

# Wellness Policy

## 10.17

Franklin Local Schools (hereto referred to as the District) is committed to the optimal development of every student. The District believes for all students to achieve personal, academic developmental and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. A listing of resources showing positive outcomes is provided at the end of this policy which shows research such as: participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized scores, lower absenteeism and better performance on cognitive tasks. In addition, students that are physically active through recess, physical activity breaks, high quality physical education and extra-curricular activities-do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day-both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and

- The District maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District. Specific measurable goals and outcomes are identified within each section below.

**I. School Wellness Committee**

**Committee's Role and Membership**

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred to as "wellness policy").

The DWC membership will strive to include representation at all school levels, and include to the extent possible, but not be limited to: parents and caregivers, students, school foodservice director, physical education teachers, school health services staff, school administrators, school board members, and the general public.

**Leadership**

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight is the Assistant Superintendent who can be contacted at the District office. (360 Cedar St., Duncan Falls, Ohio 43734, 740-674-5203)

**DWC Members**

**Assistant Superintendent**

**Food Service Director**

**School Nurse**

**Health Teachers**

**Building Administrator**

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### **Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school based activities that promote student wellness. To the extent possible the school will use the Healthy Schools Program online tools to complete a school-level assessment, create an action plan that fosters implementation, and generate an annual progress report.

The wellness policy and the progress reports can be found at the District website:

### **Recordkeeping**

The District will retain records to maintain compliance with the requirements of the wellness policy at the Administrative Office and/or District's central computer network. Documentation maintained in this location will include, but not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation efforts to review and update the Schools Wellness Policy; including an indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local Wellness Policy has been made available to the public.

### **Annual Notification of Policy**

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website, and/or district-wide communications. The District will provide as much information as possible about the school

nutrition environment. This will include a summary of the District's and School's events or activities related to the wellness policy implementation. Annually, the District will also publicize the name and contact information of the District /school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### **Triennial Progress Assessments**

At least once every three years the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The person(s) responsible for managing the triennial assessment and contact information is the Assistant Superintendent and the school nurse who can be contacted through the Central Office.

The DWC, in collaboration with individual schools, will monitor the school's compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

### **Revisions and Updating the Policy**

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and as/or District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**

### **Community Involvement, Outreach and Communications**

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the District. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### III. Nutrition

#### **School Meals**

Our District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy lifelong eating habits, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in the USDA child nutrition programs and are committed to offering school meals through the National School Lunch Program (NSLP), and School Breakfast Program (SBP) that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations;
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - o Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
  - o Sliced or cut fruit available daily.
  - o Daily fruit options are displayed in a location in the line of sight and reach of students.
  - o All available vegetable options are bundled into all grab and go meals available to students.
  - o All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with the meal.
  - o White milk is placed in front of other beverages in all coolers.
  - o Alternative entree options are highlighted on posters or signs within all service or dining areas.
  - o A reimbursable meal can be created in any service area available to all students.
  - o Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
  - o Student artwork is displayed in the service and/or dining areas.
  - o Announcements are used to promote and market menu options.

## **Staff Qualifications and Professional Development**

All school cafeteria managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals as posted on the USDA's Professional Standards for School Nutrition website.

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day, and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

## **Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus, during the school day, support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g. "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. A summary of the standards and information, as well as Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks and is available at: [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside reimbursable school meal programs that are sold to students on the school campus during the school day, will meet or exceed the USDA Smart Snacks nutrition standards. *These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, ala carte options in cafeterias, vending machines, school stores, and snack or food carts.*

## **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in Schools nutrition standards. To emphasize the District will share with parents the following:

- o Celebrations and parties. The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
- o Classroom snacks brought by parents. The District will provide a list of foods and beverages that meet Smart Snacks nutrition standards.
- o Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

## **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas.

## **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence based techniques and nutrition messages, and by creating food environments that encourages healthy nutrition choices and encourages participation in the school meal program. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

This promotion will occur through at least:

- o Implementing at least ten or more evidence based healthy food promotion techniques using Smarter Lunchroom Techniques as the guide; and
- o Ensuring foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at: <http://foodplanner.healthiergeneration.org/>.

## **Nutrition Education**

The District will teach, model, encourage, and support healthy eating by all students. Schools will provide education and engage in nutrition promotion that:

- o Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- o Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, and social sciences;
- o Includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations, promotions, taste-testing, farm visits, and visiting members of the community with food oriented information;
- o Promotes fruit, vegetables, whole grain, low and fat free dairy products and healthy food preparation methods;
- o Emphasizes caloric balance between food intake and energy expenditure;
- o Links with school meal programs, cafeteria nutrition promotion activities, Farm to School programs, and other nutrition related community services;
- o Teaches media literacy with an emphasis on food and beverage marketing; and
- o Includes nutrition education training for teachers and other staff.

## **Health Education**

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- o Relationship between healthy eating and personal health and disease prevention
- o Food guidance from MYPLATE
- o Reading and using FDA's nutrition fact labels
- o Eating a variety of foods everyday
- o Balancing food intake and physical activity
- o Eating more fruits, vegetables, and whole grain products
- o Choosing foods that are low in fat, saturated fat, and cholesterol
- o Choosing foods and beverages with little added sugar
- o Eating calcium rich foods
- o Preparing healthy meals and snacks
- o Risks of unhealthy weight control practices
- o Accepting body size differences
- o Food safety
- o Importance of water consumption
- o Importance of eating breakfast
- o Making healthy choices when eating at restaurants
- o Eating disorders
- o The Dietary Guidelines for Americans
- o Reducing sodium intake
- o Social influences on healthy eating, including media, family, peers, and culture
- o How to find valid information related to nutrition and dietary behavior
- o Resisting peer pressure related to unhealthy dietary behavior
- o Influencing, supporting, or advocating for others' healthy dietary behavior.

#### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement and family community engagement and the district is committed to providing these opportunities.

Physical activity during the school day (including, but not limited to recess, classroom physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. *This does not include participation on sports teams that have specific academic requirements.*

#### **Physical Education**



The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow equitable participation for all students and will adapt classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All District **secondary students** (Junior high and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

### **Essential Physical Activity Topics in Health Education**

Health education will be required in all elementary grades, and the District will require junior high and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

- o The physical, psychological, or social benefits of physical activity
- o How physical activity can contribute to a healthy weight
- o How physical activity can contribute to the academic learning process
- o How an inactive lifestyle contributes to chronic disease
- o Health related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- o Differences between physical activity, exercise and fitness
- o Phases of an exercise session, that is, warm up, workout and cool down
- o Overcoming barriers to physical activity
- o Decreasing sedentary activities, such as TV watching
- o Opportunities for physical activity in the community
- o Preventing injury during physical activity
- o Weather related safety, for example, avoiding heat stroke while being physically active
- o How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- o Developing an individualized physical activity and fitness plan

- o Monitoring progress toward reaching goals in an individualized physical fitness plan
- o Dangers of using performance enhancing drugs such as steroids
- o Social influences on physical activity, including media, family, peers, and culture
- o How to find valid information or services related to physical activity and fitness
- o How to influence, support, or advocate for others to engage in physical activity
- o How to resist peer pressure that discourages physical activity.

### **Recess (Elementary)**

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just outside/inside the cafeteria to ensure proper hygiene prior to eating.

**Outdoor recess** will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors and teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever possible.

### **Classroom Physical Activity Breaks**

The District recognizes that students are more attentive and ready to learn if provided periodic breaks when they can be physically active and stretch. Thus, teachers will be encouraged to offer students **periodic breaks** to be active or stretch throughout the day, on all, or most days during a typical week.

### **Active Academics**

Teachers will incorporate movement and kinesthetic learning opportunities into "core" subject instruction when possible (e.g. science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the day.

The District will support teachers incorporating physical activity by providing professional development opportunities and resources, including information on leading activities, and activity options.

### **Before and After School Activities**

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active by offering interscholastic athletic programs, and working with community agencies that promote opportunities for the students to be physically active.

## **V. Other Activities that Promote Student Wellness**

The District will integrate activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and the physical activity facilities. The District will strive to integrate other initiatives that complement, not duplicate, and work towards the goals of promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with the wellness policy ensuring the involvement of the DWC.

### **Community Partnerships**

The District will develop, enhance, and continue to work with community partners (e.g. local businesses, medical facilities, colleges and universities) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

As described in the "Community Involvement, Outreach, and Communication" section, the District will use electronic mechanisms as well as non-electronic mechanisms to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### **Staff Wellness and Health Promotion**

The DWC will have a staff wellness component that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support staff members in healthy eating/weight management that are accessible and free or low-cost.

### **Professional Development**

When feasible, the District will offer professional development opportunities and resources for staff to increase their knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health, and ways in which health and wellness are integrated into ongoing district reform and academic improvement plans/efforts.

Glossary:

**Extended School Day-** the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus-areas** that are owned or leased by the school and used at any time for school related activities, including on the outside of the school building, school buses, or other vehicles used to transport students, athletic fields and stadiums, or parking lots.

**School Day-** the time between midnight the night before to 30 minutes after the end of the instructional day.

**Bienniel-** occurring every two years.

**Trienniel-** occurring every three years.