

***ST. CLAIRSVILLE-RICHLAND CITY SCHOOL  
DISTRICT'S  
WELLNESS POLICY***

Submitted by: Wellness Committee

## Preamble

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. The law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, the St. Clairsville City School District's Local Wellness Policy was developed by the St. Clairsville City School District's Local Wellness Committee.

Local Wellness Policy for: St. Clairsville City School District

The St. Clairsville City School District is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

## **School Environment**

- I. Schools will provide essential knowledge and skills for lifelong habits needed to maintain health and well-being.
- II. All schools shall be safe and healthy places for students and staff. Schools shall work with the community to create an environment that is safe and supportive of students traveling to and from school.
- III. All students and staff shall have access to restrooms equipped with adequate toileting and hand-washing facilities.
- IV. Play areas, labs, and classrooms shall meet safety standards.
- V. Staff and students shall be provided a pleasant eating area with adequate time for eating.
- VI. All tobacco products shall be prohibited on school grounds.
- VII. All forms of tobacco and alcohol related advertising shall be prohibited on school grounds.
- VIII. Students identified with a social or emotional need shall be referred to/or provided with appropriate service.
- IX. Staff will work towards a goal to coordinate a school healthy structure.
- X. Staff development will be provided for all employees concerning healthy eating, exercise, safety issues, and tobacco and alcohol usage. Also, sessions concerning cholesterol, blood pressure, body fat, fitness, and other health concerns will be addressed.

## **Nutrition Promotion and Food Marketing**

**Nutrition Education and Promotion**. The St. Clairsville City School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion.

- I. We will encourage the instruction of healthy foods and healthy eating habits in all subject areas.
- II. We will provide enjoyable activities, such as contests, taste testing, farm visits, and rewards for healthy eating in the Elementary grades.
- III. We will promote fruits, vegetables, low fat and fat free dairy products.
- IV. We will emphasize balancing of food intake and physical activity.
- V. We will utilize community professionals whenever possible to enhance classroom instruction.

## **Physical Activity Opportunities and Physical Education**

- I. Physical education should be a sequential program that involves moderate to vigorous physical activity on a daily basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that students enjoy and can pursue throughout their lives.
- II. Physical Education will be taught by a well-prepared and well-supported staff; and will be coordinated with the health education curriculum.
- III. Time will be provided in the elementary school and middle school day for supervised recess and/or leisure time.
- IV. We will provide opportunities and encouragement for students to voluntarily participate in before- and after-school physical activity programs.
- V. Physical Education instructors will devote at least 50 percent of class time each week of physical education classes to actual physical activity, with as much time as possible spent in moderate to vigorous physical activity.
- VI. We will promote participation in physical activity outside of school.
- VII. We will provide many different physical activity choices.
- VIII. We will provide opportunities and encouragement for all staff to increase their knowledge and to be physically active.
- IX. We will discourage extended periods of inactivity.
- X. Physical education classes will have a teacher/student ratio comparable with those of other classes.
- XI. We will prohibit the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments for other classes.
- XII. The schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- XIII. Involve parents and community partnerships in the promotion of a healthy and safe school environment.

## **Foods and Beverages Sold and Served on Campus**

### **Foods Sold or Distributed Outside the School Meal on School Grounds**

- I. All foods sold and served on school grounds during school hours will offer a healthy choice.
- II. Foods low in nutritional value will be discouraged. A list of helpful snacks will be provided to teachers.
- III. Foods shall never be withheld as a form of punishment.

### **School Meals**

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

- I. Be served in clean and pleasant settings.
- II. Meet minimum, nutrition requirements established by local, state, and federal guidelines.
- III. Offer a variety of fruits and vegetables daily.
- IV. Serve low-fat and fat-free milk.

### **Breakfast**

- I. We will provide the opportunity for all children to have breakfast at school in order to meet their nutritional needs and enhance their ability to learn.
- II. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- III. Schools will encourage parents to make sure their children eat breakfast through newsletter articles, take-home materials, or other promotions.

### **Free and Reduced Priced Meals**

- I. Schools will make every effort to eliminate any social stigma to students who are eligible for free and reduced price school meals. It is against the law to make others aware of the eligibility status of children for free, reduced or paid meals.

### **Meal Times and Scheduling**

- I. Schools will provide students with at least 10 minutes to eat breakfast and 20 minutes for lunch.
- II. Lunch should be scheduled between 10:30 a.m. and 1:00 p.m.
- III. Tutoring, club, or other activities shall not be scheduled during mealtimes, unless students may eat during such activities.

### **Qualifications of School Food Service Staff**

- I. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all food service staff. Staff development programs should include appropriate certification and /or training programs for food service directors, managers, and cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods and Beverages**

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

### **Beverages**

- I. All vending machines with student access on school grounds will be shut off one half hour before breakfast and lunch and will be turned back on one half hour after breakfast and lunch, with the exception of any vending machine that is stocked exclusively with water, milk, and fruit juices only.

### **Evaluation**

A school wellness committee will meet twice a year to review health policies and health concerns, and document progress towards achieving or exceeding the goals.

Written school wellness policies will be updated and reviewed every five years. The superintendent or designee will ensure compliance with the established district wide policies. The school food service staff will ensure compliance with nutrition policies within school food service areas.

**Wellness Committee Members:**

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Sherry Bumgardner  
Pam Jones  
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**Informational Committees**

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