

## 8510 – Wellness

As required by law, the board of Education establishes the following wellness policy for the Big Walnut Local School District as a part of a comprehensive wellness initiative.

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 his/her ability to learn. Moreover, 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 student's healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only 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.

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

- A. With regard to nutrition education, the District shall:
    1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
    2. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
  - B. With regard to physical activity, the District shall:
    1. Physical Education
      - a. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
  - C. With regard to other school-based activities the District shall:
    1. All elementary, middle, and high schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students.
    2. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma of identification of students eligible to receive free and/or reduced meals.
  - D. 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.
    1. The schools shall schedule mealtimes so there is minimal disruption, and provide attractive, clean environments in which the students eat.
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Additionally, the District shall:

1. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:
  - a. A variety of fresh produce to include those prepared without added fats, sugars, refined sugars and sodium.
  - b. A variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
  - c. Whole grain products – half of all grains need to be whole grain –rich upon initial implementation and all grains must be whole grain rich within two(2) years of implementation.
  - d. Fluid milk that is fat-free and low-fat (1%) and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).
  - e. Meals meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
  
2. Require students to select a fruit or vegetable as part of a complete reimbursable meal.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, 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.
  - B. As set forth in Policy 8531, entitled 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)
  - C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School Nutrition standards to be consumed on the school campus during the school day is prohibited.
  - D. All foods offered on the school campus during the school day, between midnight and thirty (30) minutes after the close of the regular school day, shall comply with the current USDA Dietary Guidelines for Americans, and the USDA Smart Snacks in School nutrition standard, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area, as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or booster clubs.
  - E. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
  - F. The food service program will be administered by qualified nutrition professionals. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools, according to their levels of responsibility.
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The Board designates the Superintendent/Designee as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent/Designee shall appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

The Wellness Committee shall be responsible for:

- A. Assessment of the current school environment;
- B. Review of the District's Wellness Policy;
- C. Presentation of the Wellness Policy to the Board for approval;
- D. Measurement of the implementation of the policy; and
- E. Recommendation for the revision of the Policy, if necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent/Designee any revisions to the policy it deems necessary and/or appropriate.

The Superintendent/Designee shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

The Superintendent/Designee is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent/Designee shall post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

The District shall assess the Wellness Policy 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 District Wellness Policy. The assessment shall be made available to the public on the School District's website.