



EAST MUSKINGUM SCHOOLS

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School Wellness Committee

John Glenn
High School

Anyone interested in participating as a member of the East Muskingum Local Schools District Wellness Committee should contact Anne Troendly, Director of Instructional and Food Services, at atroendly@eastmschools.org or (740) 826-7655.

East Muskingum
Middle School

The District will convene a representative District Wellness Committee that meets at least one time per year to establish goals for and oversees school health and safety policies and programs, including development, implementation, and periodic review and update of this District-level wellness.

Larry Miller
Intermediate School

The District Wellness Committee 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, school administrators, school board members, health professionals, and the general public.

New Concord
Elementary

The District Wellness Policy was reviewed by the District Leadership Team during meetings held in March and April of 2024 as part of the One Needs Assessment and subsequent One Plan for the Ohio Department of Education and Workforce.

Perry Elementary

Pike Elementary

David Adams
Superintendent

Kandi Raach
Treasurer

Wellness Policy

May 2023

East Muskingum Local Schools (hereto referred to as the District) is committed to the optimal development of every student. The District believes for all students to achieve personal, academic developmental and social success, we need to create positive, safe, and health- promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. A listing of resources showing positive outcomes is provided at the end of this policy which shows research such as: participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized scores, lower absenteeism and better performance on cognitive tasks. In addition, students that are physically active through recess, physical activity breaks, high quality physical education and extra-curricular activities-do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy 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. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day- both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and

- The District maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

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

School Wellness Committee

Committee's 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 wellness policy (heretofore referred to as "wellness policy").

The DWC membership will strive to include representation at all school levels, and include to the extent possible, but not be limited to: parents and caregivers, students, school foodservice director, physical education teachers, school health services staff, school administrators, school board members, and the general public.

Leadership

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

The designated official for oversight is a representative from the District Office staff and can be contacted at 13505 John Glenn School Road, New Concord, Ohio 43762/

District Wellness Committee Members:

- Food Service Director
- School Nurse
- Health Teachers
- Building Administrator

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

Wellness Policy 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 policy. 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. To the extent possible the school will use the Healthy Schools Program online tools to complete a school-level assessment, create an action plan that fosters implementation, and generate an annual progress report.

The wellness policy and the progress reports can be found at the District website:

Recordkeeping

The District will retain records to maintain compliance with the requirements of the wellness policy at the District Office. Documentation maintained in this location will include, but not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation efforts to review and update the Schools Wellness Policy; including an indication of who is involved in the update and the 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 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 policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website, and/or district-wide communications. The District will provide as much information as possible about the school

nutrition environment. This will include a summary of the District's and School's events or activities related to the wellness policy implementation. Annually, the District will also publicize the name and contact information of the District /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 policy to assess the implementation of the policy 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 the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The person(s) responsible for managing the triennial assessment and contact information is a administrative member of the District Office staff.

The DWC, in collaboration with individual schools, will monitor the school's compliance with this wellness policy.

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 policy based on the results of the annual School Health Index and triennial assessments and as/or 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.**

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the District. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

Our 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 lifelong eating habits, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in the USDA child nutrition programs and are committed to offering school meals through the National School Lunch Program (NSLP), and School Breakfast Program (SBP) 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;
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - o Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
 - o Sliced or cut fruit available daily.
 - o Daily fruit options are displayed in a location in the line of sight and reach of students.
 - o All available vegetable options are available to students.
 - o All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with the meal.
 - o White milk is placed in front of other beverages in all coolers.
 - o Alternative entree options are highlighted on posters or signs within all service or dining areas.
 - o A reimbursable meal can be created in any service area available to all students.
 - o Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
 - o Student artwork is displayed in the service and/or dining areas.
 - o Announcements are used to promote and market menu options.

Staff Qualifications and Professional Development

All school cafeteria managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals as posted on the USDA's Professional Standards for School Nutrition website.

Water

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

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. A summary of the standards and information, as well as Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks and is available at: www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside reimbursable school meal programs that are sold to students on the school campus during the school day, will meet or exceed the USDA Smart Snacks nutrition standards. *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, ala carte options in cafeterias, vending machines, school stores, and snack or food carts.*

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in Schools nutrition standards. To emphasize the District will share with parents the following:

- o 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.
- o Classroom snacks brought by parents. The District will provide a list of foods and beverages that meet Smart Snacks nutrition standards.
- o Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas.

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 encourages healthy nutrition choices and encourages participation in the school meal program. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

This promotion will occur through at least:

- o Implementing at least ten or more evidence based healthy food promotion techniques using Smarter Lunchroom Techniques as the guide; and
- o Ensuring foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at: <http://foodplanner.healthiergeneration.org/>.

Nutrition Education

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

- o Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- o Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, and social sciences;
- o Includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations, promotions, taste-testing, farm visits, and visiting members of the community with food oriented information;
- o Promotes fruit, vegetables, whole grain, low and fat free dairy products and healthy food preparation methods;
- o Emphasizes caloric balance between food intake and energy expenditure;
- o Links with school meal programs, cafeteria nutrition promotion activities, Farm to School programs, and other nutrition related community services;
- o Teaches media literacy with an emphasis on food and beverage marketing; and
- o Includes nutrition education training for teachers and other staff.

Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- o Relationship between healthy eating and personal health and disease prevention
- o Food guidance from MYPLATE
- o Reading and using FDA's nutrition fact labels
- o Eating a variety of foods every day
- o Balancing food intake and physical activity
- o Eating more fruits, vegetables, and whole grain products
- o Choosing foods that are low in fat, saturated fat, and cholesterol
- o Choosing foods and beverages with little added sugar
- o Eating calcium rich foods
- o Preparing healthy meals and snacks
- o Risks of unhealthy weight control practices
- o Accepting body size differences
- o Food safety
- o Importance of water consumption
- o Importance of eating breakfast
- o Making healthy choices when eating at restaurants
- o Eating disorders
- o The Dietary Guidelines for Americans
- o Reducing sodium intake
- o Social influences on healthy eating, including media, family, peers, and culture
- o How to find valid information related to nutrition and dietary behavior
- o Resisting peer pressure related to unhealthy dietary behavior
- o Influencing, supporting, or advocating for others' healthy dietary behavior.

Food and Beverage Marketing

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. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. 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.

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, such

that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- o Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- o Displays, such as on vending machine exteriors
- o Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- o Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- o Advertisements in school publications or school mailings.
- o Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement and family community engagement and the district is committed to providing these opportunities.

Physical activity during the school day (including, but not limited to recess, classroom physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. *This does not include participation on sports teams that have specific academic requirements.*

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 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.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow equitable participation for all students and will adapt classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 45-60 minutes per week throughout the school year.

All District **secondary students** (Junior high and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all elementary grades, and the District will require junior high and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

- o The physical, psychological, or social benefits of physical activity
- o How physical activity can contribute to a healthy weight
- o How physical activity can contribute to the academic learning process
- o How an inactive lifestyle contributes to chronic disease
- o Health related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- o Differences between physical activity, exercise and fitness
- o Phases of an exercise session, that is, warm up, workout and cool down
- o Overcoming barriers to physical activity
- o Decreasing sedentary activities, such as TV watching
- o Opportunities for physical activity in the community
- o Preventing injury during physical activity
- o Weather related safety, for example, avoiding heat stroke while being physically active

- o How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- o Developing an individualized physical activity and fitness plan
- o Monitoring progress toward reaching goals in an individualized physical fitness plan
- o Dangers of using performance enhancing drugs such as steroids
- o Social influences on physical activity, including media, family, peers, and culture
- o How to find valid information or services related to physical activity and fitness
- o How to influence, support, or advocate for others to engage in physical activity
- o How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just outside/inside the cafeteria to ensure proper hygiene prior to eating.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors and teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever possible.

Classroom Physical Activity Breaks

The District recognizes that students are more attentive and ready to learn if provided periodic breaks when they can be physically active and stretch. Thus, teachers will be encouraged to offer students **periodic breaks** to be active or stretch throughout the day, on all, or most days during atypical week.

Active Academics

Teachers will incorporate movement and kinesthetic learning opportunities 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 day.

The District will support teachers incorporating physical activity by providing professional development opportunities and resources, including information on leading activities, and activity options.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before

and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active by offering interscholastic athletic programs, and working with community agencies that promote opportunities for the students to be physically active.

Other Activities that Promote Student Wellness

The District will integrate activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and the physical activity facilities. The District will strive to integrate other initiatives that complement, not duplicate, and work towards the goals of promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with the wellness policy ensuring the involvement of the DWC.

Community Partnerships

The District will develop, enhance, and continue to work with community partners (e.g. local businesses, medical facilities, colleges and universities) in support of this wellness policy'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.

As described in the "Community Involvement, Outreach, and Communication" section, the District will use electronic mechanisms as well as non-electronic mechanisms to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DWC will have a staff wellness component 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. 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 staff members in healthy eating/weight management that are accessible and free or low-cost.

Professional Development

When feasible, the District will offer professional development opportunities and resources for staff to increase their knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health, and ways in which health and wellness are integrated into ongoing district reform and academic improvement plans/efforts.

Glossary:

Extended School Day- the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus-areas that are owned or leased by the school and used at any time for school related activities, including on the outside of the school building, school buses, or other vehicles used to transport students, athletic fields and stadiums, or parking lots.

School Day- the time between midnight the night before to 30 minutes after the end of the instructional day.

Biennial- occurring every two years.

Triennial- occurring every three years.



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8510 - **WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the East Muskingum 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 in students healthy behaviors and habits with regard to eating and exercise. 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 be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
4. The standards and benchmarks for nutrition education shall be behavior-focused.
5. Nutrition education shall include enjoyable, developmentally appropriate, and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
6. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
7. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
8. 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.

9. Nutrition education shall extend beyond the school by engaging and involving families and the community.
10. 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.
11. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
12. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
13. 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 sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- c. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- d. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- e. All students in grades K-12, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive daily physical education for the entire school year, for at least 150 minutes per week for K-5 students and at least 225 minutes per week for students in grades 6 - 12.
- f. All students in grades K - 5, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for forty-five (45) minutes per week for the entire school year.
- g. All students, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the students' IEPs), are required to take the equivalent of one academic year of physical education.
- h. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- i. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
- j. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- k. 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.
- l. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.
- m. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
- n. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

- o. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- p. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying or harassment of any kind.
- q. Planned instruction in physical education shall include cooperative as well as competitive games.
- r. Planned instruction in physical education shall take into account gender and cultural differences.
- s. On an annual basis, physical education teachers shall review and affirm receipt of the Ohio Department of Health's concussion information sheet.
- t. 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.
- u. 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.

2. Physical Activity

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- c. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and lifelong physical activities like bowling, swimming, or tennis.
- d. All students in grade6 shall be provided with a daily recess period of at least twenty (20) minutes in duration. Recess shall not be used as a reward or punishment.
- e. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- f. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.
- g. All students in grades 7 - 12 shall have the opportunity to participate in interscholastic sports programs.

C. With regard to other school-based activities:

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

- 1. The schools shall provide at least thirty (30) minutes daily for students to eat.
- 2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- 3. The school shall provide attractive, clean environments in which the students eat.
- 4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
- 5. An organized wellness program shall be available to all staff.
- 6. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.

7. 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.
 8. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
 9. 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.
 10. 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. 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 (unflavored and flavored) and low-fat (unflavored);
 - e. meals designed to meet specific calorie ranges for age/grade groups;
3. eliminate trans-fat from school meals;
4. 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).

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. 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.
- F. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom parties and at holiday celebrations) shall comply with the current USDA Dietary Guidelines for Americans.
- G. 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.
- H. All foods available on campus at any time 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 well as foods that are served as classroom snacks, from vending machines, for fundraisers, for classroom parties, at holiday celebrations, at concession stands, or at any school-related event.
- I. 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.
- J. 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.
- K. All food service personnel shall receive pre-service training in food service operations.
- L. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Superintendent as the individual(s) 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 meets at least four (4) times per year and 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. School-level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

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 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 on the school district website and 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.

Revised 12/8/11
Revised 12/12/13
Revised 11/14
Revised 6/8/17

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