

STUDENT WELLNESS PROGRAM

The District recognizes that nutrition, physical activity, and health education are essential to the development and maintenance of a healthy life style. We understand the link between healthy children and academic success, and are committed to the advancement of both of these aspects. It is part of our mission to help students learn, establish, and maintain lifelong healthy eating and activity patterns. To accomplish this mission and to ensure each student's gains in physical health, this wellness policy is established to guide practices in the District.

Commitment to Nutrition

The District will;

1. offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture, the Ohio Department of Education, Office for Safety, Health and Nutrition, and all other federal, state, and local authorities;
2. align any approved school breakfast or snack programs with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture, the Ohio Department of Education, Office for Safety, Health and Nutrition, and all other federal, state and local authorities;
3. encourage school staff and families to participate in school meal programs, or to bring packed lunches that reflect good nutrition choices;
4. operate all Child Nutrition Programs with school food service staff who are properly qualified according to state and Board of Education standards;
5. establish food safety as a key component of all school food operations and ensure that the food service permit is current for all sites serving meals;
6. provide ample time, space and supervision for student and staff dining;
7. ensure that a la carte offerings meet nutrition standards established by the U.S. Department of Agriculture, the Ohio Department of Education, Office for Safety, Health and Nutrition, and all other federal, state, and local authorities;
8. establish guidelines for all foods and vending available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.

9. encourage incorporation of healthy food choices in vending and after-school concessions and
10. encourage and promote healthy food choices.

Commitment to Physical Activity

The District will:

1. provide physical education for all students in accordance with state standards;
2. offer a planned sequential program of physical education instruction;
3. incorporate into physical education instruction individual and group activities that are student-centered and taught in a positive environment;
4. encourage all teachers to incorporate frequent opportunities for students to be physically active;
5. provide regular information to develop student and staff awareness of healthy choices for physical activity;
6. provide a testing method in which students can determine personal fitness levels and
7. make school facilities available to students, staff and community members beyond the normal school day to the extent possible.

Commitment to Health and Nutrition Education

1. The District will offer health education that meets or exceeds state standards and aligns with best educational practices.
2. Nutrition education shall be included in the Health curriculum.
3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
4. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
5. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and lowfat and fat-free dairy products.

Commitment to Lifelong Health Habits

The District will:

1. offer education to prevent or deter substance abuse;
2. encourage personal safety and proper hygiene habits and
3. encourage positive attitudes and mental health.

Annually or more often, the District will convene a wellness team representative of school food service staff, school nurse, health and physical education teachers, school administrators, parents and students. The team will promote and implement the wellness policy and its guidelines. The team shall periodically measure, review and report progress toward District and school wellness goals.

[Adoption date: August 21, 2006]

LEGAL REFS.: Child Nutrition and WIC Reauthorization Act; Pub. L. No. 108-265
(Title I, Section 204), 118 Stat. 729
National School Lunch Act; 42 USC 1751 et seq.
Child Nutrition Act; 42 USC 1771 et seq.
7 CFR, Subtitle B, Chapter 11, Part 210
7 CFR 220
7 CFR 225
7 CFR 245
ORC 3313.814
OAC 3301-91-09

CROSS REFS.: EF, Food Services Management
EFF, Food Sale Standards
IGAE, Health Education

