

8510 - WELLNESS

As required by law, the School Wellness Team establishes the following Wellness Policy for the Old Fort Local School District effective this date, 2006-07 school year.

The School Wellness Team recognizes the importance of promoting student health and reducing childhood obesity. Offering nutritious meals and snacks is an important component to the health and well-being of all students, staff and community members. The School Wellness Team assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture. The School Wellness Team understands the importance of regular physical exercise for students and staff. Also, the committee recognizes that the school environment needs to be not only conducive to learning, but likewise must be safe and accessible for use by all interested parties. Informing the school community of information and programs is in part the responsibility of the District as well. The School Wellness Team recognizes the importance of informing and educating the staff and teachers of the Old Fort Local School District because they play a major role in influencing, controlling, and promoting the overall wellness of our District.

The School Wellness Team has established goals for the Old Fort Local School District. These goals have been determined and set based on the need verified by the School Health Index supplied in part by the Centers for Disease Control and other health service organizations. The goals set forth by the Old Fort Local School Wellness Team are as follows:

Module One: Healthy School Environment

Module Two: Health Education

Module Three: Physical Education

Module Four: School Nutrition Services

Module Five: School Health Services

Module Six: School Counseling & Social Services

Module Seven: School-site Health Promotion for Staff

Module Eight: Family & Community Involvement

Goals	School year designated for implementation				Person(s) responsible for implementation
	'05- '06	'06- '07	'07- '08	'08-'09	
Module 1: Maintain a safe school environment by conducting building safety checks at least twice yearly.		X			Building and Grounds/Maintenance Supervisor
Module 1: Insure that all hazardous materials and chemicals are stored properly and in locked areas.		X			Building and Grounds/Maintenance Supervisor

Module 1: Maintain a secure campus by locking all outside access doors except the doors by the main office in both buildings during the school day.	X	Building and Grounds/Maintenance Supervisor
Module 1: Insure safe routes for students walking to and from school and between buildings during the school day.	X	Building and Grounds/Maintenance Supervisor School Administrators
Module 2: Provide Health Education Professional Development opportunities for all teachers in grades K-12.	X	School Administrators Board of Education
Module 2: Gather student input on nutritional food preferences regarding the school's food service program.	X	Health Teachers Consumer Science Teachers Cafeteria Supervisor
Module 3: Provide recess prior to lunch and physical activity before/after lunch for grades 7-12.	X	School Administration
Module 3: Promote community physical activity through distribution of information and programs.	X	School Administration Guidance Counselors School Nurse
Module 3: Teachers provide opportunities for student activity within the classroom.	X	Classroom Teachers
Module 4: Implement a breakfast program accessible each day for students in all grades and in all buildings of our School District based on need.	X	School Administration Cafeteria Supervisor Board of Education
Module 4: Students will have at least 20 minutes to eat lunch.	X	School Administration
Module 4: Increase promotion of nutritional eating. This will be improved initially by supplying all cafeterias and kitchens with posters depicting nutritional and health promoting information.	X	Health Department Cafeteria Supervisor
Module 4: Block vending machines containing juices with little nutritional value and low percentage of fruit juice and sell 100% fruit juice, flavored and regular water, and Gatorade machines.	X	School Administration Cafeteria Supervisor
Module 4: Minimize ice cream treats as an a la carte item for students to purchase and replace them with low fat snacks.	X	Cafeteria Supervisor

Module 4: Limit the amount of fried foods served in the cafeteria.	X	Cafeteria Supervisor
Module 4: Provide professional development opportunities for cafeteria staff.	X	School Administration Board of Education Cafeteria Supervisor
Module 4: To support nutrition-education healthy snacks and treats will be encouraged for classroom parties and school celebrations.	X	School Administration Classroom Teachers Parents
Module 4: To support nutrition-education efforts, school fundraising activities will promote healthy food and snacks.	X	School Administration School Advisors to extra curricular clubs/groups. PTO Parents
Module 5: Promote health improvement by providing vision and hearing screenings for students in grades K through 6 and make referrals as needed.	X	School Nurse School Administration
Module 5: Provide educational information and opportunities to students, staff, and the community on a variety of health related topics (i.e.- asthma, nutrition, physical activity).	X	School Nurse Health Department Guidance Counselors
Module 5: Provide information on body/size obesity to students in grades 4-12.	X	School Nurse Classroom Teachers
Module 6: Offer smoking prevention education beginning in the 5 th grade.	X	Guidance Counselors Health Teachers School Nurse
Module 6: Collaborate with staff and community resources/agencies on student health related issues.	X	School Administration School Nurse Guidance Counselors
Module 6: Improve school climate by providing positive messages daily to students in grades K-12.	X	School Administration Guidance Counselors Building Secretaries Teachers
Module 7: Improve staff awareness on community and local fitness and wellness programs.	X	School Administration School Nurse
Module 7: Collaborate with County Health Department, local hospitals, and other community agencies to sponsor/host health screenings/awareness opportunities for staff.	X	School Administration School Nurse Guidance Counselors

Module 8: Provide parents and community members with more health/wellness related information to promote an overall healthy School District environment.

X

School Administration
School Nurse
Guidance Counselors

Module 8: Collaborate with County Health Department, local hospitals, and other community agencies to sponsor/host health screenings/awareness opportunities for community members.

X

School Administration
School Nurse
Guidance Counselors

Evaluation Procedures

The School Wellness Team will meet at least annually to evaluate the effectiveness of the policy and make any revisions deemed necessary. The School Wellness Team invites staff, students, and community members, to provide input at any time, which they feel would be instrumental in improving the overall wellness of the Old Fort Local School District. All input provided will be taken in consideration by the School Wellness Team. Determination will then be made if goals need to be modified, added, or deleted.

With regard to nutrition promotion, the District shall create an environment that reinforces the development of healthy eating, including offering habits, including offering the following healthy foods:

- A. Whole grain products – half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation;
- B. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);
- C. meals designed to meet specific calorie ranges for age/grade groups.

All food items and beverages available for sale to students that will be consumed on the school campus (any are of property under the jurisdiction of the school that is accessible to students during the school day) between the period from the midnight before, to thirty (30) minutes after the end of the official school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutritional standards, including but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entrée items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and day after they were offers on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or booster clubs.

All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.

All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) shall comply with the food and beverage standards approved by the Principal.

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:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, is 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 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 is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy, and post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771
7 C.F.R. Parts 210 and 220

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