

## STUDENT WELLNESS PROGRAM

The Board recognizes that a healthy child has a greater capacity for learning and improved school attendance at school. The District is committed to providing a school environment that cares for the total child academically, socially, emotionally and physically. In order to assist students in the development of lifelong wellness practices, the Board is committed to accomplishing these goals through education, food service and school-based activities using an evaluative system for implementation and measurement.

### Education

Students will increase their understanding of the health/wellness benefits of good nutrition and physical activity.

1. Boardman will create a format for teaching nutrition education as it relates to school and home.
  - A. Nutrition education will be offered in the school cafeteria and classroom with coordination between food service staff and teachers.
  - B. Students receive nutrition messages throughout school that are consistent and reinforce each other.
  - C. Schools will promote healthy food choices and not allow advertising promoting less nutritious choices.
2. Boardman will create a format for teaching importance of physical activities both at school and outside the school environment.
  - A. Boardman curriculum will be the National Physical Education Standards.
  - B. Certificated teachers will teach all physical education classes.
  - C. Boardman will provide information to students about community activities that promote health education and physical activities.
3. School staff, food service personnel, students and parents will work collectively to support a healthy school nutrition environment.
  - A. Each school building will establish a wellness committee.
  - B. The District will establish a wellness council.

### Food Service

Qualified professionals will administer the school meals program and provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.

To the maximum extent practical, all schools in the District will participate in the federal school meal programs.

1. Boardman Food Service will encourage students to participate in lunch and breakfast meal programs.
2. Meals served to students will be appealing, attractive and served in a clean and pleasant setting.
3. Meals and a la carte items will be marked as to their nutritional value based on a nutritional rating system.
4. Boardman Food Service and buildings will make every effort possible to eliminate any social stigma attached to, and prevent the overt identification of, students eligible for free and reduced meals.

### School-Based Activities

Each school building will support students in the development of lifelong wellness practices, especially as they relate to nutrition and physical activities.

1. All buildings will promote practices that allow for good nutritional habits.
  - A. Meals should be scheduled at appropriate times and with adequate duration.
  - B. Schools should discourage students from sharing foods or beverages with one another during meal times as a safety precaution.
  - C. Boardman will investigate, at the elementary level, the possibility of scheduling lunch periods to follow recess periods.
  - D. Boardman will promote nutritious latchkey snacks.
  - E. Schools will provide the use of nutritious snacks for school parties, etc.
  - F. Schools will promote all foods and beverages sold or served during school hours that meet the nutrition recommendations of Healthy Hunger Free Act & Smart Snacks in Schools
2. Boardman will support practices that allow for the commitment to physical activities
  - A. Students will have adequate opportunity to be physically active at school in ways other than physical education class.
  - B. Boardman will make equipment available for students to use during recess.
  - C. Boardman will follow the State Standards for Physical Education curriculum.
  - D. Boardman will not use/deny physical education classes as punishment.

Implementation and Measurement

- A. The building principals will implement the policy goals and objectives.
- B. The building principals will monitor activities as they relate to goals and objectives
- C. The building principals will review the success and failures of the policy.
- D. The building principals will suggest revisions in the School Wellness Policy.

Boardman will establish a District Wellness Council to work directly with the building Wellness updates will be given to the PTA Council via Email, building Principals will receive any wellness updates during the administrator's monthly meetings.

- 1. The District Wellness Council will consist of Boardman teachers, food services staff, administrators & PTA.
- 2. The District Wellness Council will meet at a minimum, twice a year.
  - A. The School Wellness Council will develop a measurement tool to determine the implementation and effectiveness of individual building activities promoting wellness.
  - B. The School Wellness Council will administer and interpret results of program effectiveness in education, food service and school-based activities.

STUDENT WELLNESS PROGRAM

In response to the reauthorization of the Healthy Hunger Free Act & Smart Snacks in Schools, the Board directs the Superintendent/designee to develop and maintain a student wellness program.

The student wellness program:

- 1. Includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness;
- 2. Includes nutrition guidelines for all foods available in the District during the school day in order to promote student health and reduce childhood obesity;
- 3. Provides assurance that District guidelines for reimbursable school meals are, at a minimum, equal to the guidelines issued by the U.S. Department of Agriculture and
- 4. Establishes a plan of implementation and evaluation, including designating one or more persons within the District with the responsibility for ensuring that the District is compliant with Federal law.

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Development of the student wellness program must be a collaborative effort between parents, students, food service workers, administrators, the Board and the public

LEGAL REFS.: Child Nutrition and WIC Reauthorization Act; Pub. L. No. 108-265  
(Title I, Section 204), 118 Stat. 729  
National School Lunch Act; 42 USC 1751 et seq.  
Child Nutrition Act; 42 USC 1771 et  
seq. 7 CFR, Subtitle B, Chapter 11,

Part 210 7CFR220  
7 CFR225  
7 CFR245  
ORC .3313.814  
OAC 3301-91-09

CROSS REFS.: BF, Food Services Management  
EFB, Free and Reduced-Price Food  
Services EFF, Food Sale Standards  
!GAE, Health Education  
!GAF, Physical Education

## **THIS IS A REQUIRED POLICY**

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[Adoption date ]

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Boardman Local School District, Youngstown, Ohio