

STUDENT WELLNESS PROGRAM

In response to the reauthorization of the Child Nutrition and Women, Infants and Children Act, 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.

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

[Adoption date: September 19, 2012]

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
7 CFR 220
7 CFR 225
7 CFR 245
ORC 3313.814
OAC 3301-91-09

CROSS REFS.: EF, Food Services Management
EFB, Free and Reduced-Price Food Services
EFF, Food Sale Standards
IGAE, Health Education
IGAF, Physical Education

BOARD RESOLUTION

- WHEREAS** children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and
- WHEREAS** good health fosters student attendance and education; and
- WHEREAS** obesity is increasing rapidly in the United States, affecting adults and children of all races ethnicities, and income levels; and
- WHEREAS** the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in that same time; and
- WHEREAS** overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and
- WHEREAS** reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and
- WHEREAS** schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and
- WHEREAS** the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all school districts with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006-2007 school year;
- THEREFORE BE IT RESOLVED** that it is the intent of the Board of Education of the Steubenville City School District to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and
- BE IT FURTHER RESOLVED** that the Superintendent shall seek the involvement of parents, students, representatives of the school food service program, the school board, school administrators, and the public as this District's wellness policy is developed, and shall recommend a policy to the Board not later than June, 2006 and
- BE IT FURTHER RESOLVED** that the Board reserves the right to modify the recommended policy as it deems necessary; and
- BE IT FURTHER RESOLVED** that said policy shall be adopted no later than June 27, 2006 and shall be effective on the first day of the school year beginning after July 1, 2006.

**BOARD OF EDUCATION
STEUBENVILLE CITY SCHOOL DISTRICT**

WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Steubenville City School District.

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.

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:
- ◆ 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 learn healthy lives.
 - ◆ Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
 - ◆ Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
 - ◆ 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 daily products.
 - ◆ The District shall provide information to parents that is designed to encourage them to reinforce at home the standards benchmarks being taught in the classroom
 - ◆ 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.

- ◆ Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

B. With regard to physical activity, the District shall:

Physical Education

- ◆ A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
- ◆ 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 instruction in physical education for twenty (20) minutes daily, five (5) days per week for the entire school year.
- ◆ The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- ◆ 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.
- ◆ Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- ◆ Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

Physical Activity

- ◆ 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 in lifelong physical activities like bowling, swimming, or tennis.
 - ◆ All students in grades K-5 shall be provided with a daily recess period at least ten (10) minutes in duration. Recess shall not be used as a reward or punishment.
 - ◆ All students in grades 4-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
- C. With regard to other school-based activities the District shall:
- ◆ The schools shall provide at least twenty (20) minutes daily for students to eat.

- ◆ The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- ◆ The school shall provide attractive, clean environments in which the students eat.
- ◆ An organized wellness program shall be available to all staff.
- ◆ 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.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established with regard to:

- D. Nutrition Guidelines for all foods available on campus during the school day.
- 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 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 food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
 - ◆ All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
 - ◆ Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Superintendent and the building principals 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 report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board

Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771