

Student Wellness Program Plan

- 1) Includes goals for nutrition and education, physical activity and other school-based activities designed to promote student wellness that are developed with consideration of evidence-based strategies and techniques
 - a. The Nutrition Group will provide nutrition education to the students at a minimum of 3 times throughout the school year
 - b. Health classes for 8th and 9th grade students go over nutritional education
 - c. The schools will encourage families to provide physical activity outside of school through Lowellville's annual Family Wellness Night
 - d. Physical education classes will provide students with the opportunity to learn, practice and be assessed on the appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activities
 - e. Physical education curriculum will provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activities

- 2) Includes nutrition guidelines for all foods provided, but not sold to students in the District during the school day in order to promote student health and reduce childhood obesity
 - a. In regards to classroom parties, snacks, treats etc. all foods and beverage provided to the students from the school will be compliant with the Smart Snack Program.
 - b. The cafeteria will provide order forms at the request of parents and teachers to order products in compliance with the Smart Snack Program

- 3) Provides assurance that District guidelines for all food and beverages sold during the school day are, at a minimum, equal to 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
 - a. The cafeteria follows the National School Lunch Program which meets the guidelines issued by the USDA
 - b. The cafeteria will not advertise items that do not fall within those guidelines

- 4) Establishes a plan of implementation and evaluation, including designating one or more persons within the District with the responsibility for ensuring that the District is compliant with Federal Law
 - a. The District created a Wellness Committee that will meet annually to review the policy and conduct an evaluation. This evaluation will be posted to the District's website