



DISTRICT WELLNESS GUIDELINES

Lakota Local School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{i.ii.iii.iv.v.vi.vii} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{viii.ix.x.xi.}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District.

DISTRICT WELLNESS COMMITTEE

The Health Services Manager and Senior Director or Business Operations will be the designated contact persons for all areas related to the District Wellness Policy.

The District will convene a representative District Wellness Committee that meets at minimum 4 times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The District Wellness Committee will be comprised of administration, parents, community members, representatives of the School Food Authority, Registered Nurses, Registered Dietitians, and educational staff.

All of the school buildings shall have a wellness liaison to assist in facilitating wellness activities within their designated facility.

NUTRITIONAL STANDARDS

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutritional needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The District ensures that reimbursable school meals meet or exceed the National School Breakfast Program and National School Lunch Program guidelines.

The District ensures that all food sold outside of the above federal meal programs are compliant with USDA Smart Snacks and Ohio Senate Bill 210 from midnight through thirty minutes after the school day ends, including but not limited to a la carte items, food and beverage vending machines and student fundraisers.

NUTRITION PROMOTION & EDUCATION

The District shall:

- Include nutrition education in curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices

FOOD MARKETING

School-based marketing will be consistent with nutrition education and health promotion that meet the Federal and State nutrition regulations. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

FOOD IN THE CLASSROOM

The district strongly encourages non-food items for celebrations and awards within the classroom. Below are suggestions:

- Pencils
- Stickers
- Key chains
- Music in the classroom
- Have class outside
- Homework pass

In the event a food item is provided for a celebration or award, it is strongly encouraged that the snacks be a healthy choice, including fruits, vegetables, and whole grains as part of the classroom snack or celebration.

The district encourages other avenues for classroom celebrations such as a monthly birthday lunch sponsored by Lakota Child Nutrition.

PHYSICAL ACTIVITY AND EDUCATION

A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day. Schools shall offer a wide range of physical activities outside the regular school day.

With regard to other school-based activities, students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

STAFF WELLNESS

Lakota highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. School-based or school-linked programs will be available and offered in an effort to promote employee wellness and to facilitate positive role modeling for students

MONITORING AND POLICY REVIEW

The Superintendent or his/her designee will report annually to the Board on the District Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals. The annual wellness progress report will be available for public viewing in accordance with the Federal guidelines.

Progress towards health/wellness goals will be provided to the community via the district website and through paper distribution at the start of every school year. Presentations to the school board will be on an annual basis. All members of the Lakota community are encouraged and welcomed to participate in the district wellness initiatives and events.

i Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523-532.

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iv Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899-907.

v Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S-813S.

vi Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743-760, quiz 761-762.

vii Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199-213.

viii Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

ix Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.

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xi Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.

¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>