

WELLNESS POLICY AND GUIDELINES

As required by law, the Board of Education established the following wellness policy for the Indian Creek Local 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 there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, school 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, the District shall:

1. Nutrition education shall be included in the Health curriculum so instruction is standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

2. Nutrition education shall include a comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.

3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

4. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

5. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

6. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

7. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

8. The District shall provide information (on the District's web page) to parents designed to encourage them to reinforce at home the standard and benchmarks being taught in the classroom.

B. With regard to physical activity, the District shall:

Physical Education

1. A comprehensive physical education program shall be provided for students in accordance with the standards and benchmarks established by the State.

2. The physical education curriculum shall provide instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

Legal Reference:

ORC: 3313.81, 3313.812, 3313.813, 3313.814, 3313.815

OAC: Chapter 3301-91

3. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
4. The comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
5. All students in grades 7-12 shall have the opportunity to participate in extracurricular activities that emphasize physical activity.
6. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.

Physical Activity

1. Physical activity and movement shall be integrated, when possible, across the curriculum and throughout the school day.
 2. All students in grades K-6 shall be provided with a daily recess period.
 3. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
 4. The Physical Education 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.
 5. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
 6. Properly certified highly qualified teachers shall provide all instruction in physical education.
 7. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
 8. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
 9. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
 10. Planned instruction in physical education shall take into account gender and cultural difference.
- C. With regard to other school-based activities the District shall:
1. The schools shall provide adequate time for students to eat.
 2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
 3. The school shall provide attractive, clean environments in which the students eat.
 4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
 5. Students, parents, and other community members shall be access to, and be encouraged to use, the schools' outdoor physical activity facilities outside he normal school day.
 6. An opportunity for a wellness program shall be available to all staff.
 7. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
 8. Schools in our system utilize electronic identification and payment systems, there, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
 9. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
 10. Food should not be used as a reward or punishment on a continuing basis.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE DURING THE SCHOOL DAY

D. In accordance with Policy EF (Food Service) the food service program 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.

1. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritional value.

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2. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
3. All foods available 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. Fruits and vegetables must be offered as choices.
4. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte or from vending machines. Any food items served at lunch, in place of lunch, must be offered to our contracted food service.
5. Beginning with the 2006-2007 school year, all foods available to students during the school serving hours shall comply with the current USDA Dietary Guidelines for Americans.
6. All foods available during dining hours 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 well as foods that are served as classroom snacks, for fundraisers, for classroom parties, at holiday celebrations, at concession stands, or at any school-related event.
7. The school food service wellness program shall involve the Curriculum Improvement Council.
8. Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.
9. All foods available to students in District programs, including the food service program, shall be served with consideration for promoting student health and well-being.
10. Any food items sold during dining hours as a fundraiser shall meet the current USDA Dietary Guidelines for Americans. The food service provider has first option to provide the items that are sold.
11. The school shall prepare and post to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
12. Each classroom party held during the school day may include no more than one (1) food or beverage that does not meet the current USDA Dietary Guidelines for Americans. Fruits and vegetables should be used as options.
13. The food service program shall be administered by a director or designee who is properly qualified, certificated, and/or licensed, according to current professional standards.
14. All food service personal shall receive pre-service training in food service operations.
15. Beverages:
 - Allowed: water, fruit and vegetable juices and fruit-based drinks that contain at least 25% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA).
 - Not Allowed to be Sold During Service Times: soft drinks containing caloric sweeteners; sports drinks; ice teas; fruit-based drinks that contain less than 25% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine (excluding low-fat or fat-free chocolate milk).
16. Foods
 - A food item sold individually: will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined; will have not more than 35% of its weight from added sugars; will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per service for pastas, meats, and soups, and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
17. Food portion sizes are limited to a single service.

The Board designates the Superintendent or his designee as the individual(s) charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy.

Legal Reference:

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The Superintendent or designee shall report on the District's compliances with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every year, by the Curriculum Improvement council appointed by the Superintendent or his designee, consisting of representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Superintendent with any recommended changes to this policy.

Adopted: May 22, 2006

Legal Reference:

ORC: 3313.81, 3313.812, 3313.813, 3313.814, 3313.815

OAC: Chapter 3301-91