



5.4020 Wellness Policy

The School believes that healthy students are more likely to successfully complete their formal education. The School recognizes that it plays an important role in the development of students' health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity.

The Board sets forth the following goals in an effort to enable students to establish good health and nutrition habits:

Nutrition Promotion and Education Goals

1. The School will teach, model, encourage, and support healthy eating by all students. The School will provide nutrition education and engage in nutrition promotion that:
 - a. Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. Is interactive and teaches the skills they need to adopt healthy eating behaviors;
 - c. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
 - d. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
 - e. Is offered and promoted in the School cafeteria as well as in the classroom with coordination between the foodservice staff and teachers; and
 - f. Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.

2. The School will follow the state standards and include a variety of essential topics on healthy eating in the health education curriculum, which may include:
 - a. Relationship between healthy eating and personal health and disease prevention
 - b. Reading and using FDA's nutrition fact labels
 - c. Eating a variety of foods every day
 - d. Balancing food intake and physical activity
 - e. Making healthy food choices, including eating more fruits, vegetables, and whole grain products, and choosing foods that are low in fat, cholesterol,
 - f. and added sugar
 - g. Risks of unhealthy weight control practices
 - h. Accepting body size differences
 - i. Importance of eating breakfast
 - j. How to find valid information or services related to nutrition and dietary behavior
How to develop a plan and track progress toward achieving a personal goal to eat healthfully



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3. The School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:
 - a. Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques, which may include:
 - i. Staff members, especially those serving, are trained to politely prompt students to select and consume the daily vegetable option with their meal;
 - ii. White milk is placed in front of other beverages;
 - iii. Student artwork is displayed in the service and/or dining area;
 - iv. School announcements are used to promote and market healthy eating and physical activities;
 - v. Signs and verbal prompts are used to draw attention to fruits and encourage students to select them;
 - vi. Menu items are given creative names which are displayed on signs and menus; and
 - vii. Marketing nutritious foods to encourage students to select fruits, vegetables, and other healthy items.
 - b. Ensuring 100% of foods and beverages marketed or promoted to students meet the USDA School Meal nutrition standards and the Smart Snacks in School nutrition standards.

Physical Education Activities and Goals

1. The School 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.
2. All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes as necessary.
3. The School physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.
4. The School will include a variety of essential topics on physical activity in the health education curriculum, which may include:
 - a. The physical, psychological, or social benefits of physical activity
 - b. How physical activity can contribute to a healthy weight
 - c. How physical activity can contribute to the academic learning process
 - d. How an inactive lifestyle contributes to chronic disease
 - e. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition



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- f. Phases of an exercise session, that is, warm up, workout, and cool down
 - g. Overcoming barriers to physical activity
 - h. Preventing injury during physical activity
 - i. How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
 - j. Developing an individualized physical activity and fitness plan
 - k. Monitoring progress toward reaching goals in an individualized physical activity plan
 - l. How to find valid information or services related to physical activity and fitness
5. All elementary schools will offer recess on all days during the school year (This policy may be waived on early dismissal or late arrival days). Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct indoor recess, teachers and staff will encourage activities that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, for physical education class.
6. The School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The School recommends teachers provide short (3-5 minute) physical activity breaks to students during the school day. These physical activity breaks will complement, not substitute, for physical education class or recess.

Other School-Based Activities

1. The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.
2. All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy.
3. All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.
4. The School will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.
5. The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.



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6. Nutrition shall be considered when planning school-based activities such as classroom snacks, parties, or fundraisers. School staff and families will be encouraged to provide healthy foods and beverages or non-food items as treats, rewards, etc.

Nutrition Guidelines

1. The School is committed to offering school meals through the National School Lunch Program, School Breakfast Program, and other applicable Federal child nutrition programs, that:
 - a. Are accessible to all students;
 - b. Are served in clean and pleasant settings; and
 - c. Meet or exceed current nutrition, preparation, consumption, and disposal requirements established by state and federal regulations and stated in the School's Food Sale Standards policy.
2. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
3. To support healthy food choices and improve student health and well-being, all foods and beverages sold to students outside of the school meal programs will meet or exceed the USDA Smart Snacks in School nutrition standards. Any food provided outside of the school meal programs, but not sold during the school day on School premises, will align with the goals and standards stated in this Policy.
4. Marketing of foods and beverages at the School during the school day will be limited to those foods and beverages that meet the standards set forth in the School's Food Sales Standards policy. The Board reserves the right to further limit marketing of food and beverages.
5. To promote hydration, the School will make drinking water available where school meals are served during mealtime.

Implementation and Evaluation

1. The School Principal or designee, as the Wellness Committee representative, shall ensure that the School implements, complies with, and annually evaluates this Policy.
2. The School will collaborate with the Wellness Committee, which may include administrators, board members, teachers, parents, students, school health professionals, physical education teachers, if applicable, representatives of the school food authority, food service staff, or community members. The Wellness Committee representative(s) will participate in the annual review of the Policy and will make recommendations of changes. In developing or updating goals, the Committee will review and consider evidence-based strategies and techniques.
3. The School and Wellness Committee representative(s) will measure the implementation of this Policy at least triennially, focusing specifically on the extent to which the School has complied with the Policy, the extent to which the Policy compares to the Food and Nutrition Service's model local wellness policies, and the extent to which the School has progressed toward achieving its stated goals in the Policy. The School and Wellness Committee representative(s) will create a written assessment based on the measurements that they will disseminate to students, their families, and other members of the community or post on the school's website. The School will make appropriate modifications to this Policy, if necessary, based on this assessment.



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4. The School will disseminate this Policy to families of school children and other members of the community or post it on its website at the start of each school year, and it will notify such individuals of changes to the Policy in the same manner.

Recordkeeping

The School shall retain documentation demonstrating compliance with this Policy, including requirements related to community involvement, triennial assessments of this Policy, and public dissemination of this Policy and any updates thereto.

42 U.S.C. 1758b; 42 U.S.C. 1771; 7 CFR 210.31; R.C. 3313.814; R.C. 3313.816; R.C. 3313.817

See also Policy 5.4050 Food Sales Standards and Appendix 5.4050-A Nutrition Standards for Beverages