

Northridge Local Schools

Student Wellness

Preamble

The Student Wellness Plan (hereto referred to as the plan) is enacted to satisfy Northridge Local School District Board of Education Policy EFG

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.

This plan outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

This plan applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level Student Wellness Plan.

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators, school board members; health professionals; and the general public.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness plan, and will ensure each school’s compliance with the plan.

The designated official for oversight is Mr. David Jackson, Superintendent; 2008 Timber Ln.; Dayton, OH 45414

Name	Title / Relationship to the School or District	Email address	Role on Committee
David Jackson	Superintendent	djackson@northridgeschools.org	Leader
Judi Hunter	Food Service Supervisor	jhunter@northridgeschools.org	Secretary/ recorder
Laura Inkrott	Director of Curriculum and Instruction	linkrott@northridgeschools.org	Originating Member - support
Shane Allison	District Nurse	sallison@northridgeschools.org	Originating Member - support
Bob Smith	High School PE/Health teacher	bsmith@northridgeschools.org	Member
Ev Bennett	Elementary PE teacher	ebennett@northridgeschools.org	Member
Dana Burris	Elementary PE teacher	dburris@northridgeschools.org	Member
Eric Brockert	Junior High PE teacher	ebrocker@northridgeschools.org	Member

Trish Engle	Guidance Counselor	tengle@northridgeschools.org	Member
Craig Ewing	High School Principal	cewing@northridgeschools.org	Member
Tim Whitestone	Middle School Principal	twhitestone@northridgeschools.org	Member
Tabitha Hardin	Elementary Principal	thardin@northridgeschools.org	Member
Todd Petty	Elementary Principal	tpetty@northridgeschools.org	Member
Margie Glock	Board of Education	mglock@northridgeschools.org	Member
Taylor Thurn	Mason Roads, owner	masonroadsrestaurant@gmail.com	Member
Caeden Lewis	student		Member
	student		Member

Each school principal will ensure compliance with the policy.

II. Wellness Plan Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness plan. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness plan and the progress reports can be found at: www.PolarBearCafe.org

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness plan in the food service office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- This wellness plan;
- Documentation demonstrating that the policy and plan have been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Plan; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this plan, including its content, any updates to the plan and implementation status. The District will make this information available via the district website (www.PolarBearCafe.org) and/or district-wide communications (e.g. The Dividends). The District will provide information about student school wellness environment. This will include a summary of the District's events or activities related to wellness plan implementation. Annually, the District will also publicize the name and contact information of the District and school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness plan to assess the implementation of the plan and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Judi Hunter, Food Service Supervisor, DWC Secretary/Recorder

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness plan.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness plan based on the results of the triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness plan. The District will actively notify the public about the content of or any updates to the wellness plan annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

All schools within the District participate in USDA child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Goal	Steps	By whom & when
The Polar Bear Cafe will promote fresh fruit and vegetable consumption	<ol style="list-style-type: none"> 1. offer samples of fresh fruits and vegetables on a regular basis in primary and secondary schools 2. provide easy to use info about The Snack offered in JHM and TLC for teachers and staff to use when serving it in the classroom 3. staff and teachers will model eating fresh fruits and vegetables by participating in sample opportunities and The Snack 	<ol style="list-style-type: none"> 1. Food Service (FS) supervisor & cafe managers, May 2017 2. FS supervisor, January 2018 for February on 3. Teachers and staff

		January 2018 on
--	--	-----------------

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during meal times.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Goal	Steps	By whom & when
All foods sold to students on campus during the school day will meet Smart Snack standards	<ol style="list-style-type: none"> 1. Groups will use the Smart Snack Calculator before choosing foods for sale to ensure they meet the guidelines 2. Smart Snack Calculator tool will be easily accessible to all staff at www.PolarBearCafe.org 	<ol style="list-style-type: none"> 1. Any sponsor of foods for sale; confirmed by principal, ongoing 2. FS supervisor, currently available

Celebrations and Rewards

The DWC recommends all foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including:

Goal	Steps	By whom & when
Celebrations and parties.	The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA .	School Nurse annually
Classroom snacks brought by parents.	The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.	School Nurse annually
Rewards and incentives.	The District will provide teachers and other relevant school staff a list of alternative ways to reward children .	Building principals annually

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages.

The District 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:

- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

Goal	Steps	By whom & when
Is designed to provide students with the knowledge and skills necessary to promote and protect their health	Nutrition topics are taught formally and informally across all grade levels	Classroom teachers as scheduled throughout school year
Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods	<ol style="list-style-type: none"> 1. The Fresh Fruit and Vegetable Program in grade ps-3 2. Marketing in cafeteria 3. Adults encourage students to try foods and model enjoying these foods 	<ol style="list-style-type: none"> 1. FS supervisor 2. Cafeteria staff 3. Teachers/staff <p>ongoing</p>

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy and plan.

Goal	Steps	By whom & when
New contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness plan	This plan will be reviewed when purchasing and contract decisions are made.	Food service department Athletics department PTO As needed

IV. Physical Activity

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District 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.

Goal	Steps	By whom & when
All students will be provided equal opportunity to participate in physical education classes.	The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary	Principals Teachers ongoing
All District elementary students in each grade will be scheduled physical education for at least 40 minutes per week throughout the school year	Principals will create master schedule that includes at least 40 minutes of physical education each week.	Elementary principals annually
All secondary students (middle and high school) are required to take the equivalent of at least one half academic year of physical education.	Principals and counselors will create schedules that allow all students the equivalent of one half academic year of physical education.	Middle and high school principals Guidance counselors annually

<p>The District physical education program will promote student physical fitness through individualized fitness and activity assessments</p>	<ol style="list-style-type: none"> 1. Via the Presidential Youth Fitness Program or other appropriate assessment tool, 2. Use criterion-based reporting for each student. 3. Physical Education OGT (1,2,3s) 	<p>PE teachers annually</p>
--	---	-----------------------------

Recess (Elementary)

Goal	Steps	By whom & when
<p>All elementary schools will offer at least 20 minutes of recess on all days during the school year</p>	<ol style="list-style-type: none"> 1. Outdoor recess will be offered when weather is feasible for outdoor play. 2. In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable. 	<p>Elementary principals, or designee(s) daily</p>
<p>Recess will complement, not substitute, physical education class.</p>	<p>Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.</p>	<p>Recess monitors and teachers daily</p>

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch.

Goal	Steps	By whom & when
The DWC recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week	<ol style="list-style-type: none"> 1. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. 2. The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation. 	<ol style="list-style-type: none"> 1. Classroom teachers, daily 2. District, annually

Active Academics

The DWC recommends teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Goal	Steps	By whom & when
The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects	<ol style="list-style-type: none"> 1. Providing annual professional development opportunities 2. Providing resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. 3. Teachers will serve as role models by being physically active alongside the students whenever feasible. 	<ol style="list-style-type: none"> 1. Director of Curriculum and Instruction, SY 19 2. Director of Curriculum and Instruction SY 19 3. Teachers, ongoing

V. Other Activities that Promote Student Wellness

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

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, including but not limited to ensuring the involvement of the DWC/SWC.

Community Partnerships

The District will seek relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness plan'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.

Community Health Promotion and Family Engagement

The District 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.

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Shane Allison, School Nurse.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.