

STUDENT WELLNESS PROGRAM

The Board recognizes that students can reach their full learning potential when they are fit and healthy. The District is committed to providing a school environment that nurtures growth and development of the whole student, including nutrition and physical fitness. The Board supports lifelong wellness habits by promoting these goals.

Education

Students increase their understanding of the health/wellness benefits of integrating good nutrition and physical activity into their daily lives.

1. Provide students with nutrition education, skills, motivation and modeling that promotes lifetime healthy eating habits.
2. Provide students the opportunity to develop basic knowledge and skills for physical activities, maintain fitness and understand the short and long-term benefits of physical activities.

Food Service

Food service provides satisfying, age appropriate, nutritional food products that comply with federal, state and local requirements, and are accessible to all students in the District.

1. All foods and beverages available on campus during the school day offer students healthy choices consistent with the current Dietary Guidelines for Americans illustrated ~~in the Food Pyramid.~~ in My Plate.
2. All foods and beverages available after the school day offer students healthy choices.
3. The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.

School-Based Activities

The District provides school-based activities that promote student wellness and reduction of childhood obesity.

Schools offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special healthcare needs.

Measurement of Implementation

The measurement of implementation provides timely feedback that ensures improvement of the District wellness policy.

1. Each area included in the wellness policy is evaluated each year **using the Wellness Policy Assessment Tool** to assess compliance.
2. The evaluation is conducted by the administrator or supervisor responsible for the specific wellness area with input from staff directly responsible for implementation.
3. Evaluation results are used to develop recommendations and strategies for improvement as indicated.

Development of the student wellness program must be a collaborative effort between parents, students, food service workers, administrators, the Board and the public.

[Adoption date: May 15, 2006]

[Readoption date: **March 17, 2016**]

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

[IGAF](#), Physical Education

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name

Reviewer

School Name

Date

Select all grades: PK ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐

Yes No I. Public Involvement

☐ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☐ Administrators ☐ School Food Service Staff ☐ P.E. Teachers ☐ Parents
☐ School Board Members ☐ School Health Professionals ☐ Students ☐ Public

☐ ☐ We have a designee in charge of compliance.

Name/Title:

☐ ☐ We make our policy available to the public.

Please describe:

☐ ☐ We measure the implementation of our policy goals and communicate results to the public.

Please describe:

☐ ☐ Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

☐ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☐ ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☐ ☐ We offer nutrition education to students in: ☐ Elementary School ☐ Middle School ☐ High School

Yes No III. Nutrition Promotion

☐ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☐ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☐ ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☐ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☐ ☐ We ensure students have access to hand-washing facilities prior to meals.

☐ ☐ We annually evaluate how to market and promote our school meal program(s).

☐ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☐ ☐ We offer taste testing or menu planning opportunities to our students.

☐ ☐ We participate in Farm to School activities and/or have a school garden.

☐ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☐ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☐ ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☐ à La Carte

☐ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☐ ☐ We provide teachers with samples of alternative reward options other than food or beverages.

☐ ☐ We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☐ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☐ ☐ We operate the School Breakfast program: ☐ Before School ☐ In the Classroom ☐ Grab & Go
- ☐ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☐ We operate an Afterschool Snack Program.
- ☐ ☐ We operate the Fresh Fruit and Vegetable Program.
- ☐ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☐ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☐ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☐ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☐ ☐ We provide physical education for elementary students on a weekly basis.
- ☐ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☐ We require physical education classes for graduation (high schools only).
- ☐ ☐ We provide recess for elementary students on a daily basis.
- ☐ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☐ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☐ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☐ ☐ We offer before or after school physical activity: ☐ Competitive sports ☐ Non-competitive sports ☐ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☐ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☐ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☐ ☐ We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
- ☐ ☐ We have a staff wellness program.
- ☐ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- ☐ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☐ We have a recycling /environmental stewardship program.
- ☐ ☐ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☐ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name	<div></div>	Position/Title	<div></div>
Email	<div></div>	Phone	<div></div>