office.

### **Nutrition Education<sup>1</sup>**

Wythe County Public Schools will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion taught by school nurses as well as through cross curriculum activity that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Meets the Virginia Department of Education (VDOE) Health Standard of Learning (SOL) curriculum for all grades and is sequential and comprehensive in nature.
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities,
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods

- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs and cafeteria nutrition promotion activities

### **Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum for some grades a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Eating disorders ( on WCPS WEBSITE)
- Reducing sodium intake
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior
- School gardens and hydroponic gardens will be used for nutrition education and produce used in our cafeterias
- The Wythe County Website Nutrition page provides multiple resources for employees, parents and students as well as Nutrition education.

The school district supports **the integration of a farm to school program** into the school food program and the curricular and co-curricular activities as appropriate to facilitate the nutritional and educational goals of the school district.

## **Nutrition Promotion<sup>1</sup>**

Wythe County Public Schools will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
- An active school garden is operated and garden produce is offered in the cafeteria;

## **Physical Education/Physical Activity<sup>1</sup>**

Wythe County Public Schools will provide every student with physical education that strives to exceed the expectations of the VDOE [Physical Education SOLs](#) and teaches the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life. A program of physical activity is provided for all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the school year. A program of physical activity is available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the school year. Students will be moderately to vigorously active for at least 50 percent of class time during all physical education class sessions.

All physical education classes in Wythe County Public Schools are taught by licensed teachers endorsed to teach physical education. All physical education teachers will be required to participate in professional development at least once per year.

A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. Conversely, teachers may use non-food alternatives as rewards. For example, extra recess could be provided as an incentive if time allows. This does not include participation on sports teams that have specific academic requirements. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### **Physical Education (PE)**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education and follow the VDOEs SOL curriculum for PE.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All District **middle school students** are required to take 3 years of physical education classes and all high school students are required to take two classes, one semester for two years, of physical education. Middle and High School PE will consist of 150 minutes a week in the classes offered and meet the DOEs SOL curriculum requirements for PE.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Health Fitness Zone other appropriate assessment tool) and will use criterion-based reporting for each student (Fitness Gram tool data warehouse).

Additionally:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers in the District will be required to participate in at least a once a year professional development (PD) in education.
- Physical Education staff have a Health and PE Google classroom set up to offer PD opportunities and networking for staff.
- All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are granted on a limited basis.
- Support for the health of all students will demonstrated by promoting eligible children to the availability of Medicaid and other state children's health insurance programs.

- Height and weight will be collected and maintained on students in grades K, 3, 5, 7 and 10. This information will be utilized for division-wide but not individual data purposes.
- Dental screenings will be offered with parental permission. Parents will receive written notification of any dental concerns.
- Schools will be encouraged to organize individual wellness committees comprised of families, teachers, administrators and students to help implement this policy and to plan, implement, and improve nutrition, physical activity and mental health in the school environment.
- An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- All children who participate in subsidized food programs are able to obtain food in a nonstigmatizing manner.

### **Essential Physical Activity Topics in Health Education**

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. CPR will be taught to all 9th grade PE students. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Preventing injury during physical activity
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan.

### **Recess (Elementary)**

All elementary schools will offer an average of 20 minutes of recess on all days during the school year (This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand sanitizing mechanisms located just near the cafeteria to ensure proper hygiene prior to eating.

**Outdoor recess** will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### **Active Academics**

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects. Teachers will serve as role models by being physically active alongside the students whenever feasible.

### **Before and After School Activities**

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: such as physical activity clubs, physical activity in aftercare, and interscholastic sports.

### **Other Activities that Promote Student Wellness<sup>1</sup>**

Wythe County Public Schools will seek to provide school climates that support social and emotional wellbeing and promote positive relationships among students, staff, parents, and community members. Schools will provide students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

Schools will seek to identify students who may have mental health concerns, challenges, and/or traumatic experiences to provide parents and students with referrals to appropriate mental health providers in the school and community. Schools will develop curricula and implement trainings for staff, students, and parents on recognizing the signs of mental illness and emotional distress and strategies for addressing their needs.

Schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just either just outside or inside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

Schools will provide the health screenings of students by the school nurses for vision, hearing, scoliosis, speech, voice, language, and gross and fine motor skills based on state guidelines and requirements and according to Wythe County Public School protocol.

### **Community Partnerships**

The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

1. The District will collaborate with the local health department as much possible, to administer influenza immunizations, other required immunizations and in providing health related services.
2. The District will collaborate with the Wythe County Sheriff's Department to provide the Dare Program to elementary and middle school students each year.
3. The District will collaborate with the Wythe County Sheriff's Department to provide the AntiTobacco Programs to middle and high school students each year as available.
4. The District will collaborate with WCCH and WorkPoint Wellness to provide healthy incentives and programs for staff.
5. The District will collaborate with the Wytheville Community Center/ Parks and Recreation to offer classes for students and employees. i.e. Ultimate Fitness Adventures Fit for Life, Senior Wellness, and Hike the Appalachian Trail programs.

### **Community Health Promotion and Family Engagement**

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed, invited to participate in school-sponsored activities, and will receive information about health promotion efforts.

### **Staff Wellness and Health Promotion**

The SWT will have a staff wellness committee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will encourage strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member

participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### **Professional Learning**

When feasible, the District may offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

### **Triennial Assessment<sup>1</sup>**

Wythe County Public Schools will evaluate compliance with the Wellness Policy at least once every three years. The assessment will include the extent to which each school is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining the goals of the policy.

The position/person responsible for managing the triennial assessment and contact information is Gretchen Robinson RN, MSN, NCSN, School Health Coordinator, [grobinson@wythek12.org](mailto:grobinson@wythek12.org), 276-228-5411.

The principal at each school will complete the VDOE School Level Report Card. The results of the report card/tool will be submitted to the wellness policy designee in order to analyze the findings and develop the triennial assessment. The wellness policy designee will actively notify the community of the results of the triennial assessment by posting on the division website. The results of the triennial assessment, as well as the latest national and state recommendations pertaining to school health, will be used to update the goals and language in the Wythe County Public Schools Wellness Policy.

### **Public Update and Information<sup>1</sup>**

Each school year the division will actively inform families and the public about the content of and any updates to the Wellness Policy through the Wythe County Public Schools website and annual Wellness Update School Board Meeting.

The Wellness Policy and any updates can be found on the Wythe County Public Schools website. Please contact the wellness policy designee at [grobinson@wythek12.org](mailto:grobinson@wythek12.org) or 276-228-5411 for more information or ways to get involved.

## **Recordkeeping**

The division will retain records to document compliance with the requirements of the Wellness Policy at the division's central offices. Documentation maintained at this location will include, but is not limited to:

- the written Wellness Policy;
- documentation demonstrating compliance with community involvement requirements:
  - requirements to make the Wellness Policy available to the public;
  - requirements to make the triennial assessment available to the public;
- documentation of the triennial assessment at each school under the LEAs jurisdiction; and
- documentation of methods the division uses to make stakeholders aware of their ability to participate in the development, implementation, and periodic review and update of the Wellness Policy.

## **Definitions**

**Competitive Foods** – All food and beverages other than meals reimbursed under the federal meal programs available for sale to students on the school campus during the school day.

**School Campus** – For the purpose of competitive food standards implementation, school campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – For the purpose of competitive food standards implementation, school day means the period from midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – Recurring every three years.

Wythe County Public Schools



Appendix A: School Wellness Team Contacts

Name	Title/Organization	Email
Gretchen Robinson	School Health Coordinator WCPS	grobins@wythek12.org
Tracy Webster	Food Services Coordinator WCPS	twebster@wythek12.org
Dr. Scott Jefferies	Superintendent WCPS	sjefferies@wythek12.org
Matthew Alley	PE Teacher Spiller Elementary School	ralley@wythek12.org
Mary Henslee	School Social Worker, Compliance Officer	mhenslee@wythek12.org
Susan Hill	Director of Special Education, WCPS	susan.hill@wythek12.org
Kim Ingo	Principal George Wythe High School	kingo@wythek12.org
Dr. Becky James	Assistant Superintendent of Curriculum and Instruction	bjames@wythek12.org
Lee Johnson	WCPS School Board Member	ljohnson@wythe.k12.va.us
Donna Jones	PE Teacher Jackson Memorial Elementary School	djones@wythek12.org
LaMoore Linkous	PE Teacher Spiller Elementary School	lamoore.linkous@wythek12.org
Marcy Olinger	Director of Elementary Schools, WCPS	molinger@wythek12.org
Jo Repass	PE Teacher George Wythe High Schools	jo.repass@wythek12.org
Paul Rogers	Dietician, WCCH	Paul.Rogers@lpnt.net
Sherri Case	Director of Growth and Outreach, WCCH	Sherri.Case@lpnt.net

<b>Name</b>	<b>Title/Organization</b>	<b>Email</b>
Ricky Skeens	Director of Transportation & Food Services, Compliance Officer	rskeens@wythek12.org
Dr. Beth Taylor	Mayor of Wytheville, VA/ Parent	drbethtaylor@hotmail.com
Julia Tomiak	Parent	tomiak6@gmail.com
Sara Campbell	Teacher Rural Retreat Elementary School	sara.campbell@wythek12.org
Brandon Wolford	Fitness Coordinator Town of Wytheville	brandonw@wytheville.org
LaVonne Blessing	Occupational Nurse Manager, WCCH	lavonne.blessing@lpnt.net
Liz Green	Public Health Nurse, VDH	Elizabeth.Green@vdh.virginia.gov
Steve Gollhofer	PE Teacher Scott Memorial Middle School	steven.gollhofer@wythek12.org
Dewayne Belcher	PE Teacher Max Meadows Elementary School	debelcher@wythek12.org
Van Harris	PE Teacher Rural Retreat Middle School	van.harris@wythek12.org
Shannon Vaught	Direct of Middle Schools, WCPS	shannon.vaught@wythek12.org
Russell Street	Director of High Schools, WCPS	russell.street@wythek12.org
Judy Burkett	Retired School Nurse	jburkett@wythek12.org
Sheila Huff	GWHS School Nurse	sheila.huff@wythek12.org
Janet Miller	RRES School Nurse	janet.miller@wythek12.org
Nikki Lovern	SMMS School Nurse	nikki.lovern@wythek12.org
Donna Jackson	FCHS School Nurse	donna.jackson@wythek12.org

Wythe County Public Schools



Appendix B: School Wellness Coordinator Contacts

Name	Title	School	Email
Gretchen Robinson	School Health Coordinator	WCPS	grobinson@wythek12.org
Tracy Webster	Food Services Coordinator	WCPS	twebster@wythek12.org
Brett Booher	Principal	MMES	bbooher@wythek12.org
Jenny Buchanan	Assistant Principal	FCMS	jenny.buchanan@wythek12.org
Dyer Jackson	Principal	FCMS	djackson@wythek12.org
Marie Coen	Principal	JMES	mcoen@wythek12.org
Chad Newman	Principal	Sheffey	chad.newman@wythek12.org
Scott Hoagland	Principal	Speedwell	scott.hoagland@wythek12.org
Zachary Muncy	Teacher	Spiller	zachary.muncy@wythek12.org
Kim Kirtner	Principal	SMMS	kim.kirtner@wythek12.org
Jason Morris	Assistant Principal	GWHS	jason.morris@wythek12.org
Alan Rouse	Principal	RRES	arouse@wythek12.org
Thad Umberger	Principal	RRMS	thad.umberger@wythek12.org
Charles Debord	Principal	RRHS	charles.debord@wythek12.org
Anthony Sykes	Principal	WCTC	asykes@wythek12.org

Wythe County Public Schools



Appendix C: Healthy Celebrations and Rewards

Non-Food Celebration and Reward Ideas

Prizes	Physical Activity	Special Events	Recognition
Pencils, erasers, or rulers	Lead a special physical activity break	Go on a scavenger hunt	Give a certificate or ribbon
Stickers, slap bracelets, or playdough	Host an outdoor obstacle course for students to bike or run through	Host a story walk: laminate book pages and walk along an outdoor path to read	Post a sign in the classroom or on a bulletin board
Tickets or tokens towards a large prize	Provide extra recess or physical education time	Let students choose a special activity or be a teacher's helper	Give a shout-out in the morning announcements
Books or coloring books	Turn on music and let students dance	Host a special dress day where students can wear hats or pajamas	Allow the student to wear a crown or special sash
Frisbees	Have a themed parade around your school	Invite a special guest to participate in an activity	Recognize the student during an assembly

Healthy Snack and Beverage Ideas\*

Beverages	Fruits and Vegetables	Whole Grains	Proteins
Water	Fruit trays, salads, or fruit kabobs	Whole grain crackers, pretzels, or cereal bars	Trail mix with nuts, seeds, and dried fruit
Fruit-infused water	Vegetable trays, salads, or vegetable kabobs	Low-fat or air-popped popcorn with no added butter or salt	Seed butter served with fruit or whole grain crackers

<b>Beverages</b>	<b>Fruits and Vegetables</b>	<b>Whole Grains</b>	<b>Proteins</b>
100% fruit juice with no added sugar	Canned fruit or fruit cups in water or 100% fruit juice	Small whole grain bagels, waffles, or pancakes topped with fruit or seed butter	Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Fruit smoothies made with frozen fruit with no added sugar and low fat yogurt	Frozen fruit, such as grapes, strawberries, or blueberries	Graham crackers	Low-fat cheese served with fruit or whole grain crackers
100% fruit juice slushes with no added sugar	Dried fruit with no added sugar	Baked whole grain tortilla chips with salsa or bean dip	Hummus served with vegetables or whole grain crackers

\*Work with your division’s nutrition service staff to purchase [Smart Snacks compliant foods and beverages](#) for celebrations. Review students’ food allergies before serving any food or beverage item. Non-food celebrations and healthy food and beverage ideas come from the [Alliance for a Healthier Generation's Celebrations that Support Child Health](#).

---

<sup>1</sup> Requirement by Code of Federal Regulations: *Local School Wellness Policy* ([7CFR210.31](#))

<sup>2</sup> Recommended best practice by the Virginia Department of Education, Office of School Nutrition Programs

<sup>3</sup> Requirement by Virginia Code: *Regulations Governing Nutritional Standards for Competitive Foods Available for Sale in Public Schools* ([8VAC20-740](#))

Adopted: August 8, 2012

Revised: June 10, 2013

June 11, 2015

July 13, 2017

June 26, 2018

May 6, 2021

Legal Refs:

42 U.S. C. section 1758b 7 CFR Pt. 201, App. B 7 CFR Pt. 210,  
220 (FNS 2014-0010) Code of VA 1950, as amended, Section 22.1-253.13.13:1.D.14.  
Code of VA 2014, as amended, Section 22.1-207.4,  
Local School Wellness Policy (7CFR210.31),  
Code of VA (8VAC20-740),  
Code of Federal Regulations at 7CFR210.10 and 7CFR220.8.  
USDA-FNS Child Nutrition Programs website,  
USDA regulations outlined in SP 59-2016

Cross Refs:

EFB Free and Reduced Price Food Services  
IGAE/IGAF Health Education/Physical Education  
JL Fund Raising and Solicitation  
JHCH School Meals and Snacks  
KQ Commercial, Promotional, and Corporate Sponsorships and Partnerships