

Warren Local School District Wellness Plan

I. Introduction

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

Ohio Department of Education's strategic plan, *Each Child, Our Future*, directs schools to put the whole child at the center of all school activities, including wellness. Engaging the whole child ensures that students are healthy, safe, engaged, supported, and challenged and sets the standard for comprehensive, sustainable school improvements and long-term student success.

The District embraces the Whole School, Whole Community, Whole Child Model approach to wellness. This model provides a student-centered and evidence-based framework for addressing wellness in schools. It also emphasizes the role of the community in supporting the school. With this model, the District focuses on seven areas of whole school wellness:

- Physical education and physical activity
- Nutrition environment and services
- Health education
- Social and emotional climate
- Health services
- Community involvement
- Family engagement

The District is committed to instructing students and their families about the importance of healthy schools and lifestyles, providing a learning environment that enhances the development of lifelong healthy habits in wellness, nutrition, and regular physical activity. This wellness plan outlines the District's approach to ensuring that the school environment provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This plan applies to all students, staff and schools in the district.

II. District Wellness Committee

Purpose of Committee: The District convenes a District Wellness Committee that meets at least twice per academic year. The District Wellness Committee establishes goals for and oversees school health and safety policies and programs, including the development, implementation and periodic review and update of the District Wellness Plan.

Committee Membership: The District Wellness Committee membership represents all school levels and includes to the extent possible:

- Parents and caregivers
- Students
- Representatives of the school nutrition program
- Physical education teachers
- School health professionals
- School administrators
- School Board Members
- General public

The District Wellness Committee includes representatives from various school buildings and reflects the community's diversity to the extent possible.

Leadership: The Superintendent/designee adopts and facilitates this District Wellness Plan in compliance with Board Policy EFG (Student Wellness Program), Federal law, and Ohio Revised Code.

III. Wellness Plan Accountability

The district manages the implementation of this District Wellness Plan including who is responsible for overseeing each component, as well as actions and a timeline for the completion of activities and goals. The district recommends that schools use the Healthy School Program Assessment to complete an annual school-level health and wellness assessment. The district ensures that the District Wellness Plan aligns with the Alliance for a Healthier Generation's Model Wellness Policy. The district requires that all efforts related to obtaining federal, state or association recognition of and/or funding for healthy school environments be coordinated with and complementary of this District Wellness Plan, including but not limited to ensuring the involvement of the District Wellness Committee.

Triennial Assessments

In order to be compliant with the USDA final rule, at least once every three years, the district will assess the District Wellness Plan by measuring:

- the extent to which the District Wellness Plan meets the requirements of the final rule
- the extent to which schools under the jurisdiction of the district are complying with the District Wellness Plan
- the progress made in attaining the goals of the District Wellness Plan

Documentation

The District retains records to document compliance with the requirements of the District Wellness Plan, including:

- A copy of the Wellness Policy and District Wellness Plan
- Documentation demonstrating that the District Wellness Plan has been made available to the public (Warren Local School District Website)
- Documentation of the most recent district- and school-level assessments of implementation
- Documentation of efforts to review and update the District Wellness Plan including who was involved, and how the district made stakeholders aware of their ability to participate

Policy Updates

The District will update the District Wellness Plan based upon:

- The results of the triennial assessment
- District priorities
- Community needs
- The results of school health assessments
- School-level implementation progress
- Emerging scientific information
- New federal or state regulations or guidance

Notification to the Public

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make as much information available on its website and/or through district-wide communications.

IV. NUTRITION SERVICES

Warren Local 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 nutrition 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 and special dietary needs. The District is committed to eliminating any social stigma related to students who are eligible for free and reduced-price school meals. To accomplish this, schools utilize electronic identification payment systems, provide meals at no charge to all children through available state and federal programs, and promote the availability of school meals. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program and the School Breakfast Program .

All schools within Warren Local School District commit to offering school meals through the United States Department of Agriculture (USDA) Child Nutrition Programs and other applicable Federal child nutrition programs that:

- Are accessible to all students, including students with special dietary needs
- Are appealing and attractive to children
- Are served in clean and pleasant setting
- Meet or exceed nutrition requirements established by local, state, and Federal statutes and regulations under the USDA nutrition standards
- Meet all local health code standards for the quality of purchased, prepared, and delivered foods

Water

The district provides free, safe and unflavored drinking water to all students during the school day, during mealtimes, and during the extended school day. Water may come from a drinking fountain, water jug, or another source. Students may bring approved water bottles from home filled with water. The schools regularly maintain water sources and containers in the cafeteria to ensure good hygiene standards.

Non-USDA Program Food

The foods and beverages sold and served outside of the school meal programs meet the USDA Smart Snacks in School nutrition standards and follow Ohio Department of Education guidance, including:

- Food sold at vending machines, snack bars, school stores, school-sponsored fundraising activities, and concession stands on school campuses during the school day
- At any school function, it is recommended that healthy food choice options are available to students
- Food not purchased through District Nutrition Services, must contain a nutrition/ingredient label. No home prepared food should be served to students.

Schools may not sell food until one hour after the end of the last lunch period. In addition, schools must turn off vending machines from the beginning of the breakfast program to one hour after the end of the lunch period.

The District provides a list of celebration ideas and Smart Snack Standard snacks to families and teachers, including non-food celebration ideas. Smart Snack foods may be purchased through Warren Local School District Nutrition Services.

Meal Timing

Principals ensure that students are allowed at least ten minutes to eat breakfast and at least thirty minutes to eat lunch. This time begins from the time students receive their meal and are seated. Schools serve lunch at a reasonable and appropriate time of day.

Rewards and Punishment

Schools cannot use food as a punishment. Food as a student reward should be used sparingly and should follow Smart Snacks in School Nutrition Standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating and physical activity among students. Schools will provide nutrition education integrated into other subjects and as part of health and wellness classes. The district will follow health education curriculum standards and guidelines as stated by the Ohio Department of Education.

Nutrition Promotion

The District will promote healthy food and beverage choices for all students across the school campus during the school day and during the extended school day and will encourage participating in school meal programs.

The District will ensure the promotion of healthy food and beverage choices through school announcements, newsletters, and the website.

V. PHYSICAL ACTIVITY OPPORTUNITIES

Children and adolescents, including children with disabilities, should participate in at least 60 minutes of physical activity every day in order to ensure optimum health. The district requires that a combination of physical activity opportunities from, but not limited to, the list below be offered to students:

- physical education
- classroom physical activity
- active academics
- daily recess
- before- and after-school activities, including sports

The District requires that physical activity opportunities be adapted in order to make accessible to students with disabilities. The district will follow physical education curriculum standards and guidelines as stated by the Ohio Department of Education. To the greatest extent possible, the District will ensure that its grounds and facilities are safe, that equipment is available to students to be active and that it conducts the necessary inspections and repairs.

VI. OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The Warren Local School District will integrate wellness activities across the entire school setting. The District will coordinate and integrate other initiatives related to wellness components so all efforts are complementary, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes. Examples of those activities include student vision and hearing screenings, immunization compliance monitoring, student dental sealant partnership with the local health department, and employee wellness initiatives.

Based on the Model Local School Wellness Policy