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8510 - **WELLNESS**

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

The Board of Education 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, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the school alone. It will be necessary for not only the 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. MONITORING AND EVALUATION

1. The Business Manager or designee will ensure compliance with established District-wide nutrition and physical activity wellness policies. In each school, the principal or designees will ensure compliance with those policies in his/her school and will report on the school's compliance to the School District's Superintendent or designee.
2. School food service staff, at the school or District level, will ensure compliance with nutrition policies with school food service areas and will report on this matter to the Superintendent or principal.
3. The Superintendent or designee will develop a summary report every two to three (2–3) years on District-wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. That report will be provided to the School Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.

4. As part of the review: The School District will review our nutrition and physical activities policies provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. Nutrition guidelines will be reviewed after two (2) years with the intent to increase the percentage of foods available meeting USDA Dietary Guidelines.
5. The School District and/or individual schools within the District will create and strengthen or work within existing School Health Councils to implement; monitor, review and as necessary revise school nutrition and physical activity policies. The council should consist of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the School Board, school administrators, teachers, health professionals, and members of the public.
6. Springfield Local School District highly values the health and well- being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

B. GOALS FOR NUTRITION EDUCATION

1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State, and shall be age-appropriate, culturally relevant, and behavior focused.
2. Nutrition education shall include opportunities for appropriate student projects related to nutrition.
3. Nutrition education posters will be displayed in the cafeteria.
4. Nutrition education shall extend beyond the school by engaging and involving families and the community.
5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
6. The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom such as a webpage and newsletters.

C. GOALS FOR PHYSICAL ACTIVITY

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the National Standards.
2. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
3. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
4. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
5. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non- competitive team sports to encourage lifelong physical activity.
6. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.

7. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
8. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying or harassment of any kind.
9. On an annual basis, physical education teachers shall review and affirm receipt of the Ohio Department of Health's concussion information sheet.
10. Physical Education teachers shall remove from class participation any student who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The Principal and/or teacher shall notify parents or guardians about the possible concussion or head injury.
11. Any student who has been removed from physical education class participation because s/he has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury shall not be permitted to return to physical education class until the student's condition is assessed by a physician, and the physician gives the student written clearance that it is safe to return to class.
12. Physical activity shall not be employed as a form of discipline or punishment.

D. SPECIFIC GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

1. The schools shall provide at least twenty (20) minutes daily for students to eat.
 2. The school shall provide attractive, clean environments in which the students eat.
 3. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
- E. 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.

Additionally, the District shall:

1. encourage students to increase their consumption of healthful foods during the school day;
 2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 - 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. require students to select a fruit or vegetable as part of a complete reimbursable meal.
- F. All foods available to students in the dining area during the school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
- G. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.

- H. Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.
- I. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- J. All food service personnel shall receive pre-service training in food service operations and continuing professional development shall be provided.
- K. 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.
- L. 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).

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- M. 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.
- N. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students 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 standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), 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 boosters clubs.
- O. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines.
- P. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) shall comply with the food and beverage standards approved by the Superintendent.

The Board designates the Superintendent 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 shall appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, 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, is necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent 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 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 web site.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy.

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42 U.S.C. 1771

Last Modified by Tammy J Hindel on August 5, 2017