

PROCEDURES, REGULATIONS AND GOALS OF WELLNESS PLAN

1. NUTRITIONAL EDUCATION/PHYSICAL ACTIVITY GOALS

Nutrition and physical education will be provided and promoted. Students will be introduced to meaningful nutritional education and physical activity that will connect to student's lives outside of the classroom. Goals will include, but are not limited to:

- Utilize USDA and other awareness programs (such as the community group: Wildcat Wellness, and staff organization: EPC Wellness) to educate students, parents and staff on healthy nutrition and physical activity. This may include the food services department web page, posters for cafeteria, and informational handouts, to students, parents and staff.
- Provide sequential nutrition and physical education through science, health, family/consumer science, and physical education classes in accordance with ODE requirements:
 - Physical education will be provided to students at all grades levels;
 - Students will meet minimum requirements for Blanchester Local Schools;
 - PE classes will be taught by teachers certified in PE.
- Physical activity will be promoted for all grade levels (which may include strategies such as brain breaks, walks to public library, field days etc).
- Recess will be provided in grades PS/K-5:
 - PS recess as per ODE Preschool Licensing rules and guidelines;
 - Grades K-5 will have recess every day for at least 20 minutes per day.
- Extracurricular physical activity involvement will be encouraged and promoted according to policy for all students grades PS-12. This would extend to include walking to and from school, walking tracks, weight rooms, tennis courts, playgrounds, intramural sports, community organizations, etc.

2. NUTRITIONAL GOALS FOR FOOD AND BEVERAGES SOLD TO STUDENTS AT SCHOOL DURING THE SCHOOL DAY

A. MEALTIME GOALS:

- All students will be encouraged to participate in the school lunch program.
- School meals will comply with and will be no less than what the ODE and USDA requires.
- Administrators, teachers, staff and parent organizations will not serve or sell food to students in competition with school meals.
- Healthier choices of snack foods will be available.
- Fresh fruits and vegetables will be offered when feasible.

B. NON-MEALTIME GOALS:

- All food and beverages made available to students for sale during the school day (including vending, concessions, a la carte, student stores and fundraising) will meet the “Smart Snacks in School” standards to in ensure optimal nutritional quality and foster healthful eating habits and choices. See Attachment-“Smart Snacks in School, USDA All Foods Sold in School Standards.”

Responsible Party: Sponsors, Administrators

Strategies: Staff professional development, Promotion of wellness initiatives (ie EPC Wellness program), School procedures concerning fundraising, Student/Staff handbooks

3. NUTRITIONAL GOALS FOR FOOD AND BEVERAGES PROVIDED, BUT NOT SOLD, TO STUDENTS OUTSIDE OF MEALS DURING THE SCHOOL DAY

Parents and teachers will be encouraged to provide a variety of healthy foods for classroom parties, incentives and snacks. The following guidelines are recommended for students in classrooms Grades PS/ K-5:

- Snacks and beverages provided to students meet the “Smart Snacks in School” guidelines;
- An exception will be made for the scheduled classroom parties as follows: snacks for parties should be limited to one fruit, one vegetable and one “sweet treat” (ie. cupcake or cookie) per child;
- Non-food incentives (ie, stickers, brag tags, tickets, pencils) are strongly encouraged over food incentives.
- Water is strongly encouraged over beverages containing high sugar/calorie content.
- The use of artificial sweeteners (or products containing artificial sweeteners) is discouraged.
- Instructions/handouts to parents regarding donations to the classroom will reflect these recommendations.

Responsible Parties: Parents, Teachers, Administrators

Strategies: School procedures concerning classroom parties, incentives and snacks. Communicate to parents through newsletter, handouts, menus.

4. FOOD AND BEVERAGING MARKETING GOALS

It is recommended that marketing of foods and beverages on the school campus during the school day is prohibited for foods or beverages that do not meet the nutritional standards established by the District in accordance with the USDA regulations.

- “Smart Snacks in School” guidelines are recommended

Responsible Parties: Parents, Teachers, Administrators

Strategies: Classroom posters, Nutritional Promotional material (cafeteria posters)

5. IMPLEMENTATION/EVALUATION

The Superintendent or designee will ensure compliance with the established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service supervisor will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or designee. Goals will be measured in a variety of methods including, but not limited to: National School Lunch/Breakfast Daily Production Records, Daily Count and Cash Reconciliation Reports, Daily Participation Reports, Vending Machine Sales Records, and parent, student, and staff surveys as deemed appropriate. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools (Ashleigh R. Reid, 2016) (USDA Food and Nutrition Services, 2016) within the district. That report will be provided to the school board, parent/teacher organizations, school principals, and school health personnel in the district.

Involvement and participation in the wellness policy process by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) is permitted and encouraged.

The Local Wellness Policy for Blanchester Local Schools, including any updates to and about the wellness policy, will be posted on the district web site.

Bibliography

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