

Shaker Heights Schools

Student Wellness Plan

As required by law, the Board of Education establishes the following Student Wellness Plan for the Shaker Heights Schools as a part of a wellness initiative outlined in Policy [EFG](#).

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and their ability to learn. Schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in a student healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

Student wellness and promotion goals

Nutrition promotion and education

- All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- The food service program shall be administered by a qualified nutrition professional.
- The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- Input about the food service program will be periodically solicited from students.
- The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- The school shall provide attractive, clean environments in which the students eat.
- Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- Nutrition education shall be included in the sequential health curriculum in accordance with the curriculum standards and benchmarks established by the State in alignment with Policy [IGAE](#).
- Nutrition information is available for all foods sold to students.

Wellness Policy for Physical Activity

- All students in grades K-5 shall be provided with a daily recess period at least twenty (20) minutes in duration except in extenuating circumstances (e.g., in-school suspension).
- In addition to planned physical education, the District shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including students with disabilities and students with special health care needs.

- The sequential, physical education curriculum in compliance with Policy [IGAF](#) shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- Physical activity shall not be employed as a form of discipline or punishment.

School-based activities to promote student wellness

- Free drinking water shall be available to students during designated meal times and may be available throughout the school day.
- Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities except during school hours and school and athletic events.
- The District shall support the health of all students through the performance of State of Ohio mandated health screenings, communicable disease management, and immunization compliance.

Nutrition standards for foods and beverages sold and not sold

Requirements for foods sold to students

- In accordance with Policy [EFF](#) the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- As set forth in Policy [EF/EFB](#), entitled Food Services Management/Free and Reduced-Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.

Wellness policy for foods not sold in schools

- The Food Allergy Policy [EFH](#) must be followed whenever food outside of the school breakfast and lunch programs are brought into schools.
- Staff should use a variety of non-food reward options to recognize and motivate students.

Food and Beverage Marketing Policy

- With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.
- Additionally, the District will encourage students to increase their consumption of healthful foods during the school day; require students to select a fruit or vegetable as part of a complete reimbursable meal; provide opportunities for students to develop the knowledge and skills for consuming healthful foods.
- The District will provide after school snack and dinner opportunities for students involved in extracurricular activities and sports at the High School and Middle School. The District will expand its vending program as appropriate and economically viable.

Wellness leadership and participation

- The Superintendent is designated as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress of this Student Wellness Plan. The Superintendent shall develop administrative guidelines necessary to implement this Student Wellness Plan.
- The Superintendent shall appoint a District-wide Wellness Committee that can include parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public, and/or school administrators to oversee development, implementation, evaluation and periodic update of this Student Wellness Plan. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.
- The Wellness Committee shall be responsible for:
 - assessment of the current school environment;
 - review of the Student Wellness Plan;
 - measurement of the implementation of the Student Wellness Plan; and
 - recommendation for the revision of the Student Wellness Plan, as necessary.

Annual plan updates and public notification

- Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the Student Wellness Plan it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.
- The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the Student Wellness Plan's implementation and areas for improvement, including status of compliance and progress made in attaining the Student Wellness Plan's goals.
- The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this Student Wellness Plan. In order to inform the public, the Superintendent shall post this information on the District's website and post the Student Wellness Plan on the District's website.

Triennial assessment and public notification

- The District shall assess the Student Wellness Plan at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the Student Wellness Plan. The assessment shall be made available to the public:
 - on the School District's web site.
 - to those who request it.

Document Retention

- The District retains records to document compliance with the requirements of the Student Wellness Plan, including:
 - A copy of the Student Wellness Plan
 - Documentation demonstrating that the Student Wellness Plan and most recent implementation assessment have been made available to the public

- Documentation of efforts to review and update the Student Wellness Plan, including stakeholders involved and methods used to involve stakeholders in the committee
- The most recent assessment on the implementation of the Student Wellness Plan