

## **POLICY JH – A – G**

### **STUDENT WELLNESS**

The Northwest Local School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Northwest Local School District that:

1. The school district staff will work to engage students, parents, teachers, administrators, food service professionals, health professionals, and other interested district employees and community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
2. Students in grades K-12 will be offered opportunities, support, and encouragement to be physically active on a regular basis.
3. The majority of foods and beverages sold or served at school will meet nutrition recommendations of the U.S. Dietary Guidelines for Americans ([www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)).
4. Qualified child nutrition professionals will provide students with access to a variety of affordable and nutritious foods that meet the health and nutrition needs of students.
5. To the maximum extent practicable, all schools in the district will participate in available federal school meal programs.
6. Schools will offer nutrition education and, to the maximum extent practicable, physical education that fosters habits of healthy eating and physical activity, and establishes links between health education and school meal programs and related community organizations.

Reference: Procedure JH-A-G

Adopted: 4/24/06

## **PROCEDURE JH – A – G**

### **STUDENT WELLNESS**

District Wellness Committee

The Northwest Local School District will establish a district wellness committee to monitor and review, as necessary, school nutrition and physical activity practices and policies. The committee will serve as a resource to school staff for implementing wellness policies. The committee will include staff members, parents and community members.

#### Nutritional Quality of Foods and Beverages Sold During the Lunch Period

Academic performance and student health are linked to the availability and choice of healthy foods in the schools. Healthy foods support students' physical growth, brain development, resistance to disease, emotional stability and ability to learn. In order to support student health, the following procedures shall be followed in the Northwest Local School District:

- The Northwest Local School District shall participate in the National School Lunch and Breakfast Programs.
- All meals offered by the Northwest Local School District Food Services Department shall be consistent with United States Department of Agriculture (USDA; [www.usda.gov](http://www.usda.gov)) and Ohio Department of Education ([www.ode.state.oh.us](http://www.ode.state.oh.us)) standards and regulations.
- A variety of fresh and canned fruits and vegetables will be offered and only low fat and fat free milk varieties will be served.
- The school food services staff will make every effort to eliminate any social stigma attached to, and to prevent the overt identification of students' who are eligible for free and reduced-priced school meals.
- Students will be discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some children's diets.

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- Northwest Local Schools' Food Services will attempt to accommodate the religious, ethnic and cultural diversity of the student body, if requested.
- Northwest Local Schools' Food Services will provide for students with special dietary needs, such as for allergies or diabetes, whenever possible.
- To encourage healthy eating, elementary and middle school students must purchase a plate lunch or bring a lunch before purchasing any snack items.

- Schools will offer balanced meals.
- Students will be provided with adequate time to eat after sitting down to lunch.
- Teachers and parents will be discouraged from bringing fast food into the schools for student parties at lunchtime.
- Students will be encouraged to bring healthy lunches.
- Schools may offer recess before lunch.

#### Food and Beverages Provided Individually Outside the School Lunch Period

Foods and beverages that are provided individually outside the school meal program, such as vending machines, students stores or fundraising activities during the school day, will meet the following criteria whenever possible:

- **Fundraising Activities.** The school organizations will consider alternate sources of fundraising and not rely solely on activities that involve the sale of food.
- **Snacks.** The district will encourage after-school daycare or enrichment programs to serve snacks that make a positive contribution to children's diets and health, with an emphasis on healthy snacks and water as the primary beverage.
- **Rewards.** School staff will be encouraged to limit foods or beverages, especially those that do not meet the nutrition standards of the USDA, as rewards for academic performance or good behavior.
- **Celebrations.** School staff will be encouraged to limit celebrations that involve non-nutritious food during the school day.

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- **Vending Machines.** Whenever possible, vending machines will contain foods that meet the Dietary Guidelines for Americans ([www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)).

#### Health Education (Nutrition and Promotion of Physical Activity)

It is the goal of the Northwest Local School District to implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health. In an effort to meet this goal, the following policies will be adhered to in the Northwest Local School District:

- The teaching of healthy living skills will be encouraged.
- The district will provide teachers with Board-adopted courses of study for health and physical education, which include sequential skill-based goals and objectives.
- Students will have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of after-school programs.
- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.
- The district will encourage students to take advantage of opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students and/or the integration of physical activity into the academic curriculum.

#### Monitoring and Review

The superintendent or a designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or a designee will report on the school's compliance to the school district superintendent or a designee by June 30<sup>th</sup> of each school year. The school food services staff will report on this matter to the superintendent or a designee by June 30<sup>th</sup> of each school year. The school district food services supervisor will report on the most recent USDA School Meals Initiative review findings and any resulting changes to the superintendent or designee after each review cycle. In addition, the superintendent or a designee will establish procedures to allow for staff, parent and community input. Inquiries regarding

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district wellness and nutrition practices may be made to the district business office. The district wellness committee will review input received.

Adopted: 5/8/06