

WELLNESS POLICY

The Westlake City Schools Board of Education recognizes that children and youth who are healthy individuals can learn better and are more likely to complete their formal education. The Board also acknowledges that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy and supporting regulations encourage a holistic approach to staff and student wellness that is sensitive to individual and community needs. The following areas are to be included:

Nutrition: Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, and resistance to disease, emotional stability and ability to learn.

Health Education and Life Skills: Healthy living skills shall be taught as part of the regular instructional program. This program shall provide the opportunity for all students to understand and to practice concepts and skills related to health promotion and disease prevention.

Physical Education and Activity: Physical education and physical activity are essential elements of each school's instructional program. The program shall provide the opportunity for all students to develop the knowledge, attitudes and skills necessary to participate in a lifetime of healthy physical activity.

Healthy and Safe Environment: A healthy and safe environment for all, before, during and after school supports academic success.

Social and Emotional Well-Being: Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

Health Services: An effective community health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will support the mental and physical health of students and staff.

Family, School and Community Partnership: Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

Staff Wellness: The district and each work site provides information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.

The Board directs the superintendent to develop and implement the Wellness Policy and supporting regulations. There are many activities that are common to all school and procedures for conducting them may vary. The administration will establish procedures for conducting activities in their individual areas of responsibility within the larger framework of the policy. This will include focused professional development for the appropriate staff. A district wellness committee will be established and maintained consistent with Federal and State guidelines. A progress report will be made annually to the Board on the implementation of this policy.

REGULATION

I. Nutrition

- A. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Food Services Program. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible. When economically feasible the district will utilize the services of a registered dietitian to develop lunch and breakfast menus to insure the USDA regulations for nutrition are met.
- B. Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- C. A la Carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
- D. Guidelines for sales of snacks and beverages in the schools shall be developed to meet or exceed nationally recommended standards.
- E. The Food Service Department shall support classroom activities for all elementary students that promote good nutrition practices to promote health and reduce obesity.
- F. The use of food as rewards is discouraged. Alternative reward systems should be developed and encouraged by district administrators.
- G. The Board recognizes fundraising is an important activity that financially supports school programs. Food items that are sold for fundraising activities in the schools during the school day shall meet the district nutritional guidelines. Fundraising activities outside of the school day are encouraged to meet the district guidelines.

II. Health Education and Life Skills

- A. The school district shall develop and implement a K-12 health education curriculum.
- B. Students shall have access to valid and useful health information and health promotional services.

- C. Staff and students shall be encouraged to develop good hand washing practices.
- D. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day including before and after school programs.
- E. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

III. Physical Education and Activity

- A. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least a moderate intensity for a duration and frequency that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
- B. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- C. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

IV. Healthy and Safe Environment.

- A. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, and be kept inviting, clean, safe and in good repair.
- B. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- C. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- D. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

V. Social and Emotional Well-Being.

- A. Each school shall provide a supportive environment that includes guidance and counseling services that encourages students, families and staff to request assistance when needed and links them to school or community resources.
- B. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- C. Students and staff will encourage an environment that fosters understanding and respect of the differences in others and how to build positive interpersonal relations.

- D. Students and staff shall be encouraged to balance work and recreation and help to become aware of factors, which may interfere with health development.
- E. Students shall be encouraged to develop and maintain a positive self-concept including an appropriate body image and self esteem.

VI. Health Services

- A. Primary coordination of health services shall be through school nurses with the support and direction from the School District and the Cuyahoga County Health Department.
- B. The Westlake City School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- C. A coordinated program of community health services shall be accessible to students and staff which may include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid/CPR and other priority health education topics.

VII. Family, School and Community Partnership

- A. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
- B. The equality and diversity of the school district and community shall be valued in planning and implementing wellness activities.
- C. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
- D. The school district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

VIII. Staff Wellness.

- A. Each school district site shall be in compliance with drug, alcohol and tobacco free policies.
- B. Each school district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- C. Staff shall be encouraged to engage in daily physical activity and wellness opportunities during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities as provided by the District Insurance Carrier.