

STUDENT WELLNESS PROGRAM

The Jefferson Local School District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the **policy** of the Jefferson Local School District that:

1. The District will engage students, parents, teachers, food service professionals and other interested community members in developing, implementing, monitoring and reviewing Districtwide nutrition and physical activity policies.
2. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served during school hours will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans. Policies regarding water bottle usage during the school day should be liberal.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
5. To the maximum extent possible, the District will participate in available federal school meal programs.
6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity; schools will establish linkages between health education and school meal programs, and with related community services.
7. All Jefferson Local Schools' campuses will be smoke and tobacco free.

To Achieve These **Policy Goals:**

1. School Health Councils

The District and/or individual schools within the District will create, strengthen, or work within an existing school health council to develop, implement, monitor,

review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to school sites for implementing those policies.

(A school health council consists of parents, students, school food authorities, members of the Board, school administrators, teachers, health professionals, and the public.)

2. Nutritional Quality of Foods and Beverages on Campus

A. School Meals

Meals served through the National School Lunch and Breakfast Program will:

- 1) be appealing and attractive to children;
- 2) be served in clean pleasant settings;
- 3) meet, at a minimum, nutrition requirements established by local, State, and Federal statutes and regulations;
- 4) offer a variety of fruits and vegetables;
- 5) serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives and
- 6) offer at least 2 entrée choices, with salad being an entrée choice.

B. Free and Reduced-Priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

C. Meal Times and Scheduling. Schools:

- 1) will provide students with at least 20 minutes to eat after sitting down;
- 2) should include meal periods at appropriate times;

- 3) should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- 4) will schedule lunch periods opposite recess periods in elementaries;
- 5) will provide students access to hand washing or hand sanitizing before they eat and
- 6) should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

D. Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

E. Foods and Beverages Sold Individually (i.e., vending machines, a la carte, etc.)

1) Elementary Schools. The school food service program will approve and provide all food and beverage sales to students. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

2) Middle and High Schools. All foods and beverages sold individually outside the school meal program (including those sold through a la carte lines, vending machines, or fundraisers) during the school day, or through programs for students after the school day, should include several healthy food choices as recommended by the Dietary Guidelines for Americans 2005. Items sold in a la carte lines not meeting these guidelines should be limited to two items per child.

F. Fundraising Activities. To support children's health and school nutrition-education efforts, whenever possible, schools will encourage fundraising activities that promote healthy eating and physical activity. Schools will make available a list of ideas for such fundraising activities. (see attached)

G. Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables for snacks and water as a beverage. The schools will provide a list of healthful snack items to teachers, parents, and after-school program staff. (see attached)

H. Rewards. Schools will limit the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior to once per month or grading period. Schools will not withhold food or beverages (including school meals) as a punishment. A list of alternative rewards will be made available. (see attached)

I. Celebrations. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards as outlined above. The schools will provide a list of healthy party ideas for teachers and parents. (see attached)

J. School-Sponsored Events (i.e., dances, athletic events, performances). Foods and beverages offered and sold at school-sponsored events outside the school day will offer a minimum of two healthy food and beverages choices that meet the nutrition standards as outlined above.

3. Nutrition and Physical Activity Promotion and Food Marketing

A. Nutrition Education and Promotion. The District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- 1) is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- 2) is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and electives;
- 3) includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 4) promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- 5) emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

- 6) links with school meal programs, other school foods, and nutrition-related community services;
- 7) teaches media literacy with an emphasis on food marketing and
- 8) includes training for teachers and other staff.

B. Integrating Physical Activity Into the Classroom Setting. For students to receive the nationally-recommended amount of physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- 1) classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching TV;
- 2) opportunities for physical activity will be incorporated into other subject lessons;
- 3) classroom teachers will provide short physical activity breaks between lessons or classes whenever possible and
- 4) consideration should be given to adding elective courses for credit that promote health, wellness, and physical activity.

C. Communications with Parents. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not contribute to their child's healthy diet. The school will provide parents a list of foods that meet healthy standards, and ideas healthy for healthy celebrations/ parties, rewards, and fundraising activities. The school should provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports could include sharing information through a website, newsletter, or other take-home materials, special events, or homework.

D. Food Marketing in Schools. All school-based marketing will be consistent with nutrition education, physical activity, and health promotion as outlined by this policy.

4. Physical Activity Opportunities and Physical Education

A. Physical Education K-12. All students of the District will participate in grade appropriate physical education classes. All physical education classes will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity, such as sports, will not be substituted for meeting their appropriate physical education requirement except at the high school level. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

B. Daily Recess. All elementary school students will have at least 30 minutes per day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

C. Physical Activity and Punishment. Whenever possible, teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, PE class) as punishment. If absolutely necessary, the maximum amount of recess withheld for an elementary student cannot exceed one-half of their recess period.

D. Physical Activity Opportunities Before and After School. All middle and high schools should offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All middle and high schools will offer interscholastic sports programs. Schools should offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage - verbally and through the provision of space, equipment and activities - daily periods of moderate to vigorous physical activity for all participants.

E. Safe Routes to School. The District will assess and, if necessary and to the extent possible, make needed improvements to make it easier and safer for students to walk and bike to school. The District should work together with local agencies to support this effort. The District should explore the availability of federal "safe routes to school" funds to finance any needed improvements.

F. Use of School Facilities Outside of School Hours. School spaces and facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community

agencies and organizations offering physical activity and/or nutrition programs. School policies concerning safety will apply at all times.

5. Monitoring and Policy Review

A. Monitoring. The Superintendent/designee will ensure compliance with established Districtwide nutrition and physical activity wellness policies. In individual school buildings, the principal/designee will ensure compliance with those policies affecting their building, and report to the Superintendent.

B. Policy Review. At a minimum of every three years, the wellness committee of the District will review its nutrition and physical activity/education policies and evaluate the provision of an environment that supports healthy eating and physical activity. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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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