

STUDENT WELLNESS PROGRAM

The Board directs the Superintendent/designee to develop and maintain a student wellness plan in compliance with Federal law. 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 that are developed with consideration of evidence-based strategies and techniques.

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 guidelines issued by the U.S. Department of Agriculture (USDA) and that marketing of foods and beverages on the school campus during the school day is prohibited for foods or beverages that do not meet the nutritional standards established by the District in accordance with USDA regulations.
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 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 plan must be a collaborative effort between parents, students, food service workers, physical education teachers, school health professionals, administrators, the Board and the public.

The District notifies the public of the wellness plan at least annually. The wellness plan is assessed at least once every three years and the results of the assessment are made available to the public.

[Adoption date: May 15, 2006]

[Re-adoption date: March 17, 2016]

[Re-adoption date: April 13, 2017]

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

KJ, Advertising in the Schools