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# Bowling Green City Schools



## Local School Wellness Policy

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2025-2028

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## Introduction

A local school wellness policy is a written document that guides a school district's efforts to establish a school environment that promotes health, well-being, and the ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each local education agency (LEA) to participate in the National School Lunch Program and/or the School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each school under the Local Educational Agency (LEA) jurisdiction can be addressed ([Food and Nutrition Service US Department of Agriculture, 2024](#)).

This policy must include, but is not limited to, the following:

- **Specific goals** for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- **Standards and nutrition guidelines for all foods and beverages** sold to students on the school campus during the school day that are consistent with federal regulations for:
  - School Meal Nutrition Standards
  - Smart Snacks in School Nutrition Standards
- **Standards for all foods and beverages provided, but not sold, to students** during the school day (e.g., in classroom parties, classroom snacks brought by parents/guardians, or other foods given as incentives).
- **Policies for food and beverage marketing** that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- **Description of public involvement, public updates, policy leadership, and evaluation plan.**

## BGCS Local School Wellness Committee Members

Tabitha Hiler-Young,  
Committee Coordinator  
*Food Service Director &  
District Parent*

Adrienne Radebaugh  
*Human Resource Generalist*

Debbie Ondrus  
*Guidance Counselor*

Allie Willibey  
*Executive Director of Pupil  
Services*

Jennifer Campos  
*Director of Communications*

Katie Perkins  
*Curriculum Coordinator*

Danya Claes  
*Coordinator of Community  
Outreach and Student  
Wellness*

Brittany Howard  
*Head Nurse &  
District Parent*

Mason Roth  
*Physical Education &  
Health Teacher*

Michele Wolf  
*Athletic Director*

Robin Short  
*District Resource Officer*

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Each Bowling Green City Schools wellness committee member plays a specific role to ensure the overall well-being of students, staff, and the school community. Each of these roles is essential for creating a comprehensive, well-rounded wellness program that addresses the physical, emotional, and social needs of students and staff within the district. The roles and responsibilities are as follows:

- Committee Chair:
  - Oversees the committee's work and meetings, sets the agenda, and ensures the committee stays on track to meet its goals.
  - Liaises with district leadership and external stakeholders.
  - Ensures alignment with district policies and wellness goals.
- Community Health or Wellness Partner:
  - Provides expertise and resources from outside the school district, such as local health organizations or fitness centers.
  - Partners with the district on initiatives that involve community outreach and wellness education.
  - Helps secure funding, resources, or partnerships to enhance wellness programs.
- Curriculum Representative:
  - Provides input from the classroom perspective, particularly about student engagement and academic achievement.
  - Offers ideas on how wellness initiatives can be integrated into the curriculum.
  - Helps communicate wellness efforts to other teachers and staff.

- District Leader:
  - Ensures the committee’s goals align with broader district objectives and policies.
  - Supports the implementation of wellness initiatives by allocating necessary resources.
  - Ensures that the wellness strategies are sustainable and have district-wide backing.
  
- Food Service Director:
  - Ensures the district’s food service program meets nutritional standards and promotes healthy eating habits.
  - Guides the development of wellness-related policies on school meals and snacks.
  - Educates students and staff about nutrition and healthy food choices.
  
- Health and Physical Education Teacher:
  - Provides expertise in physical fitness and health education.
  - Assesses student physical activity programs and helps develop initiatives to encourage fitness.
  - Offers suggestions for curriculum improvements related to health and physical education.
  
- Human Resources Representative:
  - Enhancing employee engagement through wellness initiatives.
  - Providing support and resources for staff well-being and mental health.
  - Facilitating access to wellness benefits that improve staff satisfaction and retention.
  
- Parent Representative:
  - Bring the voices of parents and guardians to the table, ensuring that the committee’s initiatives are relevant and supported by the wider community.
  - Assists in engaging parents in wellness-related activities, such as health fairs or family fitness events.
  - Helps to ensure that wellness strategies meet the needs of students from diverse backgrounds.
  
- School Counselor/Psychologist:
  - Addresses mental health, emotional well-being, and student support services.
  - Works to promote positive relationships and social-emotional learning.
  - Provides resources for students facing personal challenges and helps create a safe environment.
  
- School Nurse:
  - Focuses on health, safety, and well-being, providing insights into health services and policies.
  - Shares data on student health trends, such as illnesses or chronic conditions, and offers solutions to address these concerns.
  - Coordinates screenings and health interventions for students.
  
- Student Representative (if applicable):
  - Bring the perspective of students to the committee, voicing their concerns, preferences, and ideas related to wellness.
  - Encourages peer engagement and involvement in wellness activities.
  - Help promote the importance of mental and physical health within the student body.

## **BGCS Local Wellness Policies and Initiatives**

### **I. Nutrition Promotion and Education**

Review the school meal program to ensure that it meets nutritional standards and encourages healthy food choices.

Teach healthy food and snack options and understand food labeling in health classes.

Participate in National School Lunch Week. The Food Service Director educates students on the importance of the components and the nutritional benefits that fuel their days.

Organizes educational programs or events, like nutrition workshops or healthy eating campaigns, to encourage students and staff to make healthier food choices.

### **II. Student Physical Activity**

Promote physical activity with physical education instruction occurring at each campus.

Develop initiatives to increase physical activity opportunities for students, such as promoting daily recess, more time for physical education classes, or after-school fitness programs. EX. Girls on the Run, 'Day of Awesomeness', and campus field days.

Organizes events like walkathons, fun runs, or fitness challenges to get students, staff, and families moving together. EX. 'Walk, Bike, and Roll to School Day'.

Advocate for the inclusion of physical activity as part of the school culture, not just during P.E. class but throughout the school day.

### **III. School Environment and Climate**

Works to create a healthy and safe physical environment, including clean and well-maintained facilities, proper ventilation, and access to safe spaces for physical activity.

Implement strategies to reduce environmental stressors, such as noise and pollution, that could negatively impact students' health and learning.

Ensures that the school climate supports emotional well-being by fostering inclusivity, respect, and positive social interactions.

Access to health care, such as free student physicals, opportunities for immunizations, a dental sealant program, and vision screenings, with various partnerships.

#### **IV. Student Food and Beverages Purchase Standards**

Bowling Green City Schools meets the School Meal Nutrition standards and Smart Snacks in School Nutrition Standards, offering compliant meals with appropriate calories, saturated fats, and sodium levels with the National School Lunch Program and School Breakfast Program.

Snap-Ed Program: A federally funded program that offers nutrition education and obesity prevention programs.

#### **V. Student Food and Beverages Non-Purchase Standards**

Non-purchased food and beverages refer to classroom parties, snacks brought by parents, or other foods given as incentives (EX., PBIS, attendance, etc.).

Celebrations and positive reinforcement are vital elements of our district's culture of supporting students; however, using food as a reward or withholding food as a punishment undermines the development of healthy eating habits. To encourage a balanced approach to celebrations, the district promotes non-food party ideas, such as providing birthday pencils, organizing craft activities, or hosting performance shows, such as "Drama-Free, Free-Drama." These alternatives help celebrate achievements without focusing on food. Additionally, food and beverages will never be withheld as a form of punishment for any reason, ensuring that all students have access to necessary nourishment.

When food and beverages are provided on school campuses during the school day, including those for classroom parties or holiday celebrations, they must be approved by the campus principal. This ensures that all food-related activities contribute to a healthy environment and support the district's wellness goals.

#### **VI. Food and Beverage Marketing**

Only marketing and advertising of those foods and beverages that meet the Smart Snacks in School nutrition standards are allowed

#### **VII. Student Social and Emotional Well-being**

Works to reduce stress, anxiety, and other mental health issues by implementing social-emotional learning (SEL) programs and counseling services.

Creates a safe, supportive school environment that promotes positive mental health, including anti-bullying campaigns, peer support programs, and resilience-building activities.

Provide resources for students to cope with mental health challenges, such as access to counseling or wellness workshops, such as emotional regulation groups, and access to community resources such as Diversion and the Prevention Specialist through the [Wood County ESC](#).

Provide grade-appropriate education through approved curricula such as [Signs of Suicide](#) (6th and 9th), [Second Step](#) (K-5), and [MBF Child Safety Matters](#) (K-6).

#### **VIII. Student Drug and Alcohol Education**

Provide education through approved curricula such as [Red Ribbon Week](#) (K-12), [D.A.R.E.](#) (5th), [Too Good for Drugs](#) (6-12), [Catch My Breath](#) (7th), and a partnership with the [Wood County ESC](#) through a Prevention Specialist.

Health course curriculum ([HOPE](#)) with lessons focused on tobacco use, alcohol, and [opioids](#).

#### **IX. Faculty and Staff Wellness**

Provide access to group health insurance, supplemental options, and a partnership with the Bowling Green Consortium.

Offer Community Center Discounts and fitness reimbursement to help offset the cost of memberships for BGCS staff.

Free counseling services and convenient opportunities for yearly immunizations.

Professional development focused on emotional well-being through [WorkWell](#).

#### **X. Description of public involvement, public updates, policy leadership, and evaluation plan**

Involves parents, families, and local community members in wellness initiatives, helping to build a culture of health that extends beyond the school walls.

Offers support to families who request assistance for school and food supplies, and access to medical and/or mental health providers.

Organizes events, like health fairs or wellness nights, to promote a shared commitment to wellness.

Gather feedback from students, staff, and families to ensure that wellness programs meet the needs of the community.

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