

Rittman Exempted Village Schools

100 Saurer St.

Rittman, Ohio 44270

WELLNESS POLICY

PREAMBLE

Rittman Exempted Village Schools (REVS) recognizes that there is a link between nutrition education, the food served in schools, physical activity, and environmental education, and that wellness is affected by all of these. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. REVS recognizes that good physical and mental health fosters improved student attendance, education and learning.

NUTRITION EDUCATION AND HEALTH EDUCATION GOALS

Students will gain an understanding of proper nutrition and nutrition practices. The staff responsible for nutrition education will provide basic knowledge of nutrition combined with skill-based practice activities and will use instructional techniques and strategies designed to promote healthy eating habits. Nutrition education will be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Nutrition education standards and benchmarks will be behavior-focused, age-appropriate, and culturally relevant. Nutrition education will reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related community services. The school district aims to teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that is offered as a comprehensive (PreK-12th Grade) part of a sequential, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

PHYSICAL ACTIVITY GOALS

Physical education is an integral part of the total education of every child kindergarten through grade 12. Quality physical education programs facilitate the development of physically active lifestyles and are needed to increase the physical competence, health-related fitness, personal responsibility, and enjoyment of physical activity for all students so that they can be physically active for a lifetime.

The school recommends that all students participate in developmentally appropriate physical activity each day. We will provide opportunities for all students to learn about and enjoy physical activity that will foster an understanding for the need for lifelong fitness and health in a safe environment. The school will provide a daily period for physical activity for elementary students. Elementary students will have up to twenty minutes of physical activity each day. Schools will educate students about the value of physical activity, and provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain health-related physical fitness, to participate regularly in physical activity, and to understand the short and long-term benefits of a physically active and healthy lifestyle.

GUIDELINES FOR SCHOOL MEALS

REVS will provide school meals, which meet or exceed the nutritional standards required by State and the National School Lunch and Breakfast Program. Offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. Encourage all students to participate in breakfast and lunch opportunities. In particular, the school will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families apply. Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. The school will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, and after-school snack and summer foodservice programs). Efforts will be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant food services staff, adequate seating, enforcement of student conduct rules and adequate supervision.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS FUNDRAISING/ VENDING MACHINES/ OTHER FOOD SALES

Schools will ensure that food and/or physical activity will not be used as a punishment and staff will be educated about appropriate rewards involving food and physical activity. REVS shall encourage non-food/drink reinforcement strategies for the discipline and reward of students. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices. Healthy food and beverage choices will be encouraged for vending, a la carte, student stores, parties and fundraising. Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness consistent with School Committee policies. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs. The existing pouring-rights contract should be reviewed and modified to allow only the sale of nutritious foods and beverages. School nutrition practices should address all foods and beverages sold or served during the school day to students. This includes foods and beverages sold in vending machines. Decisions about the sale of competitive foods should be based on nutrition goals for students, not for profit making. REVS encourages parents to send in healthy snacks for birthday and holiday celebrations. Examples might include: yogurt, fruit snacks,

boxed raisins, frozen fruit bars, fruit, granola bars, etc... and 100% fruit juices instead of pop and cupcakes. Send home a list of potential ideas to parents.

OTHER SCHOOL-BASED ACTIVITIES

The school highly values the health and well-being of every staff member and will offer educational activities that support personal efforts by staff to maintain a healthy lifestyle. The staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students. Promote staff wellness initiatives (i.e. fliers, emails, sharing of resources). Promotion will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. Students, parents, and other community members will have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day. It is the goal of REVS to promote the students' physical, emotional, and social well-being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, school nurse services, nutritious school meals, health education, Family and Consumer Science education and opportunities for physical education and activity. REVS recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. REVS will support parents' efforts to provide a healthy diet and daily physical activity for their children. REVS encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value. REVS will provide information about ways to promote healthy lifestyles. REVS will provide an opportunity to include parents and community in nutrition and fitness-awareness programs. REVS shall encourage students to make nutritious food choices through accessibility and marketing efforts of healthful foods. Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and no disposable tableware will be used whenever possible. REVS shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products. Each school site shall have a recycling program.

MONITORING AND EVALUATION

The Wellness Committee will develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public will be considered before implementing such rules. The school will measure how well this policy is being implemented, managed, and enforced.