

STUDENT WELLNESS PROGRAM

The Board recognizes that a healthy child has a greater capacity for learning and improved school attendance. 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 wellness committee, consisting of the Superintendent, each building principal, the school nurse, all grade level physical education teachers, the food service supervisor and various community members, meets a minimum of once a year to evaluate all forms of measurements and suggest ideas for continued improvement.

Through education, the District helps students recognize the importance of healthy food choices. An effort is made to allow time for exercise during the school day. Teachers stress the importance of forming healthy patterns for a lifetime.

Physical education teachers provide the measurement of various endurance and fitness tests to the wellness committee. High school students are required to include at least one physical education class in their schedules.

School nurses conduct a simple Body Mass Index (BMI) score when they are doing routine screenings for all students in each building.

Health teachers highlight the importance of a wellness plan to their students.

It is recommended, for nutritional purposes, that children attending the District schools participate in the federally funded breakfast and lunch programs provided by the District food service department.

The food service department offers foods for the a la carte program and vending machines that are nutritionally appropriate to our ultimate goal of healthy food choices, and limits the students' exposure to minimally nutritious foods.

Food service personnel post the nutritional information of the foods it serves to allow students the opportunity to make healthy choices and to learn the importance of nutritional information.

[Adoption date: October 9, 2006]

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