

Mission Statement

The Gallipolis City School District will provide a wellness program that utilizes national nutrition and physical fitness standards to promote healthy eating habits and increase physical activity in order to create an environment that addresses the wellbeing of the school community in areas of education, nutrition, safety, physical and mental health.

Vision Statement

To develop lifelong habits in each student that enable them to live healthy, active lives and become successful lifelong learners.

Beliefs

The wellness Committee of the Gallipolis City School District believes that all students can:

- Develop the skills necessary to make healthy choices.
- Demonstrate awareness of the importance of good decision-making for healthy choices.
- Display a positive attitude toward the health and well-being of every individual.
- Develop an appreciation of the lifelong benefits of eating healthy foods and participating in daily physical exercises.
- Lead fuller, more productive lives by understanding the national nutrition and physical education guidelines.

Program Goals and Objectives

The Gallipolis City School District's goal is to promote healthy eating habits and develop lifelong skills for making healthy choices through nutrition and physical activity.

The following goals are set to establish good health and good nutritional habits:

- Nutrition Promotion – To promote healthy eating habits that give students the information to make healthy choices.
- Nutrition Education – To provide nutrition education for all students in the District so students can develop lifelong skills to make healthy choices.
- Physical Activity – To increase physical activity of students through developing an appreciation of physical education and providing opportunities for participation.
- Student Wellness – To value the health and well-being of every student by ensuring they have access to healthy school meals, nutrition education and physical education.
- Staff Wellness – To value the health and well-being of every staff member and promote activities that support personal efforts to maintain a healthy lifestyle and serve as a healthy role model to students.

The Wellness Committee believes the policies mentioned below are goals that all schools in the District can achieve.

Nutrition

Nutrition Education

The District will educate, model, encourage and support healthy eating by all students of all ages. Nutrition education shall be included in the sequential, comprehensive health curriculum and physical education curriculum in accordance with the curriculum standards established by the State. The District will also encourage the use of nutrition education in classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects. The District will commit to the following:

- Promote fruits, vegetables, whole grains, low-fat & fat-free dairy, healthy food preparation, and health-enhancing nutrition practices.
- Provide nutrition education to all students in physical education and health classes.
- Provide students with the knowledge and skills necessary to promote and protect their health.
- Promote physical activity and exercise.
- Provide nutrition education training for teachers and staff, when possible.

School Meals

Our District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free/low-fat milk. These meals will be moderate in sodium, low in saturated fat, and have zero grams of trans-fat per serving. They will meet the nutritional needs of students within their calorie requirements. The District will comply with the current USDA Dietary Guidelines for Americans and the Smart Snacks in Schools nutrition standards. The District is committed to offering school meals that:

- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.
- Are accessible to all students.
- Are appealing and attractive to students.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- Promote and market healthy eating habits.

The District will offer all students in the district breakfast through the USDA School Breakfast Program and lunch through the USDA National School Lunch Program. The District will comply with the current USDA meal pattern requirements/guidelines and Smart Snacks in Schools nutrition standards during all school meal programs including breakfast, lunch and before/afterschool meal programs.

The District will use a point of sale software that will allow students to use their ID number when purchasing a meal. This method will be used to protect the privacy of students who qualify for free or reduced priced meals. The District will ensure that students who qualify for free or reduced priced meals will not be overtly identified in any way.

The District will send a free and reduced price school meals application home the first day of school with every student. If the District decides to allow parents or guardians to fill out a free or reduced price school meals application online then the District will provide them with the information to access the website.

Water

The District will provide free, safe, unflavored drinking water to all students throughout the school day and on every school campus. Drinking water will also be available where school meals are served.

Competitive Foods and Beverages

The District is committed to ensuring that all food and beverages available to students on school campuses during the school day support healthy eating habits. The foods and beverages sold and served outside of the school meal programs “competitive foods and beverages” during the school day will meet the USDA Smart Snacks in Schools nutrition standards. Competitive foods that are sold outside of the school meal programs shall not be sold during school meal times. All food and beverages sold to students on school property during the school day will meet the USDA school meal and Smart Snacks nutrition standards. The District encourages programs/services available outside of the school day to participate in selling Smart Snacks.

Fundraising

The District encourages non-food based fundraisers over food based fundraisers. Food based fundraisers that are sold during the school day must meet the USDA Smart Snacks in Schools nutrition standards. The District encourages food based fundraisers that are sold outside of the school day to participate in selling healthy nutrition packed foods. A list of ideas acceptable for fundraising activities will be provided to all organizations and clubs.

Food and Beverage Marketing in Schools

The District is committed to ensuring that all foods and beverages that are marketed or promoted to students during the school day meet or exceed the USDA Smart Snacks in Schools nutrition standards. The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts could be negatively impacted if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote students’ health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus and are consistent with the District’s Wellness Policy.

Nutrition Promotion

The District will promote healthy food and beverage choices for all students during the school day and extended school day (including out-of-school time and before and after school) and encourage participation in school meal programs.

School Nutrition Staff

The Food Services Supervisor will ensure that all school nutrition staff will meet or exceed the USDA annual continuing education/training requirements. All school nutrition program directors, managers and nutrition staff will meet hiring and annual continuing education/training requirements set by the USDA.

Celebration/Parties/Rewards

The District adheres to the following:

- The District will not allow celebrations, parties or reward events to be allowed during school meal times.
- The District will encourage celebrations and parties to be focused around activities and assemblies rather than food.
- The District will encourage using physical activities as a reward. (e.g., extra recess).
- The District will encourage that all foods and beverages offered on school campuses will meet or exceed the USDA Smart Snacks in Schools nutrition standards.
- The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- The District will provide teachers and other relevant school staff a list of alternative ways to reward children.
- The District strongly encourages that foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Celebrations/Parties Food Guidelines Regarding Allergies and Food Safety

Due to food allergies and the health and well-being of our students, the District does not permit homemade food or beverage items to be brought to celebrations/parties that are held during the school day. The District encourages celebrations/parties to be focused around activities and assemblies rather than food. The following rules apply regarding food for celebrations/parties:

- All food or beverage items must be pre-packaged containing a nutrition label.
- Food or beverage items from restaurants are permitted and exempt from having a nutrition label, provided that nutrition information is available upon request.
- Deli items such as fresh fruit, vegetables, and meat trays are exempt from having a nutrition label, provided that nutrition information is available upon request.

request and must have been prepared by a business that has a commercial food service operation license.

- Bakery items such as cakes, cupcakes, muffins, and cookies are exempt from having a nutrition label, provided that nutrition information is available upon request and must have been prepared by a business that has a commercial food service operation license or a bakery license.
- When possible, the staff member in charge of the celebration/party should be notified at least one day prior to the celebration/party about the food that will be served.
- No homemade food or beverage items are allowed.
- Hot foods should be kept at or above 135°F and cold foods should be kept at or below 41°F. Food should be discarded if left out at room temperature for more than two hours.

Physical Activity

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Elementary students will receive grade level physical education for at least 30-60 minutes per week throughout the school year.

Middle school students are provided an opportunity to take the equivalent of one semester per year of physical education.

High School students are required to take two semesters of physical education in order to graduate, unless the student has a physical education waiver.

The District will ensure that:

- All elementary students, including students with disabilities, receive weekly physical education instruction throughout the school year.
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.
- Student physical fitness is promoted through individualized fitness and activity assessments.
- Physical activity will not be used as a form of discipline or punishment.
- When possible, staff involved in physical education will be provided with professional development opportunities focused on physical education and physical activity topics.

Recess (Elementary)

All elementary schools will offer at least **30 minutes of recess** daily during the school year. If recess is before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside or outside the cafeteria to ensure proper hygiene. Students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be included in to the recess transition period/timeframe before students enter the cafeteria.

Classroom Physical Activity Breaks

The District encourages teachers to incorporate physical activity breaks when students can be active or stretch throughout the day. The District recommends teachers to incorporate short (3-5-minute) physical activity breaks for students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

The District encourages teachers to incorporate movement and kinesthetic learning approaches into "core" subject instruction (e.g., science, math, language arts, social studies) when possible, and do their part to limit sedentary behavior during the school day.

The District will support teachers incorporating physical activity and kinesthetic learning into core subjects by providing annual professional development opportunities and resources, when possible. This includes information on leading activities, activity options, and background materials on the connection between learning and movement. Teachers will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Opportunities Before and After School

The District will encourage extracurricular activities that meet the needs, interests, and abilities of all students. The District will offer opportunities for all students to participate in physical activity before and/or after the school day through various methods including:

- Physical activity clubs
- Sport programs

Staff Wellness

When possible, the District will provide health fairs to establish baseline data for staff and offer information and training on relevant health topics.

School administrators should encourage staff to model healthy eating and physical activity behaviors.

Implementation and Evaluation

The Superintendent/designee shall appoint a Wellness Committee that includes parents, students, nutrition staff, physical education staff, school health professionals, teaching staff, school administrators, school board members and members of the public to oversee development, implementation, evaluations and updates of the wellness policy.

The Superintendent/designee will encourage anyone interested in joining the Wellness Committee to attend the annual wellness policy meeting and express their interest.

The Superintendent/designee will ensure district-wide compliance with the established Wellness Policy by ensuring observance by all administrators, teachers, and staff. In each school, the building administrator will ensure compliance.

The Wellness Committee will meet annually to review the Wellness Policy and develop a work plan for implementation. The Wellness Committee will meet each summer prior to the first day of school for students.

The Wellness Committee at least once every three years will conduct a district-wide assessment on the Wellness Policy implementation, assess progress, and identify areas of improvement. This assessment will include a review of the nutrition and physical activity policies, which the Committee will revise and update as needed.

The Wellness Committee will conduct a triennial assessment of the Wellness Policy at least once every three years. The wellness policy will be assessed and updated as needed following this assessment.

The triennial assessment results will be available to the public upon request. The report will include a compliance assessment, a comparison of the Wellness Policy to model wellness policies, and progress made toward achieving the District's Wellness Policy goals.

The Wellness Committee will review the latest national recommendations pertaining to school health every two to three years and will update the Wellness Policy accordingly.

Community Partnerships

The District will encourage partnerships with community organizations (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators) to support implementation of this Wellness Policy. Existing and new partnerships and sponsorships will be evaluated to ensure consistency with the Wellness Policy and its goals.

Communication with Parents/Public

The District will encourage staff to share nutritional information with families and encourage parents to pack healthy lunches and snacks for students who bring their own lunch.

Meetings regarding the Wellness Policy, including dates and times, will be advertised in the local newspaper and, when possible, on the District website and social media accounts. These meetings will be open to school staff, students, parents, and the general public.

A copy of the Wellness Policy will be sent home with students at the beginning of each school year. All Wellness Policy updates and revisions will also be sent home to parents/guardians.

The Wellness Policy will be made available to the public on the District website.

Appendix A – Healthy Options for Celebrations/Parties

- Baked Chips
- Boxed Raisins
- Cheese Cubes
- Cheez-It (Baked/Whole Grain)
- Craisins
- Deli Wraps
- Fresh Fruit
- Fresh Vegetables with Low-Fat Dip
- Fruit Cups
- Fruit Smoothies
- Fruit or Veggie Tray
- Goldfish (Baked/whole Grain)
- Graham Cookies
- Graham Crackers
- Granola Bars
- Prepackaged Sliced Apples
- Pretzel Sticks
- Protein Bars
- Popcorn (Smart Corn)
- String Cheese (Fat Free)
- Sugar-Free Ice Cream Cups/Bars
- Sugar-Free Jell-O
- Trail Mix/Simply Chex
- Uncrustables PB&J Whole Grain
- Water
- Yogurt
- 100% Fruit Snacks
- 100% Fruit Juice
- 100% Juice Popsicles
- 100% Vegetable Juice

Appendix B – Suggestions for Fundraisers (Non-Food)

- 5k Walk for Nutrition and Wellness
- Baskets (theme)
- Book Fair
- Calendars
- Car Washes
- Card Coupons (% off at local businesses)
- Community Yard Sale
- Craft Sales
- Dances
- Decals or Bumper Stickers
- Discount Cards with Local Businesses
- Flea Market
- Flower Sales (Plants and Bulbs)
- Gift Baskets
- Jewelry
- Kiss a Pig
- Live or Silent Auctions
- Locker Gear
- Magazine Sales
- Ornaments, Wreaths, etc.
- Pony Plop
- Raffle Tickets
- School Spirit Supplies
- Temporary Tattoos
- Wrapping Paper, Small Gifts, Candles

Appendix C – Ideas for Non-Food Classroom Rewards

- Classroom Auction/Raffle
- Classroom Store
- Coupons
- Extra Recess Time
- Free Passes to School Events
- Free Time at End of Class
- Homework Passes
- Listen to Music While Working
- Movie Tickets
- Pencils/Pens
- Play a Favorite Game
- Privileges, Certificates, Recognition in Class
- Reward Board (Photos etc.)
- Sit by Friends
- Stickers
- Teachers Helper

Appendix D – Ideas for Food Rewards

- Baked Chips
- Boxed Raisins
- Cheese Cubes
- Cheez-It (Baked/Whole Grain)
- Craisins
- Deli Wraps
- Fresh Fruit
- Fresh Vegetables with Low-Fat Dip
- Fruit Cups
- Fruit Smoothies
- Fruit or Veggie Tray
- Goldfish (Baked/whole Grain)
- Graham Cookies
- Graham Crackers
- Granola Bars
- Prepackaged Sliced Apples
- Pretzel Sticks
- Protein Bars
- Popcorn (Smart Corn)
- String Cheese (Fat Free)
- Sugar-Free Ice Cream Cups/Bars
- Sugar-Free Jell-O
- Trail Mix/Simply Chex
- Uncrustables PB&J Whole Grain
- Water
- Yogurt
- 100% Fruit Snacks
- 100% Fruit Juice
- 100% Juice Popsicles
- 100% Vegetable Juice

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