

DELPHOS CITY SCHOOLS WELLNESS POLICY

I. Public Involvement

Delphos City Schools believes that each child needs access to healthy foods and opportunities to be physically active in order to grow learn and thrive. Good health fosters student attendance and education.

Thus, the Delphos City School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. The school district will establish a committee of students, parents, school administrators, teachers, food service professionals, health professionals and other interested parties in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. The committee shall review the wellness policy at least annually and report to the Superintendent and School Board with any recommended changes or revisions,

II. Nutrition Education

Delphos City Schools aim to teach, encourage, and support healthy eating by students. Schools will promote healthy food and beverage choices for all students. The school district will provide nutrition education and nutrition promotion by doing the following:

- **Provide information as part of a sequential, comprehensive, standard based program designed to provide students with the knowledge and skills necessary to promote and protect their health**
- **Integrate information into other subject areas of curriculum such as math, science, language arts, social sciences, and other elective subjects.**
- **Include opportunities for enjoyable, developmentally appropriate, participatory activities such as contests, promotions, and taste testing.**

III. Nutrition Promotion

Delphos City Schools will provide and promote the School Breakfast Program (SBP) and the National School Lunch Program (NSLP) to ensure that all students have access to healthy foods that support healthier choices.

- **Meals will include but not limited to fruits, vegetables, whole grains and low fat or no fat milk. Meals will include items that are lower in sodium, fat, saturated fat and meet the nutritional needs of the students.**
- **Meals will meet or exceed the USDA nutritional requirements.**
- **Menus will be posted on the school's website**
- **Applications for free/reduced meals are available at each school or on the school's website.**
- **The district will provide an adequate number of minutes daily for students to consume meals.**

IV. Nutrition Guidelines

Delphos City Schools will promote healthy food and beverage choices for all students.

- **All food and beverages available to students shall be served with consideration for promoting student health and wellness. To the extent possible, available foods will follow the USDA Smart Snack guidelines.**
- **To support children's health and school nutrition-education efforts, every attempt will be made to include nutritious choices in school fundraising activities.**
- **Staff will be encouraged and suggestions provided for healthy snacks and or rewards used during the school day and for items brought in for parties. Store bought items with a label are encouraged.**
- **Students and staff shall have the right to drinking water throughout the day.**

V. Physical Activity

Delphos City Schools will provide students with physical education, using age appropriate curriculum consistent with national and state standards. The curriculum will help to develop skills to engage in lifelong healthy habits.

- **All students in K-12 will be offered physical education options in order to meet the Physical Education Standards**
- **All elementary school students will have supervised recess.**
- **All 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.**

VI. Other Wellness Activities

Delphos City Schools will integrate wellness activities across the entire school setting. The district will coordinate and integrate other initiatives related to physical activity, nutrition and other wellness components.

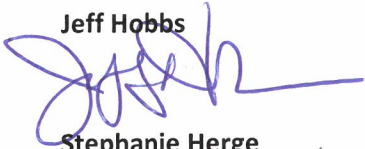
- **The district will provide, as available, programs and services that support and value the mental health, social, and emotional wellbeing of students and staff.**
- **The district will continue and develop relationships with community partners in support of this wellness policy.**
- **When feasible, the district will offer annual training opportunities for staff to increase knowledge and skills promoting healthy behaviors.**
- **The district will have CPR certified staff.**
- **The district will actively promote walk/bike to school with Safe Routes.**

The Superintendent and designees will ensure compliance with established district wide nutrition and physical activity wellness policies. In each school, the principle and designees will ensure compliance with those policies in his/her school and will report on the school's compliance to the district's Superintendent and designees.

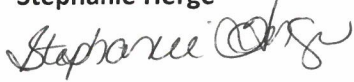
Updated December 2023

Wellness Committee Members

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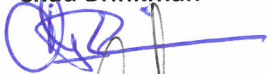
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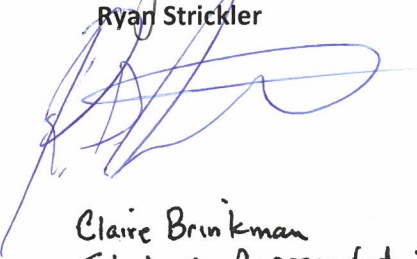
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