



Book	Policy manual
Section	Section E: Support Services
Title	Student Wellness Program
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### **Student Wellness Program**

In accordance with 7 CFR 210.31 (c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010.

The Edison Local School 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 development process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, and by supporting the development of good eating habits

To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the Superintendent shall prepare and implement a comprehensive District nutrition program consistent with State and Federal requirements for districts sponsoring the National School Lunch Program and/or the School Breakfast Program. The program shall reflect the Board's commitment to providing adequate time for instruction that fosters healthy eating through nutrition education and promotion, serving healthy and appealing foods at District schools, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate.

### **Implementation, Promotion and Education, Monitoring and Community Engagement**

#### **Wellness Advisory Committee**

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:

1. assessment of the current school environment;
2. review of the District's Wellness policy;
3. presentation of the Wellness policy to the Board for approval;
4. measurement of the implementation of the policy and
5. 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.

The Superintendent or designee 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 or designee 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 or designee shall post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

Under the Healthy, Hunger-Free Kids Act of 2010, assessment of the Local Wellness Policy must occur no less than every three years utilizing the Triennial Wellness Assessment.

### **Nutrition Promotion and Nutrition Education**

Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidenced-based strategies and techniques and nutrition messages by creating food environments that support healthy nutrition choices. The District shall include nutrition education in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state.

The District shall encourage students to increase their consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits, including offering healthy foods that comply with USDA Dietary Guidelines for Americans and the USDA Smart Snacks in school nutrition standards.

### **School meals**

To the maximum extent practicable, all schools in the District will participate in available national school lunch and breakfast programs and provide assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, USDA and the Ohio Department of Education and Workforce (ODEW).

Schools meals served through the NSLP and SBP will:

1. be appealing and attractive to students;
2. be served in clean and pleasant settings;
3. meet, at a minimum, nutrition requirements established by local, State and Federal statutes and regulations and
4. offer a variety of fruits and vegetables.

Schools will provide students with at least 20 minutes to eat after sitting down for lunch, 10 minutes to eat after sitting down for breakfast. Scheduled meal periods will be at appropriate times and should not be scheduled during tutoring, club or organizational meetings or activities during mealtimes, unless students may eat school meals during such activities.

### **Water**

Free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during mealtimes.

### **School Sponsored Events**

Foods and beverages offered or sold at school sponsored events outside of the extended school day should consider the nutrition standards for meals or for foods and beverages sold individually. Sponsoring organizations should aim to include meal choices that make a positive contribution to a student's diet and health.

All foods and beverages sold to students outside of the approved SBP and NSLP guidelines via student accessible vending machines, school stores, school day fundraisers and all ala carte sales must meet USDA Smart Snacks requirements (7/1/14) during the school day (school day to be determined as the period from midnight before, to 30 minutes after the end of the official school day).

Vending machine sales are not permitted during regular school meal periods. Outside vendors are not permitted to sell food products to students on the school campus during the school day, with the exception of authorized vendors for special events.

### **Free and reduced-priced meals**

The Food Service Director will ensure proper approval of free and reduced student applications. The District will make efforts to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Schools in our District utilize electronic identification and payment systems, thereby, eliminating any stigma to or identification of students eligible to receive free and/or reduced meals.)

### **Physical Education**

The District will incorporate a sequential, comprehensive physical education program taught by certified/licensed staff for students K-12 in accordance with physical education academic content standards and benchmarks adopted by the state and shall promote participation in physical activity outside the regular school day. Instruction must include physical activities that meet the needs of all students including males, females, students with disabilities and students with special healthcare needs and should not be employed as a form of discipline or punishment.

### **Staff Wellness**

The District encourages staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the school's overall wellness program. The physical and mental health of staff is integral to promoting and protecting the health of students and helps foster their academic success. The District's employee Wellness Program will promote health, reduce risky behaviors of employees and identify and correct conditions in the workplace that can compromise the health of staff, reduce their levels of productivity, impede student success and contribute to escalating health-related costs such as absenteeism.

The District will collaborate with community partners to identify programs, services and/or resources to compliment and enrich employee wellness endeavors.

### **Monitoring**

School food service staff at the school level will ensure compliance with nutrition policies in school food service areas. All food service personnel shall receive pre-service training in food service operations. Continuing professional development shall be provided for all staff of the food service program to meet at a minimum the standards set by the USDA Professional Development Standards (July 2015).

### **Community Involvement**

The 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 District will actively communicate ways in which the community can participate in the development, implementation, periodic review and update of the local wellness policy. The District will communicate information about opportunities on the District's website, on school websites, and/or through District communications.