

Wolf Creek Local School District
Student Wellness Policy

Purpose and Goal: The link between nutrition and learning is well documented. Healthy eating patterns are essential for each student to achieve his/her full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and reduced development of many chronic diseases. Schools have a responsibility to help students and staff establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Wolf Creek Local School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and shall equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- A. The Wolf Creek Local School District Superintendent shall appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or as necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtimes, nutrition education, and physical activity.
- C. Nutrition Education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and developing guidelines that will affect the school nutrition environment.
- E. There will be daily opportunities for all students to participate in a physical activity.

Component 2: Quality School Meals

- A. The Wolf Creek Local School District will offer breakfast and lunch. Students and staff are highly encouraged to promote and participate in these programs.
- B. School food service staff who are properly qualified according to current professional standards and regularly participate in professional development activities will administer the Child Nutrition Programs.
- C. Food Safety will be a key part of the school foodservice operation.
- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.

- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals.

Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines for nutrition standards for food and beverages offered through parties, celebrations, social events during the school day. These events will be limited to once a month. See Attachment A.
- B. All foods and beverages available to students anywhere at school will include only food items that are low in saturated fat, sodium, and sugar.
- C. The availability of food and beverages of minimal nutritional value shall be limited to students on elementary campuses only after 2:00pm and the availability on high school campuses after the end of the last lunch period (including time to eat). See Attachment B.
- D. School staff shall use food as a reward for student accomplishment sparingly, and at the elementary level only after 2:00 pm during the school day. Food provided in this manner can not be distributed prior to or during the lunch period.
- E. The withholding of food as punishment for students is prohibited.
- F. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- G. The Wolf Creek Local School District highly encourages organizations to use non-food items or foods designed for delivery and consumption after school hours as fund-raisers.

Component 4: PLeasant Eating Experiences

- A. Facility design will be given priority in renovations and new construction.
- B. Drinking fountains will be available for students to get water at meals and throughout the day.
- C. A short snack-free recess for Waterford Elementary is encouraged to be scheduled before lunch so children will come to lunch less distracted and ready to eat.
- D. School personnel will assist students in developing and healthy practice of washing hands before eating.
- E. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- F. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during mealtime. Students should be permitted to get their meals and take them to meetings if this can't be avoided.
- G. A minimum 30-minute uninterrupted lunch period should be scheduled to allow students to eat, relax, and socialize.
- H. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level and encouraged to eat with students.
- I. Creative, innovative methods will be used to keep noise levels appropriate.

Component 5: Nutrition Education

- A. Wolf Creek Local School District will follow health education curriculum standards and guidelines as stated by the Ohio Department of Education. Schools will link nutrition education activities with the coordinated school health program.
- B. Nutrition education will be offered throughout the school using display posters, videos, websites, etc. on nutrition topics.
- C. Wolf Creek Local School District will participate in USDA nutrition programs such as "Team Nutrition" and conduct nutrition education activities.
- D. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment.

Component 6: Implementation

- A. The SHAC shall be composed of parents and school district staff. (One Principal, one teacher, at least one parent and the school nurse) Permanent members of the committee shall include the head cook, food service director, and school Treasurer,
- B. The SHAC members will conduct a review of the respective building in the Spring and Fall semester of each year to identify areas for improvement. These groups will report their findings to the Principal and develop with him/her a plan of action for improvement.
- C. The SHAC will report to the Superintendent the progress of the committee and the status of compliance.

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Attachment A

Guidelines for food and beverages offered to students at school functions. At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, prices lists, etc.

- Raw vegetable sticks/ slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juice
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Low-fat meat and cheese sandwiches
- Party mix (variety of cereals, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low-fat dips
- Low-fat muffins, granola bars, and cookies
- Angel food cake and sponge cakes
- Flavored yogurt and fruit parfaits
- Jello and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherberts
- Low-fat skim milk products
- Pure ice cold water

Foods to Avoid: Consume only occasionally (recommended no more than once per month).

- Carbonated and caffeinated beverages (soft drinks, tea and coffee)
- High sugar content candies and desserts
- High fat foods (fried foods like french fries, fatty meats, most cheeses, buttery popcorn)
- High sodium foods (lunch meats, cheeses, chips, salty popcorn, pickles)

Tips:

- When selecting food items to offer keep in mind the numerous students and adults that are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods and minimal nutritional value (see attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their food offerings. It is recommended that groups market healthy options at a lower profit margin to encourage selection by students.

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Attachment B

These food should not be sold to students on a school campus except during times approved by this policy:

- Soda water
- Sodas that are sugary and caffeinated
- Popsicles
- Chewing Gum
- All Candies
- Certain chips and snack foods - any that contain more than 9 grams of fat per serving.
- Pizza
- Ice cream

Approved times for availability of foods of minimal nutritional value:

- Elementary School - after 2:00 pm during the school day
- High School - after the end of the last lunch period