

WELLNESS Policy for Delphos City Schools

As required by law, the School Board establishes the following wellness policy for the Delphos City Schools as a part of a comprehensive wellness initiative.

The Board recognizes that food nutrition and regular physical activity affect the health and well-being of the Corporation's Students. Furthermore, research suggests that there is a positive 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.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits. A Wellness Committee has been formed and maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy.

I Coordinated School Health Advisory Council/School Wellness Committee

A. In accordance with state (IC 20-26-9-18) and federal law, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council/School Wellness Committee that includes at least the following:

- a) Parents/Guardians
- b) Food Service Director/Professionals
- c) Physical Education Teachers
- d) Students
- e) School health care professionals/Registered Dietitians/School Nurse
- f) School Board Members
- g) School Administrators
- h) Any Interested member of the Public
- i) Representatives of interested community organizations

B. The Wellness Committee shall meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Wellness Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

C. The Wellness Committee shall report annually to the Superintendent and the School Board on the implementation for the wellness policy and include any recommended changes or revisions.

D. The School Board will adopt or revise nutrition and physical activity policies based on the recommendations made by the Wellness Committee.

II Nutrition Education and Nutrition Promotion

Nutrition education and promotion positively influence lifelong eating behaviors by using evidence-based techniques, nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools classrooms, gymnasiums and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to student and is most effective when implemented consistently through a comprehensive and multi-channel approach by administrators, school staff, teachers, parents, students and the community.

The Corporation will promote, encourage and teach healthy food and beverage choices for all students. The Corporation will provide nutrition education and engage in nutrition promotion by doing the following:

- A. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes and skills necessary to lead healthy lives.
- B. 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.
- C. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
- D. Nutrition education posters, such as MyPlate and Drink Milk, will be displayed in the cafeteria and the serving lines.
- E. Nutrition education shall extend beyond the school by engaging and involving families and the community.
- F. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
- G. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
- H. The Corporation shall provide information to parents that are designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

III. Standards for USDA Child Nutrition Programs

The board will provide and promote the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) to ensure that all students have access to healthy foods that support healthier choices and promote optimal learning and that help to reduce child obesity.

A. The Corporation is committed to serving healthy meals to children, with an abundance of fruits, vegetables and whole grains, and fat-free and low-fat milk. Meals will include items that are lower in sodium, fat, and saturated fat, have zero grams per serving of trans-fat, and meet the nutrition needs of the students. These will assist in mitigating childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices.

B. All schools within the Corporation will participate in the USDA Child Nutrition Programs including the National School Lunch Program and the School Breakfast Programs. The programs will meet at a minimum, the nutritional requirements established by the USDA for each program. USDA standards can be found at www.usda.gov.

C. School Meal Participation

a) In accordance with Policy **8500**, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption and disposal of food and beverages as well as the fiscal management of the program.

b) Schools will offer breakfast through the USDA School Breakfast Program.

c) If the Summer Food Service Program is offered, schools will inform families of the availability and location of the Summer Food Service Program sites in accordance with the Healthy, Hunger-Free Kids Act of 2010.

d) Menus will be posted on the Corporation's website or individual school's websites.

e) The school food service department shall introduce new fruits or vegetables monthly. Examples of some new items to include: Kiwi, fresh melon, Brussels sprouts and kale.

f) Applications for free or reduced priced meals are available at each school, the Corporation website and the Corporation office. Once the application is processed, a letter of notification will be sent to the family at the address provided.

g) As set forth in Policy **8531**, entitled Free and Reduced Priced Meals, the guidelines for reimbursable schools meals are not less restrictive than the guidelines issued by the USDA.

h) Any foods or beverages marketed and or sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

D. Mealtimes and Scheduling

a) The school shall provide and adequate number of minutes daily for students to consume meals.

b) Elementary schools are encouraged to schedule recess before lunch with possible.

c) School meals will be served in a clean and pleasant environment.

d) Students will have convenient access to hand-washing and sanitizing stations.

e) Potable (drinking) water or water fountains will be readily available at all mealtimes. Food service will provide potable water if water fountains are not readily available.

f) Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

E. Professional Development

a) Professional development and training will be provided at least annually to all food service managers and staff on proper food handling techniques and healthy cooking practices.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

The Corporation will promote healthy food and beverage choices for all students throughout the school campus as well as encourage participation in school meal programs. This promotion will occur through at least:

A. The Corporation is in compliance with all Federal and State nutrition standards for all foods served in schools.

B. All foods and beverages available to students during the day and 30 minutes after school day ends shall be served with consideration for promoting student health and wellness. To the extent possible, food available will follow the USDA Smart Snack guidelines. The Smart Snack calculator is accessible via the corporation website.

C. The schools shall prepare and distribute to staff and parents a list of snack items that comply with the current Smart Snack standards as suggestions and recommendation for food items brought in for parties and snacks. Store bought items with a label are recommended.

D. The schools will create a non-food list for teachers and other relevant school staff with alternative ways to reward children for good behavior.

E. In accordance to IC 20-26-9-19, any vending machines at elementary schools that dispense food or beverage items may not be accessible to students.

F. Vending machines at the Jr/Sr High School will contain items that meet the approved nutrition standard of Smart Snacks or not be accessible until 30 minutes after the end of the school day.

G. Students and staff shall have the right to have drinking water throughout the school day including allowing water bottles in classrooms.

V. Physical Activity and Physical Education

The Corporation will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

A. All students in grades K-12 will participate in physical education in order to meet the Physical Education Standards. Also, high schools will encourage student to take more than the courses of physical education required for all diplomas.

B. Physical education classes will have the same student/teacher ratio used in other classes. Indian the ratio for a single school shall not exceed an average of 30 to 1.

C. Each elementary school shall provide daily physical activity in accordance with Ohio Code.

D. All elementary school students will have at least one period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.

E. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.

F. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

G. Schools will offer sports and clubs before or after school for students to increase opportunities for physical activity, taking into account student interest and supervisor availability.

H. Students will not be removed or excused from physical education to receive instruction in other content areas.

I. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

VI. Other Activities that Promote Student Wellness

The Corporation will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The Corporation will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative and work towards the same set of goals and objectives promoting student well being, optimal development and strong education outcomes.

A. The Corporation encourages teachers, when possible, to use non-food alternatives as rewards.

B. Teachers are encouraged to find alternatives to withholding recess or other physical activities as punishment.

C. The Corporation shall provide, as available, programs and services that support and value the mental health, social and emotional wellbeing of students, families and staff to build a healthy school environment.

D. The Corporation will continue and develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation.

E. The Corporation will promote to parents/caregivers, families, and the general community the benefits of the approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts such as Health Fairs.

F. The Corporation will have a staff wellness subcommittee that focuses on staff wellness in each building.

G. When feasible, the Corporation will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

The Board designates the Superintendent and the building principal(s) as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.

The Superintendent shall appoint the Corporation Wellness Committee that should include parents, students, representatives of the school food authority, nutritionists or dieticians, educational staff (including physical education teachers), school health professionals, the School Board, school administrators, and members of the public to oversee the development, implementation evaluation, and periodic updates, if necessary, of the wellness policy.

The Superintendent shall be an ex officio member of the committee.

The wellness committee shall be an ad hoc committee of the Board with members recruited and appointed annually.

The wellness committee shall:

- A. assess the current environment in each of the Corporation's schools
- B. measure the implementation of the Corporation's wellness policy in each of the Corporation's schools
- C. review the Corporation's current wellness policy:
- D. recommend revisions of the policy, as appropriate: and
- E. Present the wellness policy, with any recommended revision, to the Board for approval or re-adoption if revisions are recommended.

Before the end of each school the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the Corporation's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.

The Superintendent shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of the wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified. The committee also shall report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The Superintendent, also shall, be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall include information in the student handbook and post the wellness

policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every two (2) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students and the public. The committee shall provide the Board with any recommended changes to this policy.

This institution is an Equal Opportunity Provider

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