



River View Local School District

Wellness Policy

(Board Adopted June 10, 2021)

Introduction

- Obesity prevalence was 13.9% among 2- to 5-year-olds, 18.4% among 6- to 11-year-olds, and 20.6% among 12- to 19-year-olds. Childhood obesity is also more common among certain populations. *CDC-Centers for Disease Control Prevention report, June 24, 2019.*
- Between 56-85% of school age children consume soda everyday. (J. Am Diet Assoc. 2003)
- 51% of school-age children consume less than one serving of fruit and vegetables a day (J. Am diet Assoc. 2003)
- 84% of school-age children consume too much fat (J Am diet assoc. 2003)
- Among children of varying ages, 8 to 45% (depending on geographic region) of newly diagnosed cases of childhood diabetes are Type 2, non-insulin dependent associated with obesity. (American Academy of Pediatrics, 2000)
- Most high school students take only one year of physical education between grades 9 and 12 and less than a third of high school students attend physical education classes daily (NASPE 2001). One out of four children do not attend any school physical education classes (CDC1999-2000)

The research listed above presents an alarming reality that today's schools, communities, and families are faced with addressing. Recognizing the value of school meals and good nutrition, River View Local School District is resolved to create healthy school environments through adopting sound nutrition-food service environment policies. This wellness policy has been developed to protect the health of River View's school children so they may achieve their full academic potential.

The school nutrition-food service environment is one of the three initiatives identified by the Child Nutrition and WIC Reauthorization Act of 200 for providing a school environment that models health promotion and takes action to combat the rising health risk in children. The normal school day is for most children nearly one-half of their non-sleep time day. The school nutrition food service environment is an important and critical partner with physical activity and nutrition education in improving children's health.

Policy Terms and Definitions

Action for Healthy Kids - Action for Healthy Kids is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that support the health of the whole child. Founded in 2002, the organization is committed to addressing the root causes of the current child health crisis and focuses on increasing access to healthy foods and physical activity, supporting social emotional learning, and engaging parents, caregivers and community members to transform student health, well-being and learning. Former is the founding chair of the organization. Through funding opportunities and programmatic support, Action for Healthy Kids provides schools all the information and resources they need to implement successful and sustainable school health programs. <https://www.actionforhealthykids.org/>

Center for Disease Control and Prevention - CDC works 24/7 to protect America from health, safety and security threats, both foreign and in the U.S. Whether diseases start at home or abroad, are chronic or acute, curable or preventable, human error or deliberate attack, CDC fights disease and supports communities and citizens to do the same. CDC increases the health security of our nation. As the nation's health protection agency, CDC saves lives and protects people from health threats. To accomplish our mission, CDC conducts critical science and provides health information that protects our nation against expensive and dangerous health threats, and responds when these arise. <https://www.cdc.gov/about/organization/mission.htm>

Overweight - Weight that is higher than what is considered as a healthy weight for a given height is described as overweight or obesity. Body Mass Index, or BMI, is used as a screening tool for overweight or obesity. <https://www.cdc.gov/obesity/adult/defining.html>

Obesity - The CDC uses growth charts BMI-for- age to assess overweight children (2-20 years old). 85th percentile to < 95 percentile is considered at risk for overweight and a BMI-for-age of 95th percentile or greater is considered obese.

Dietary Guidelines for Americans - dietary recommendations for healthy Americans age 2 years and over about food choices that promote health specifically with respect to prevention or delay of chronic diseases.

Physical Activity - CDC defines physical activity as any bodily movement produced by skeletal muscles that results in an expenditure of energy.

National School Lunch Program - (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

Normal School Day - Time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period.

Purpose and Goals

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff are encouraged to model healthy eating behavior & physical activity as a valuable part of daily life. School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity that includes:

- A food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods;
- Pleasant eating areas for students and staff with adequate time for unhurried eating.
- An overall school environment that encourages students to make healthy food choices and participate in physical activities.
- Opportunities and encouragement for staff to model healthy eating and physical activity habits;
- Services to ensure that students and staff with nutrition-related health problems are referred to appropriate services for counseling or medical treatment; and
- Strategies to involve family members in program development and implementation.

The school nutrition program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

I. THE FOOD SERVICE OPERATION

A. Financial Management

1. It is an acknowledgement that the feeding of children is primarily a family responsibility. To supplement their efforts, every school shall operate a food service program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
2. **The food service program shall aim to be financially self-supporting.** However, the program is an essential educational and support activity and budget neutrality or profit generation must not take precedence over the nutritional needs of the students. If subsidy of the food service fund is needed, it should not be from foods that have minimal nutritional value and/or compete nutritionally with program meals.

B. Program Requirements

- 1. During each school day the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program.** Additionally, the food service program shall offer snacks based on the nutrient guidelines in the USDA's After School Snack Care Program to those students in after-school education or enrichment programs. Schools are strongly encouraged to continue "grab-and-go" or breakfast in the classroom at appropriate sites. Each school shall encourage all students and all students to participate in these meal opportunities. In particular, the school shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and that eligible families are encouraged to apply. Families are encouraged to complete an online application instead of a paper application. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.
- 2. The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the State of Ohio.** Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "*Dietary Guidelines for Americans*" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet their nutrient requirements, promote health, support active lives, and reduce chronic disease risks. Menus should be input from students, family members, and other school personnel and should take into account student's cultural norms and preferences. Food pricing strategies shall be designed to encourage students to purchase nutritious items. Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.
- 3. The school food service program shall monitor the nutrient balance of their menus.**

C. Staffing

- 1. The district/school shall employ a food service director/coordinator, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements for the Ohio Department of Education Child Nutrition Department.** Schools should utilize Ohio Department of Education Child Nutrition Department recommendations for food service staffing and qualifications to appropriately staff their food service departments.

2. Food service director is strongly encouraged to require attendance of all food service personnel at the Ohio Department of Education Child Nutrition Department yearly workshops.
3. Dining room supervisory staff (teachers, aids, janitorial staff, etc.) shall receive appropriate training in how to maintain a safe, orderly, and pleasant eating environment.
4. Food service director and staff are encouraged to inform and collaborate with classroom teachers about the school nutrition-food environment and nutrition education.

D. Adequate Eating Space and time and Appropriate use of Food

1. **Students and staff shall have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax, and socialize.**
2. **Rewards and incentives for academic performance should be given careful consideration as to the messages they send to students receiving them.** If food is included in recognition of academic performance, it should be used in the general celebration of the achievement not as the reward.
3. **Fundraising Activities - To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the nutrition guidelines for foods and beverages sold individually if being consumed during the school day. Schools will encourage fundraising activities to promote physical activities.**
4. **Food shall not be withheld from students as punishment.**

E. Food Safety

1. All food service equipment and facilities must meet applicable local and state standards concerning health; safe food preparation; handling, and storage; drinking water; sanitation, and workplace safety.
2. All food service personnel shall have adequate pre-service training.

II. Nutrition Education

A. Instructional Program Design

1. Nutrition education topics shall be integrated within the sequential, Comprehensive health education program taught at every grade level, Pre-kindergarten through twelfth. The nutrition education program shall focus on students' eating behaviors based on theories and methods proven effective by published research, and be consistent with the district's

health education standards/guidelines/framework. Nutrition education shall be designed to help students learn;

- a. Nutrition knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage;
 - b. Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and
 - c. How to assess one's personal eating habits, set goals for improvement , and achieve those goals.
2. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.
 3. The (Curriculum Coordinator/Committee) shall assess all nutrition education curricula and materials for accuracy, completeness, balance, and consistency with the state's /district's educational goals and standards. Materials developed by food marketing boards or food corporations shall be examined for inappropriate commercial messages.

B. Staff Qualifications

1. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

C. Educational Reinforcement

1. School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school/district.
2. School officials should disseminate information to parents, students, and staff about community programs that offer nutrition assistance to families.

D. Staff As Role Models.

1. School staff are encouraged to model healthy eating behaviors. Schools should offer wellness programs that include personalized instruction about healthy eating and physical activity.

E. Coordination of Programs

1. **The food service program shall closely coordinate with nutrition instruction.** The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

F. Nutrition-Related Health Problems and Modified Diets

1. **Schools counselors, school health services staff, teachers & coaches shall Consistently promote healthy eating to students.** These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and be able to refer them to appropriate services.
2. The school food service program will comply with USDA's disability requirements for modified diets.

III. Food Choices at School and a Healthy School Environment

A. The School Environment

1. Recess

- a. **Careful consideration of the school lunch environment shall be taken into account when scheduling recess.** The importance of physical activity for children of all ages and supervised playtime for young children shall be duly acknowledged. *Center for Disease Control defines physical activity as any Bodily movement produced by skeletal muscles that results in a expenditure of energy.* It is encouraged that schools provide recess before lunch or at a different Time than lunch at all appropriate sites. For further standards on physical Activity, please see Guidelines for Physical Activity section.

2. Commercial Advertising

- a. Partnerships between schools and businesses are encouraged, and business sponsorship of educational activities and materials shall be duly

acknowledged. However, such partnerships shall be designed to meet identified educational needs and healthy school environment goals and shall be evaluated for educational effectiveness by the school/district on an ongoing basis.

- b. Advertising messages should be consistent with and reinforce the Objectives of the educational and nutrition environment goal of the school.** Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

B. Nutritious Food Choices

- 1. Foods of good nutritional content including fruits and vegetables, low-fat dairy foods, whole grain rich, shall be available wherever and whenever food is sold or Otherwise offered at school during the normal school day.** Schools shall take efforts to encourage students to make nutritious food choices.
- 2. Food and beverages sold or served on school grounds or at a school-sponsored events during the normal school day shall strive to meet the Dietary Guidelines for Americans and other nutrition standard Guidelines as set forth in the Ohio Department of Education Child Nutrition Programs.** This includes:
 - a. a la carte offerings in the food service program;
 - b. Food and beverage choices in vending machines, snack bars, meal-Period kiosks, and school stores;
 - c. food and beverage sold as part of school-sponsored fundraising activities; and
 - d. refreshments, school parties, celebrations, and meetings.
- 3. Foods of Minimal Value as defined by 7CFR 210.11(2) are prohibited from being served or sold anywhere a reimbursement meal is served, sold, and/or eaten.** Food of minimal nutritional value as defined by USDA include carbonated beverages, water ices, chewing gum, hard candies, jellies and and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.
 - a. Non-Creditable Food Items- may be served during the lunch period, as well as contribute to the nutritional content of the menu. However, These foods do not count towards USDA meal patterns. Schools are encouraged to limit availability of these food items to students.
 - b. Creditable- food item determined by USDA to have nutritional value and acceptable as a component of a complete meal. Schools are Encouraged to serve a variety of credible food items.

C. Food Sales

1. **At the discretion of the Food Service Director, the management of foods sales on school grounds shall be under management of the school food service program, (except foods sold as part of a fundraising activity).** If food and beverages are sold from the vending machine or school stores during school hours and are not under the management of the school's food service programs, the nutrition requirements of USDA's School Lunch Program and the nutrition environment requirements set forth in this policy must still be met.
2. Only student organizations and legally constituted, nonsectarian, nonpartisan organizations approved by a designated school official are permitted to engage in fundraising on school grounds during the school day. These organizations are encouraged to raise funds through the sale of items other than food. Foods of minimal nutritional value, sold for fundraising purposes, are prohibited during meal services and until 30 minutes after the last meal is served during the school day. Organizations raising funds by selling foods must schedule and authorize the fundraiser with an authorized administrator prior to the event.

IV. Physical Activity and a Healthy School Environment

A. Recommendations for Physical Activity

1. Physical education courses should be the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderated intensity level and for duration sufficient to provide a significant health benefit for students.
3. Children in grades K-6 should accumulate at least 60 minutes of physical activity on all or most days of the week.
4. Extended periods of inactivity (periods of two or more hours) are discouraged.

B. Recommendations for Physical Education for Children During the Normal School Day.

1. Ensure that state-certified physical education teachers teach and/or plan all physical education classes.
2. Provide an adequate amount of time for physical education classes.
 - A. Elementary schools should provide at least 75 minutes per week for students
 - B. Middle schools should average at least 100 minutes per week for students
 - C. High school should obtain at least the minimum amount of Physical Education as required by the State of Ohio for graduation

3. Ensure that physical education classes have a teacher/student ratio comparable with those of other classes.
4. Implement a sequential physical education course of study consistent with national Standards for physical education and with a focus on students' development of motor skills, movement forms, and health-related fitness.
5. Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
6. Provide physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
7. Prohibit the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.

C. Encouraging Lifetime Physical Activity

1. Schools should provide daily recess periods of at least 30 minutes for all elementary schools students.
2. Schools should provide physical activity breaks during a normal school day.
3. Schools will encouraged to provide community access to and encourage students and community members to use the school's physical facilities outside of the normal school day.
4. Schools should encourage parents and community members to institute programs that support physical activity.
5. Schools should encourage after-school programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos, or computer games.

D. Encouraging the Participation of the public in review and update of the Local Wellness policy.

1. River View district will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, Implementation, review and update of the local wellness policy.

V. Compliance

1. River View will assess this wellness policy at least once every three years to ensure Compliance with district policy, comparing the River View policy to other school Districts wellness policy. This assessment will be made available to the public.

The policy will be modified based on legislation

Sources:

USDA Team Nutrition Local School Wellness Policy
<https://www.fns.usda.gov/tn/local-school-wellness-policy>

Center for Disease Control and Prevention
<https://www.cdc.gov>

Action for Healthy Kids
<https://www.actionforhealthykids.org/>