

Wellness Policy

Introduction

The School recognizes the importance of student health through nutritious eating habits and physical activity and knowledge about such. Research suggests that there is a positive correlation between a student's health and the ability to learn. The School shall promote and support student health and wellness and create a positive, safe, and health-promoting learning environment to help all students achieve personal, academic, developmental and social success.

The following policy outlines the School's procedures and establishes goals to ensure a healthy environment is developed and maintained.

Wellness Committee

The School will form a committee to further the goals listed in this policy. The committee may include parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, social service staff, administrators, board members, health professionals or any other interested stakeholder that is aligned with the goals of the policy. The committee shall meet a minimum of four times per year. The committee shall document each meeting and all efforts to review the policy at each meeting.\

The Wellness Policy will be reviewed and updated at least every three years. The wellness committee shall evaluate compliance with the policy, how the policy compares to model wellness policies, and progress in attaining the goals of the policy. The assessment shall be posted on the School's website.

Wellness Policy Leadership

The The LEA will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.⁷

The designated official(s) for oversight is Ms. Elizabeth Lewin, School Leader:
elizabeth.lewin@leonagroup.com

Nutrition Education

Where applicable, nutrition education shall be a part of health and physical education classes and integrated into other subject areas when connections to the curriculum can be developed.

The gardens on school grounds will be used to demonstrate and encourage nutrition education.

Nutrition Promotion

Healthy eating and nutritious choices can be influenced through positive postings and messages presented throughout the school setting. The District will promote healthy choices for food and beverages for all students. Students will be encouraged to participate in the school meal program as well.

Participation in gardening activities on school grounds will also be used to promote good nutrition.

Standards and Nutrition Guidelines for all Foods and Beverages

Nutritious meals that meet the federal and state regulations will be served at breakfast and lunch. The only vending machine available to students contains only healthy snacks and drinks. No soda pop or sugary treats are available. No additional a la carte items are available. The School is committed to serving healthy meals with fruits, vegetables, whole grains, fat-free or low-fat milk and to meeting the caloric requirements for each student's needs.

The School meals will model healthy portions and choices to support lifelong healthy eating habits. The School will participate in the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The School shall ensure that drinking water is available to students throughout the day.

The School shall meet the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the National School Lunch Act, the Child Nutrition Act, the Healthy, Hungry-Free Kids Act of 2010 and any other applicable state or federal law or regulation.

Food and Beverage Marketing

Food and beverage marketing including postings, menus and any documents or statements promoting healthy choices and food services.

Physical Activity and Physical Education

Physical education programming is available to all K-8 students and to high school as appropriate. Students will be encouraged to participate in a variety of physical activities, learn the necessary skills and values for a lifelong, healthy, physically active, lifestyle. The program will include Ohio's Learning Standards.

The district will ensure that students are able to participate regularly in physical activities including, unstructured play, organized activities, gardening, nature hikes, physical brain breaks and other physical activities throughout the school day.

Other School-based Activities that Promote Student Wellness

The district will promote healthy eating and physical activity as well as awareness of emotional and mental health. The school environment will support and consistently convey positive health messages.

Implementation

The School shall develop, implement, monitor, review, and, as necessary, revise school policies to promote student wellness. The School Leader will ensure implementation and compliance with established school policies and ensure that the wellness policy is posted on the School website and distributed to families.

The School Leader shall publish revision or updates to the policy.

Triennial Assessment

An assessment of the wellness policy will be conducted every three years, at a minimum. Compliance with the wellness policy will be considered at the building level. The policy will be compared with model wellness policies and progress toward the goals of the wellness policy will be monitored.

Mrs. Lewin, School Leader, will be responsible for the Triennial Assessment.

Documentation

Records will be maintained to document compliance with the wellness policy requirements. The Wellness Policy will be posted on wildwoodisgreen.com and kept current.

Updates to the Policy

The Wellness Policy will be updated or modified as appropriate, based on the HSAT, Triennial Assessments, changes in the community needs, growth in the wellness goals, new health science or federal and state guidance.

The policy updates will be posted to the website (wildwoodisgreen.com) annually. The public will be made aware of the wellness policy and any updates, through the various means of communication including social media posts, email and handouts. Additionally, notice will be provided on public participation on the wellness committee.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

<http://professionalstandards.nal.usda.gov/>