

STUDENT WELLNESS PROGRAM

Policy Intent/Rationale:

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no student is left behind.

School Nutrition and Physical Activity Goals:

Goal 1: Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

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 activity. A healthy school environment should be maintained and should not be dependent on high added fat, high added sugar and low nutrient foods.

Goal 2: Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed District nutrition standards. Emphasis should be placed on foods that are nutrient-dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety and packaging.

Goal 3: Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with the NASPE (National Association of Sport and Physical Education) standards, as well as cocurricular activities and recess.

Goal 4: The District is committed to improving academic performance in high-risk groups so that no student is left behind.

Educators, administrators, parents, health practitioners and communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, community education that highlights research demonstrating the positive relationship between good nutrition, physical activity and capacity of students to develop and learn should be conducted.

Student Nutrition:

1. The school breakfast and lunch program will continue to follow the USDA Requirements for Federal School Meals Program.
2. The school food service program follows the District Nutrition Standards when determining the items in a-la-carte and "competitive foods" sales. Items that do not meet the District Nutrition Standards may be acceptable when offered on a very infrequent, intermittent basis.
3. A cafeteria environment that provides students with a relaxed, enjoyable climate is maintained where the students have adequate space to eat and clean, pleasant surroundings, adequate time to eat meals (at least 20 minutes from the time the students are seated with their food) and convenient access to hand washing facilities before meals.
4. All fund-raising projects are encouraged to follow District Nutrition Standards. All fund-raising projects for sale and consumption within and prior to the instructional day will follow the District's Nutrition Standards when determining the items being sold. Foods for such fund-raising projects may not be sold during the period beginning one hour prior to the first lunch period and ending, one hour after the last lunch period unless prior approval is obtained from the District Superintendent.
5. The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutrition Standards.

6. The District takes a comprehensive curricular approach to nutrition in Kindergarten through 12th grade. The health benefits of good nutrition should be emphasized and themes should include but are not limited to:

- A. knowledge of the Food guide Pyramid
- B. sources and variety of foods
- C. diet and disease
- D. healthy snacks and healthy diet
- E. major nutrients
- F. serving sizes
- G. identify and limit foods of low nutrient density
- H. healthy heart choices
- I. Dietary Guidelines for Americans
- J. understanding calories
- K. healthy breakfast
- L. food labels
- M. multicultural influences
- N. proper food safety and sanitation

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

7. Nutrition education of parents is encouraged and may be provided in the form of handouts, postings on the District web site, articles and information provided in District or school newsletters, presentations that focus on nutritional value and healthy lifestyles and through any other appropriate means available for reaching parents.

8. Nutrition and physical activity education opportunities are provided to all school staff. These educational activities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.

District Nutrition Standards:

The District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. Examples of nutrient-dense foods are whole grains, fresh fruits, vegetables and dairy products. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing the sale of food, beverages and candy on school grounds.

1. In accordance with state and federal guidelines, the Board prohibits the sale of foods of minimal nutritional value to students within school buildings or on school grounds beginning one hour before the first lunch period until one hour after the last lunch period. The foods in this category, as defined by the federal guidelines, are:
 - A. soda water (carbonated beverages)
 - B. water ices (popsicles)
 - C. chewing gum
 - D. candies of the following types: hard candy including breath mints and cough drops, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn.
2. All vending machines with student access within school buildings and on school grounds are shut off one hour before the first lunch period until one hour after the last lunch period, with the exception of any vending machine that is stocked only with water milk and/or fruit juices.
3. All beverage vending machines with student access at the elementary school are stocked with water and fruit juices only.
4. All vending machines with student access placed within school buildings and on school grounds (with the exception of machines containing only juice, water or milk) include programmable timers that allow for the control of student access.

Student Physical Activity:

The District provides physical activity and physical education opportunities, aligned with the NASPE (National Association of Sport and Physical Education) standards. Physical education provides students with the knowledge and skills to lead a physically active lifestyle.

The District utilizes the following implementation strategies:

1. Physical education classes and/or physical education opportunities will be available for all students.
2. Physical activity opportunities shall be offered daily before school, during school (recess) or after school.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - A. expose youngsters to a wide variety of physical activities;
 - B. teach physical skills to help maintain a lifetime of health and fitness;
 - C. encourage self-monitoring so youngsters can see how active they are and set their own goals;
 - D. individualize intensity of activities;
 - E. focus feedback on process of doing your best rather than on product and
 - F. be active role models.
4. Introduce developmentally appropriate components of a health-related fitness assessment (e.g. FitnessGram, Physical Best, or President's Council) to the students at an early age to prepare them for future assessments.
5. Encourage fitness or activity logging at the elementary school level and continue through high school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations of the NASPE:
 - A. Students should accumulate at least 60 minutes and up to several hours of age appropriate physical activity on all or most days of the week.

- B. Students should participate in several bouts of physical activity lasting 15 minutes or more a day.
 - C. Students should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, or performance benefits.
 - D. Extended periods (periods of 2 hours or more) of inactivity are discouraged for students, especially during the daytime hours.
6. Physical education classes shall be developmentally appropriate and content will include movement, personal fitness and personal and social responsibility.

Students should be able to demonstrate competency through application of knowledge, skill, and practice.

Evaluation:

At the conclusion of each school year, the school nurse shall provide an evaluation of compliance with this policy as a part of the annual year-end school health report.

Team members involved in the development of his policy:

School Nurse: Beth Seneff

District Parent: Tawnya Yager

District Parent: Brenda Miller

PE/Health Teacher: Nikki McEndree

District Student: Kate Grimes

District Student: Derek Deal

District Food Service Manager: Tim McKelvey

District Superintendent: Randy Lucas

Building Principals: Angela Hannahs, Erin Olexo, Jeff Crosier

District Curriculum Coordinator: Becky Hannahs

[Adoption date: February 16, 2006]

[Re-adoption date: July 11, 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
EFB, Free and Reduced-Price Food Services
EFF, Food Sale Standards
IGAE, Health Education

THIS IS A REQUIRED POLICY