

NUTRITION SERVICES

- *100% of District students are eligible to receive free breakfast and free lunch everyday.*
- *Smart snack compliant*
- *Annual Professional development*
- *At least one Nutrition Services employee per building is ServSave Certified.*
- *All nutrition employees have been trained in proper and safe handling of foods and sanitation.*
- *Bi-annual Mahoning County Health Department kitchen inspections.*
- *Monthly safety food presentations to all Nutrition staff for continued education.*

SCHOOL –BASED

- *Vision screenings provided to students by school nurse.*
- *Hearing screenings provided to students by school nurse.*
- *Mobile dentist visit for Elementary Students*
- *Immunization records checked by school nurse yearly to maintain Health Department compliance and rules at all schools.*
- *Nutrition and Dental health programs presented to 1st grade by school nurse yearly.*
- *Orthodontist visit to all 2nd grade students yearly.*
- *Let's Move Day at Elementary School, all day activities and education about Heart Health for all Elementary students.*

ONE STEP CLOSER TO
HEALTH AND
WELLNESS

SPRINGFIELD LOCAL SCHOOLS

District Wellness
Brochure



Together, preparing every
student for a
healthy future.

Web site: [https://
www.springfieldlocal.us/](https://www.springfieldlocal.us/)

PHYSICAL/HEALTH

- *All students are encouraged to engage in physical activity in class, after school and at home.*
- *Elementary students participate in physical activity before breakfast daily.*
- *Movement within classrooms or “Brain Breaks”*
- *Elementary students have weekly physical education classes.*
- *Intermediate students have weekly physical education classes*
- *8th grade Intermediate students have Health class and also participate in the Super Size Me movie showing.*
- *High School offers physical education class.*
- *High School offers a Life Skills class with health and wellbeing skills.*
- *Weight room offered to High School athletics.*

NUTRITION EDUCATION

- *Elementary Cafeteria hangs educational signage throughout cafeteria and kitchen.*
- *Monthly nutrition education bulletin board at Elementary school.*
- *High School/Intermediate school cafeteria hangs educational signage throughout cafeteria and kitchen.*
- *Digital menus allow all staff and students to see nutritional menu items. All nutrition labels are readily available.*
- *High School offers a nutritional class. ServSafe Certification is offered in this class.*
- *Life skills class is offered to High School, with nutrition education included.*
- *8th grade Intermediate students are shown a ‘Super Size Me’ movie showing bad nutrition choices and the effects on the body.*
- [SuperKids Nutrition Newsletter](#) on website
- [SuperKids Nutrition Tips](#) on website

STAFF WELLNESS

- Smoke free district
- Wellbeing program Insurance incentives.
- YMCA memberships offered at a discount.
- Impact Employee Assistance and Work/Life program offered to staff.
- Staff, Students and Public are offered and encouraged to walk in halls at the school buildings. Track and building halls are both offered.
- Yearly weight loss contest between all staff members.

