

STUDENT WELLNESS PROGRAM

In response to the reauthorization of the Child Nutrition and Women, Infants and Children Act, the Board directs the Superintendent/designee to develop and maintain a student wellness program.

The student wellness program:

1. includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness;
2. includes nutrition guidelines for all foods available in the District during the school day in order to promote student health and reduce childhood obesity;
3. provides assurance that District guidelines for reimbursable school meals are, at a minimum, equal to the guidelines issued by the U.S. Department of Agriculture and
4. establishes a plan of implementation and evaluation, including designating one or more persons within the District with the responsibility for ensuring that the District is compliant with Federal law.

Development of the student wellness program must be a collaborative effort between parents, students, food service workers, administrators, the Board and the public.

[Adoption date: October 18, 2005]

[Re-adoption date: June 13, 2006]

[Re-adoption date: June 15, 2010]

[Re-adoption date: January 13, 2015]

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

File: EFG-R

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Nutrition Education

With regard to nutrition education, the District:

1. integrates education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education (at the current time there are no state-wide adopted content standards for health education, but nutrition education is included in other areas of curriculum at the elementary level);
2. extends nutrition education beyond the classroom by engaging and involving the school's food service staff and through the use of posters, promotions and other activities;
3. allows the school cafeteria to serve as learning lab by allowing students to apply the knowledge, attitudes and skills taught in the classroom when making choices at mealtime and
4. reinforces lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

Nutrition Guidelines for All Foods Available on Campus During the School Day

The District:

1. complies with federal and state regulations pertaining to the selection, preparation, consumption and disposal of food and beverages as well as to the fiscal management of the program;
2. meets or exceeds the regulations issued by the U.S. Department of Agriculture (USDA) for breakfast and lunch programs;
3. ensures that the food service program provides all students with affordable access to the varied and nutritious foods they need to be healthy and enhance learning;
4. operates all child nutrition programs with school food service staff who are properly qualified according to state and Board of Education policy and
5. establishes guidelines for all foods and vending available on the school campus during

the school day with the objective of promoting student health and reducing childhood obesity.

Physical Activity

With regard to physical activity the District:

1. offers a planned sequential program of physical education instruction aligned to state/national standards;
2. provides physical education for all students in accordance with state standards;
3. requires students to be engaged in moderate to vigorous physical activity for at least 50% of scheduled physical education class time;
4. ensures that physical education meets the needs of all students, including those who are not athletically gifted, and is presented in an environment free of embarrassment, humiliation, shaming, taunting or harassment of any kind;
5. includes cooperative as well as competitive games in physical education classes;
6. promotes participation in physical activity outside the regular school day;
7. promotes movement and activity that is integrated, when possible, across the curricula and throughout the school day.
8. encourages families to provide activity outside the regular school day, such as outdoor play at home, participation in sports-sponsored community agencies or organizations and lifelong physical activities such as bowling, swimming or tennis;
9. provides information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives;
10. provides the opportunity for all students in grades 5 through 9 to participate in extracurricular activities and intramural programs that emphasize physical activity and
11. provides the opportunity for all students in grades 7 ó 12 to participate in interscholastic sports programs.

Other School-Based Activities

In regards to other school-based activities, the District:

1. provides ample time daily for the students to eat lunch and/or breakfast;
2. schedules mealtimes so there is minimum disruption by bus schedules, recess and other special programs or events;
3. provides attractive, clean environments in which the students eat;
4. ensures that activities such as tutoring or club meetings are not scheduled during

mealtimes, unless students may eat during those meetings;

5. encourages students, school staff and families to participate in school meal programs (breakfast and lunch), or bring packed lunches that reflect good nutrition choices;

6. discourages students from sharing their foods or beverages with one another during mealtimes, given concerns about allergies and other restrictions on some students' diets and

7. demonstrates support for the health of all students by providing screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.

(Approval date: June 13, 2006)