

Wellness Policy

Our District has updated our Wellness Policy in December 2017. The policy is focused on improving the health of all students. The policy was developed by the health and wellness committee that includes teachers, one student, parents, administrators, the food service supervisor and the district nurse. The Wellness committee meets 3 times per year to address opportunities to promote student health and make recommendations or changes to the policy.

Community members or parents who are interested in being on the committee can contact Kraig Hissong, WL-S Superintendent @ 937-465-1065 or Kathy Smith, WL-S Food Service Director @937-465-9166.

Key Areas of our Wellness Policy

Balance is essential for any Wellness Policy. Key areas include:

- . Nutrition Education
- . Physical activity
- . Other school-based activities that are designed to promote student wellness.

WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the West Liberty-Salem 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 in students 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 schools 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. 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 shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
 3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
 4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.

5. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
 6. Nutrition education shall extend beyond the school by engaging and involving families and the community.
 7. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
 8. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
 9. 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.
- B. With regard to physical activity, the District shall:
1. Physical Education
 - a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
 - b. 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. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
 - d. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.

- e. 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.
- f. On an annual basis, physical education teachers shall review and affirm receipt of the Ohio Department of Health's concussion information sheet.
- g. 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, school nurse, and/or teacher shall notify parents or guardians about the possible concussion or head injury.
- h. Any student who has been removed from school due to a head injury or possible concussion as a result of participation in a physical education class where 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.

2. Physical Activity

The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.

- C. With regard to other school-based activities the District shall:
- 1. The schools shall provide at least thirty (30) minutes daily for students to eat.
 - 2. The schools shall schedule meal periods at appropriate times (10:30 AM to 1:00 PM) so there is minimum disruption by bus schedules, recess, and other special programs or events.
 - 3. Will provide students access to hand washing or hand sanitizing before they eat meals.

4. The school shall provide attractive, clean environments in which the students eat.
 5. The schools shall provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
 6. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
 7. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
- 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. 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 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. All grains must be whole grain-rich in both the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) beginning July 1, 2013;

- d. fluid milk that is fat-free (unflavored and flavored) and 1% low-fat (unflavored and flavored)
 - e. meals designed to meet specific calorie ranges for age/grade groups;
3. Breakfast - To ensure that all children have Breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn. WL-S will, to the extent possible:
- a. operate the School Breakfast Program
 - b. arrange bus schedules and school schedules to utilize various methods of serving school breakfast that encourages participation. This may include serving breakfast in the classroom, grab-n-go style.
 - c. will notify parents and students of the availability of the School Breakfast Program, and
 - d. will encourage parents to provide a healthy breakfast for their children through newsletter articles, take home materials, and/or the school website.
3. eliminate trans-fat from school meals;
4. require students to select a fruit or vegetable as part of a complete reimbursable meal;
5. provide opportunities for students to develop the knowledge and skills for consuming healthful foods.

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).

- The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- 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 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.
 - E. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
 - F. 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.
 - G. All foods available on 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, for classroom parties, or at holiday celebrations.
 - H. 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.
 - I. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

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- J. All food service personnel shall receive pre-service training in food service operations.
- K. Continuing professional development shall be provided for all staff of the food service program.

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 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, 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 Superintendent 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 shall distribute information at the beginning of the school year to families of school children or include information in the student handbook and post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

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The District shall assess the Wellness Policy at least once every three 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.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771
7 C.F.R. Parts 210 and 220

Adopted 8/14/06
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Revised

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