

STUDENT WELLNESS PROGRAM

The District recognizes that student wellness and proper nutrition are related to student's physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The District has adopted a Districtwide wellness policy to comply with Healthy Ohio Initiative 2010, Ohio Senate Bill 210, known as the Healthy Choices for Healthy Children Act, and Child Nutrition Reauthorization Healthy, Hunger-Free Kids Act 2010. The new wellness policy is meant to encourage healthy eating habits and act as a safeguard for students with multiple medical issues, including but not limited to diabetes, food allergies, and diagnosed medical conditions.

It is the intent of this policy to enable students to become independent and self-directed learners by taking initiative to meet their own health and nutritional needs as is developmentally and individually appropriate. An organized and unified effort that encompasses the following components will ensure that the District wellness guidelines are fully implemented. As required by law, a local wellness policy, at a minimum, shall include:

1. Nutrition education goals:
 - A. Nutrition education will be a part of the District's comprehensive health education curriculum.
 - B. The District will foster the positive relationship between good nutrition, physical activity and the capacity of all to develop and learn.
 - C. Schools will support and promote good nutrition.
 - D. Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program.
2. Physical activity goals:
 - A. The District recognizes the essential nature of quality physical activity for the well-being of all students and will support and promote an active lifestyle.
 - B. The District will include daily opportunity for a variety of PK to 12th grade physical activities through curricular, extracurricular and recess options.

- C. Teachers are encouraged to integrate physical activity into their courses of study where feasible.
3. Other school-based activities designed to promote wellness:
- A. The goal is to create a total school environment that is conducive to good health including good nutrition, physical activity, psychosocial well-being and community awareness.
 - B. After-school programs will encourage physical activity and healthy habit formation.
4. Nutrition guidelines:
- A. It is the intent of the Board that the District takes a proactive approach to provide students with nutritious food choices.
 - B. The District will comply with the requirements of State and Federal law and current USDA Dietary Guidelines for Americans.
5. The District shall maintain and evaluate a school wellness committee that will meet biannually. The members shall include but not be limited to the District nurse (chair), pupil personnel director, food service director, physical education and health curriculum teacher, elementary teacher, secondary teacher, and parent (s). These positions are assigned by the District nurse.

[Adoption date: June 29, 2006]

[Re-adoption date: June 19, 2011]

[Re-adoption date: August 21, 2014]

LEGAL REFS.: Child Nutrition and WIC Reauthorization Act; Pub. L. No. 108-265
(Title I, Section 204), 118 Stat. 729
National School Lunch Act; 42 USC 1751 et seq.
Child Nutrition Act; 42 USC 1771 et seq.
7 CFR, Subtitle B, Chapter 11, Part 210
7 CFR 220
7 CFR 225
7 CFR 245
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