



Book	Policy Manual
Section	Section E: Support Services
Title	Student Wellness Program
Code	EFG-R
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Student Wellness Program

As required by law, the Board establishes the following wellness program for the New Philadelphia City 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 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:

1. With regard to nutrition education, the District reinforces that:

- A. Nutrition education may extend beyond the classroom by engaging and involving the school's food service staff.
- B. Nutrition education may extend beyond the school by engaging and involving families and the community.
- C. Nutrition education may reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

2. With regard to physical activity, the District reinforces that:

A. Physical Education

- 1. Physical education classes may provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.

B. Physical Activity

- 1. Students, parents and other community members may have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

3. With regard to other school-based activities, the District reinforces that:

A. Students, parents and other community members may have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

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

1. The food service program complies 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. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
3. The school food service program may involve students, parents, staff and/or school officials in the selection of competitive food items to be sold in the schools.
4. Nutrition information for competitive foods available during the school day may be readily available near the point of purchase.
5. All food personnel receive pre-service training in food service operations.
6. Continuing professional development is provided for all staff of the food service program.

The Board designates the building principals as the individuals charged with operational responsibility for measuring and evaluating the District's implementation and progress under this program. The Superintendent develops administrative guidelines necessary to implement this program.

The Superintendent reports on the District's compliance with this program and the progress toward achieving the goals set forth herein when requested to do so by the Board.