

## **Southwest Licking Schools Wellness Plan**

The District recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a possible correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits. The following goals have been set in an effort to enable students to establish good health and nutrition habits.

### **Nutrition Education**

With regard to nutrition education, the District shall:

1. Nutrition education shall be integrated within the comprehensive health education curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. 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.
3. The school cafeteria shall serve as a learning lab by allowing students to apply knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
4. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

### **Physical Education**

With regard to physical education, the District shall:

1. The comprehensive physical education curriculum for grades K-12 will be aligned with established state physical education standards. The curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.
2. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong health-enhancing physical activity.
3. The sequential, comprehensive physical education curriculum shall stress the importance of remaining active for life.
4. Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
5. Professional development opportunities for Phys Ed teachers should focus on the physical education content area.

### **Physical Activity**

With regard to physical activity, the District shall:

1. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school's day.
2. All elementary schools shall provide at least 20 minutes of active daily recess to all students.
3. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
4. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organization, and in lifelong physical activities.
5. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason.
6. Teachers are encouraged to use non-food alternatives as student rewards. Physical activity should be used as a reward when feasible.
7. Teachers should provide students with physical activity breaks when necessary and applicable.

### **School-Based Activities**

With regard to school-based activities, the District shall:

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
2. The school shall provide attractive, clean environments in which the students eat.
3. Students are permitted to have water bottles in areas designated by building administration.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. The schools may demonstrate support for the health of all students by providing health information, conducting the state-mandated screenings and encouraging parents to enroll their eligible children in Medicaid or in other children health insurance programs for which they may qualify.
6. Schools are encouraged to permit all students a daily lunch period of not less than 20 minutes.
7. All food for classroom holiday parties and other school sponsored celebrations shall comply with the current USDA Dietary Guidelines for Americans with the exception of one (1) food item. A list of recommended healthy snack items will be provided to District Teachers. Parents are asked to send non-food items for birthday treats.
8. Health and wellness classes will be offered to all staff.
9. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

### **Food Service**

With regard to food services, the District shall:

1. Meals served through the district's food services program shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grades levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.

<https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>

2. Cafeterias utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
3. Schools will serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
4. Applications for free/reduced priced meals are made available on the district's website. Computers are available in the SWL District Office lobby if needed.
5. Free potable water is available to students during meal times.
6. The food service program shall be administered by a supervisor who is properly qualified, certified, licensed, or credentialed, according to current professional standards.
7. The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. Directors must have at least 12 hours; managers must have at least 10 hours; all other staff that work an average of at least 20 hours per week must have at least 6 hours; all other staff that work an average less than 20 hours must have at least 4 hours of annual continuing education/training.
8. The food service department supports local food vendors by serving many products from Ohio based companies.
9. All food items and beverages available for sale to students in the cafeteria, vending machines, and a la carte areas shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.  
<https://www.dietaryguidelines.gov/>  
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>
10. Students are required to select a fruit or vegetable as part of a complete reimbursable meal.
11. District nutrition standards apply only to food or beverages sold to students. Food provided free as refreshments for parties, potlucks, teacher appreciation luncheons or breakfasts, etc. is not subject to district nutrition standards. However, offering foods that meet these standards is highly recommended.
12. Sales of foods and drinks outside of the regular or extended school day are at the discretion of the school's wellness committee. However, healthy food choices for sales/fundraising are highly recommended.

13. Sales of food/drinks in competition with the meal service of the Food Services Department are prohibited by board policy in conjunction with federal law. Refer to 7 CFR 210.11  
<https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>

### **Wellness Committee**

With regard to the wellness committee, the District shall:

1. The District's Wellness Committee meets several times per school year. Meeting dates/times are posted on the district's website.
2. Parents, students, representatives of the food service staff, PE teachers, school health professionals, the school board, school administrators, and the general public are encouraged and welcome to join the committee.
3. The Superintendent/Designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance.
4. A copy of the wellness policy shall be posted on the district's website.
5. The wellness committee shall conduct an assessment of the wellness policy every three years using a wellness assessment tool and the results will be posted on the district's website.
6. At least every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.
7. The wellness committee will present any changes to the wellness policy to the board for approval.
8. The Superintendent/Designee shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

7 CFR 210.11  
7 CFR 220.8

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