



Akron Public Schools.

Book	Policy Manual
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Title	WELLNESS
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8510 - **WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the Akron Public School District.

The Board 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 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, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. 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 Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education:

1. Child Nutrition Services will provide nutrition education in the school cafeterias through information on bulletin boards, displayed nutrition education posters, and point of purchase nutritional information on foods available.
2. Child Nutrition Services will collaborate with elementary school buildings to encourage the consumption of fruits and vegetables including opportunities for taste testing among students.
3. Child Nutrition Services will design the school meal menus to incorporate nutrition education appropriate to families that encourage good nutrition and physical health.
4. Registered Dietitians/Licensed Dietitians employed through the Child Nutrition Services department will be available to PTA's for speaking opportunities at meetings or other community events as requested.
5. Child Nutrition Services' website will be designed to provide nutrition education information and links appropriate for students, teachers, families, and the community that encourage good nutrition and physical health.
6. Nutrition education in the classroom is encouraged. Registered Dietitians/Licensed Dietitians employed by Child Nutrition Services will be available to assist in providing information, resources, and staff development to promote nutrition education in the classroom.

B. With regard to physical activity:

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the National Association of Sports and Physical Education (NASPE) and adopted by the Akron Board of Education.

2. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
3. Properly certificated and licensed teachers shall provide all instruction in physical education.
4. Planned instruction in physical education shall encourage participation in physical activity outside the regular school day.
5. Daily recess and activities for movement in five (5) minute exercise intervals are encouraged to be part of the elementary school day schedule.
6. Schools are discouraged from using the daily recess period as punishment, denying the student opportunity for physical activity.
7. Schools are encouraged to consider planning recess before lunch since research indicates that physical activity prior to lunch can increase nutrient intake, reduce food waste, and return the student to the classroom better prepared for afternoon learning.

C. With regard to other school-based activities:

1. After-school programs will encourage physical activity and healthy habit formation.
2. Child Nutrition Services will provide healthy snacks to programs that meet the Federal requirements for After School Snack programs as requested.
3. Schools are encouraged to provide attractive, clean environments and adequate time for students to eat. The National Association of State Boards of Education recommends that students have at least ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch from the time the student is seated. Child Nutrition Services and building leadership will work together to provide a positive eating environment for students and schedule adequate time for meal service.
4. Lunch periods will be scheduled as near the middle of the school day as possible.
5. All students will have access to breakfast and lunch programs at school.
6. Child Nutrition Services will continue to use programs available such as the Community Eligibility Program (CEP) when fiscally responsible for program operations and individually assigned pin number I.D. to encourage all students equal access to meals and eliminate any stigma or identification of students eligible to receive free and/or reduced priced meals.
7. Local wellness policy goals for nutrition and physical activity should be considered when planning all school-based activities.

D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

1. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:
 - a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;
 - b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
 - c. whole grain products;
 - d. fluid milk that is fat-free (unflavored and flavored) and low- fat (unflavored);
 - e. meals designed to meet specific calorie ranges for age/grade groups;
2. eliminate trans-fat from school meals;
3. require students to select a fruit or vegetable as part of a complete reimbursable meal;
4. the District nutrition department will promote and encourage Farm to School efforts in order to provide the healthy foods identified above.

5. all foods and beverages sold to students as fundraisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Competitive Food regulations, the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines, and the USDA Smart Snacks in School nutrition standards.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

A. Nutrition Guidelines for All Foods Available on Campus During the School Day:

1. In accordance with the Policy entitled Food Services

(Policy 8500), Child Nutrition Services shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.

2. As set forth in Policy entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

B. With regard to Child Nutrition Services:

1. Child Nutrition Services will strive to remain financially self- supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
2. Child Nutrition Services will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
3. Child Nutrition Services shall be administered by a properly qualified nutrition professional who is certificated, licensed or credentialed according to current professional standards.
4. Child Nutrition Services will provide employees inservice training in food service operations to promote the health, safety, and well- being of the students.
5. Child Nutrition Services will provide continuing professional development for all staff of the child nutrition program.

C. With regard to all foods available during the school day:

1. In compliance with the USDA Smart Snacks in School Nutrition Standards, all foods sold to students during the school day (twelve (12:00) midnight until thirty (30) minutes after the close of the school day) will meet the nutritional standards as outlined in Board Policy 8500 and AG 8500 and AG 8500A.
2. These restrictions govern all foods sold to students through Child Nutrition Services, Career Education programs, fundraisers, or by any other group or individual. Foods that are provided free of charge to students through parties, treats, carnivals or other school activities are exempt from these restrictions.
3. Nutrition information for foods available in the dining area shall be readily available near the point of purchase.

D. With regard to beverages available during the school day:

1. In compliance with the USDA Smart Snacks in Schools Nutrition Standards all beverages sold to students during the school day must meet the nutrition standards in Board Policy 8500 and AG 8500 and AG 8500A.
2. These restrictions govern all beverages sold to students through Child Nutrition Services, Career Education programs, vending machines, or any other group or individual. Beverages that are provided free of charge to students through parties, treats, carnivals, or other school activities are exempt from these restrictions.

- E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties or at holiday celebrations.

The Board designates either the Superintendent or the Executive Director of Business Affairs as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent or the Executive Director of Business Affairs shall develop administrative guidelines necessary to implement this policy.

The Superintendent or the Executive Director of Business Affairs shall report to the Board on the District's compliance with this policy and the progress toward achieving the goals set forth herein and any recommended changes from the Wellness Committee on an annual basis.

The Superintendent shall appoint a District-wide Wellness Committee that regularly meets within the school year and may include parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), school health professionals, members of the public and school administrators to evaluate and revise this policy.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, is necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions that include evidence-based strategies to the policy it deems necessary and/or appropriate.

The Superintendent or designee shall provide an annual report to the Board on the Wellness Policy. The Wellness Policy will be posted on the District website for viewing by the public, parents, students and community members.

The District shall assess the Wellness Policy at least once every three years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's website.

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42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771