

PENDLETON COUNTY HIGH SCHOOL WELLNESS POLICY

Pendleton County High School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Pendleton County High School that;

1. Pendleton County High School will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing nutrition and physical activity policies.

All students in grades nine, ten, eleven and twelve should have opportunities to participate in physical activities incorporated into the daily curriculum

2. Pendleton County High School shall assess the physical fitness of all students that are enrolled in Physical Education classes. The Physical Education teacher shall select the assessment tool.
3. Pendleton County High School shall provide Nutrition Education and Physical Education to foster lifelong habits of health eating and physical activity.
4. Pendleton County High School shall encourage healthy choices among students using the following methods:
 - Foods made available during the school day should meet the nutritional standards required by the federal and state laws and regulations (this includes the National School Breakfast Program and the National School Lunch Program). Other food and beverage that are available during the school day (vending and a la carte) may meet the nutrition recommendation of the U.S. Dietary Guidelines.
 - Qualified child nutrition professionals will provide students with access to a variety of affordable nutritious and appealing foods that meet the health and nutritional needs of all students.
 - The Practical Living curriculum shall address the full core content including Health, Consumerism, and Physical Education.
 - An integrated concern for wellness shall be reflected in all other curricular areas.