

Wellness Policy

A. Wellness Team

1. The district will form a Wellness Team.

- a) Efforts should be made to include parents, students, Food Service Coordinator, Nurse, Health and Physical Education Teachers, Guidance Counselors, the school board, administrators, other interested teachers, and any others who wish to participate, keeping in mind that not all these people can always be at every meeting.
- b) The Wellness Team should hold at least three formal meetings per year with smaller subgroups meeting as necessary to work on projects.
- c) The Wellness Team intends to send a representative group to the Salt Fork Workshop each year to receive updates. Some members should also attend local Coordinated School Health workshops.
- d) Members of the team should make every effort to seek outside grants and funding so as not to burden the district with program costs.

2. The Wellness Team intends to communicate regularly to update the school board, superintendent, staff, and community regarding their activities.

3. Each spring the Wellness Team will appoint/recruit a Building Team Leader for each building for the following year.

4. Student, staff, families, and community members should be involved whenever possible in surveys and focus groups

B. Nutrition Education

1. Guidelines will be adopted to provide nutrition education for students in grades K-12.

- a) Nutrition education will be emphasized in other curriculum areas, especially in those grades where Health

Education is not a regular part of the curriculum at least once per year.

b) Use should be made of available programs, people, and resources to offer a variety of information i.e. Public Health Nurse, guest speakers, American Cancer Society, etc.

c) The Wellness Team will meet at least once per year with the Health Education teachers to review and coordinate curriculum and exchange information regarding new materials and approaches for nutrition education.

2. Nutrition education will be extended to sharing information with families and the broader community for each building at least once per year.

C. Physical Activity

1. Guidelines will be adopted to provide opportunities for physical activity for students:

a) Opportunities will be provided, whenever possible, for elementary and intermediate students to have recess periods on a daily basis.

b) An effort will be made to include movement/physical activity across the curriculum, especially in those grades where physical education is not a required subject or Phys. Ed. time is limited to once per week or required only part of the year.

c) Physical education teachers will make an effort to find alternate physical activities on those days when the gymnasium is not available for use.

2. Guidelines will be adopted to provide adequate daily recess period(s) at the Elementary and Intermediate levels.

a) It is recommended that recess at the Elementary and Intermediate levels be a minimum of 10-15 minutes per day.

b) It is recommended that recess be offered before lunch at the Elementary and Intermediate levels to reduce food waste and help prevent bee stings and bellyaches.

c) It is recommended that the withholding of recess time not be used as a punishment.

3. Information will be provided to families/community at least once per year per building promoting physical activity with ideas for incorporating it into their daily lives and encouraging them to be active role models.

4. The Wellness Team and Physical Education teachers will meet at least once per year to review and coordinate the curriculum and exchange ideas.

D. Health Promotion for Staff

1. Basic Health Screenings may be offered to staff as a component of a Wellness program.

a) Mammograms will be encouraged for female staff with education available on Breast Self Exam.

b) Other screenings offered may include blood pressure monitoring, and blood tests for blood glucose and cholesterol levels, etc.

2. When availability allows, flu shots will be offered to staff by the Public Health Nurse.

3. Staff teams from each building will be trained periodically in CPR/AED with Disaster Training/First Aid/Fire offered for all staff in the alternate years.

4. Tobacco-use cessation will be encouraged and information offered to all staff who wishes to participate.

5. Guidelines will be adopted addressing Programs/Information to be provided for all staff to encourage physical activity, healthy eating, and stress management.

a) Food Service will offer at least one Staff Wellness Luncheon per building per year.

E. School-Based Nutrition (Note: Please refer to the attached copies of the already adopted Wellington Food Service policy

(pink sheet in Section 4), and the Guidelines for developing a Food for Sale Policy as required by State Legislation (Ohio Revised Code 3313.814) (lavender sheet in Section 4).)

1. Recognizing that healthy eating habits are essential for students to achieve full learning potential physically and mentally, and that the school's Food Services Program is a partner in that effort, guidelines will be adopted to ensure the safety and nutritional value of foods offered at school.

- a) Menus will meet the nutrition standards established by the U.S. Dept. of Agriculture and the Ohio Educational School Nutrition Services.
- b) Food Service staff will be adequately trained and qualified to meet Food Safety requirements and current professional standards required by the Child Nutritional Program.

2. Recognizing that a well nourished student is better prepared to learn, guidelines will be adopted to ensure an atmosphere conducive to proper nutrition.

- a) Both Breakfast and Lunch will be offered for all students K-12 through the Federal Child Nutrition Program.
- b) All children will be encouraged to participate in school breakfast and lunch with adequate time to eat.
- c) CDC guidelines recommend that lunch be offered after recess.
- d) On Testing days, Food Service, assisted by Principal's funding, may provide a healthy breakfast snack to any grade level taking Achievement Tests.
- e) The use of low nutrition food as a classroom reward will be discouraged and information on healthy snacks or nonfood rewards will be disseminated to staff.
- f) Information will also be made available to parents to encourage healthy selections for home packed lunches and classroom snacks for celebrations.

3. Wide participation in the choosing of the selections offered by the Food Service Program will be encouraged.

- a) At least one survey will be conducted every other year among students and staff to evaluate new food choices.
- b) The Food Service Program will communicate with the community through different media to encourage input.

4. To fulfill the requirements of Ohio Revised Code 3313.814, guidelines will be adopted regarding Food for Sale on school premises.

- b) All snacks, a la carte items, and vending machine selections will be evaluated using the SnackWise Nutrition rating system.
- c) Efforts shall be made to limit the sale of foods of low or minimal nutritional value in school fundraisers. The substitution of nonfood items or more nutritional selections following the SnackWise rating system will be encouraged.
- d) Vending machines with low or minimally nutritional foods or beverages shall not be available for use by students during lunch hours.
- e) Teachers will be prohibited from selling food or beverages out of their classrooms during school hours.

Other School Based Activities

5. Students will be encouraged to join extracurricular school and community based physical activities.

6. Student and staff physical activity and healthy nutrition will be encouraged at the before and after school activities, meetings, and clubs such as Latchkey, High School clubs, etc.

7. To promote a healthy school environment, guidelines will be adopted regarding smoking on school property.

- a) Smoking by students, staff, parents and visitors will be prohibited in all school buildings; the Board of Education will consider prohibiting smoking at the Wellington Stadium.

b) Information on the hazards of smoking will be included in the Health curriculum at all grade levels.

F. Plans for Measuring

1. Each building will be reassessed at least once every three years under the leadership of the Building Team Leader using the School Health Index with the assistance/input of as many relevant staff as possible i.e. meeting with the Public Health Nurse to do the School Health Services Module.

2. The Building Team Leader will encourage as many staff members as possible to participate in activities/projects aimed at achieving the Wellness goals.

a) Surveys to assess areas of interest to assist in planning projects and obtain feedback after the project to evaluate effectiveness.

3. The Wellness Team will review the Wellness policy each year to check for compliance and relevance, updating as needed to meet suggested changes.