



WELLNESS Policy/Plan

The Marysville Exempted Village School District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Board that the District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing a district-wide student wellness policy. This team shall measure, review, and report progress towards the school wellness policy once every three years in order to determine compliance with the wellness policy, how the district wellness policy compares to other local wellness policies, and progress made in attaining the wellness policy goals.

VALUE STATEMENTS:

- We are committed to ensuring that all students can and will realize their full potential.
- Service to others creates a caring and compassionate community.
- Stewardship of district funds is critical for our district and community.
- Collaboration strengthens our schools and communities.
- Schools must be a safe and secure place for all students and staff.

Nutrition Education

- Students in grades K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school. Students receive consistent nutrition messages throughout the district, classrooms, cafeterias, homes, community, and media.
- District health education curriculum standards and guidelines include both nutrition and physical education. These meet state requirements.

Physical Activity

- Students will be provided physical education in accordance with state standards as well as with graduation requirements.
- Instead of students losing recess when making inappropriate choices, Principals will attempt to find alternative strategies for learning when deemed appropriate and safe.
- Teachers will incorporate opportunities for students to be physically active.
- The district will offer sports, activities, and other clubs for students to participate in that promote physical activity.
- School facilities will be made available to students, staff and community members beyond the normal school day to the extent possible.

Other School-Based Activities Designed to Promote Student and Staff Wellness

- We will encourage students to participate in the national school lunch and national school breakfast meal programs.
- We will continue to offer a staff wellness program and make adjustments accordingly based on data.
- We will partner with community agencies to promote walking and or biking to school.
- We will provide annual safety training to staff via PublicSchoolWorks.
- Menus will meet the nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- All school food service staff will have appropriate ongoing training and certifications as required by the Department of Health and will regularly participate in professional development activities.
- All kitchen managers and the director will be ServSafe trained and certified
- We will partner with the Marysville Public Library in regards to the Summer Meal Program.

Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

- All schools shall participate in the USDA school breakfast and school lunch programs.
- School meals will include a variety of healthy options while meeting the needs of special dietary requirements of students to the best of the district's abilities.
- Where possible, the district's food service department will manage a school store/snack bar with healthy food and beverage options for students.
- As vendor contracts are reviewed, the district will consider how they align with Smart Snacks in Schools nutrition standards.
- Principals will collaborate with local booster groups / PTOs regarding encouraging healthy food and or beverage options pertaining to fundraising.

Celebrations

- Celebrations that involve food will be limited throughout the school year by building Principals.
- Foods that meet the Principal's requirements and Smart Snack guidelines will be allowed at school celebrations as Smart Snack guidelines will be shared to principals annually.
- Parents will be made aware in advance of when a celebration with food is taking place and what is allowed to be served.
- Non-food celebrations will be promoted, and a list of ideas will be available to parents and teachers.
- Precautions will be put in place pertaining to the medical needs of students.

Wellness Goals: January 2026-January 2029

1. Nutrition Education

- a. We will provide nutrition education opportunities throughout our district at each grade band: K-4, 5-6, 7-8, and 9-12.
- b. We will provide student exploratory learning opportunities via visuals located in the cafeteria.

2. Nutrition Promotion

- a. We will increase the promotion of nutrition and food service information by implementing the following action steps:
 - i. Creating monthly nutrition education tips for building communications, as well as other avenues
 - ii. Implement visuals within the cafeteria setting that promote healthy habits

3. Nutrition Guidelines

- a. The district will meet USDA guidelines so we can be reimbursed for meals

4. Physical Activity

- a. We will promote the idea of 60 minutes of physical activity each day (before, during, and after school).

5. Other School-Based Wellness Activities

- a. We will adjust our district's staff wellness program based on data provided by our insurance carrier to educate and support our staff's wellness.

LEGAL REFS: Child Nutrition and WIC Reauthorization Act;

National School Lunch Act;

Child Nutrition Act;

ORC 3313.814

OAC 3301-91-09

CROSS REFS: EF, Food Services Management

EFB, Free and Reduced Price Food Services

EFF, Food Sale Standards

IGAE, Health Education

IGAF, Physical Education