

STUDENT WELLNESS PROGRAM

In response to the reauthorization of the Child Nutrition and Women, Infants and Children Act, the Board directs the Superintendent/designee to develop and maintain a student wellness program.

The student wellness program:

1. includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness;
2. includes nutrition guidelines for all foods available in the District during the school day in order to promote student health and reduce childhood obesity;
3. provides assurance that District guidelines for reimbursable school meals are, at a minimum, equal to the guidelines issued by the U.S. Department of Agriculture and
4. establishes a plan of implementation and evaluation, including designating one or more persons within the District with the responsibility for ensuring that the District is compliant with Federal law.

Development of the student wellness program must be a collaborative effort between parents, students, food service workers, administrators, the Board and the public.

[Adoption date: September 19, 2005]

LEGAL REFS.: Child Nutrition and WIC Reauthorization Act; Pub. L. No. 108-265 (Title I, Section 204), 118 Stat. 729
National School Lunch Act; 42 USC 1751 et seq.
Child Nutrition Act; 42 USC 1771 et seq.
7 CFR, Subtitle B, Chapter 11, Part 210
7CFR 220
7 CFR 225
7 CFR 245
ORC 3313.814
OAC 3301-91-09

CROSS REFS.: EF, Food Services Management
EFB, Free and Reduced-Price Food Services
EFF, Food Sale Standards

STUDENT WELLNESS Program and Procedures

The programs and procedures contained in this publication have been developed to implement and support Board Policies EF/EFB – “Food Services Management/Free and Reduced-Price Food Services”, EFF – “Food Sale Standards” and EFG – “Student Wellness Program” adopted by the Fairfield Local Schools Board of Education June 19, 2006.

Fairfield Local School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The Wellness Policies adopted by the Board of Education are supported by the following goals:

1. All students will be encouraged to participate in the school lunch program. School meals will comply with federal, state and local requirements.

Responsible: Food Service Director, Food Service Staff and Administrators

Strategies:

- Provide appealing and nutritious school lunches
- Continuing food service staff professional development
- Annual nutrition awareness program
- Monitoring of school lunch nutritional value
- Annual education of students and staff on serving size and nutritional food choices

2. All food and beverages made available to students for sale during the school day (including vending, concessions, a la carte, student stores, and fundraising) will be selected to ensure optimal nutritional quality and foster healthful eating habits and choices.

Responsible: Food Service Director, Head Cooks, vending machine sponsors and Administrators

Strategies: Establish district procedures concerning fundraising and vending machines during the school day

3. During the academic school day, all activities will be consistent with local wellness goals and provide healthy choice options. Administrators, teachers, staff and parent organizations will not sell foods that are not consistent with the local wellness goals. Candy sales by school groups will be discontinued after the 2006-2007 school year. After-school concessions and/or events held in the building after academic hours are exempt from these restrictions.

Responsible: Food Service Director and Administrators

Strategies: Establish school procedures concerning fundraising and vending machines

4. Parents and teachers will be encouraged to provide a variety of healthy foods for classroom parties and snacks.

Responsible: Administrators, teachers and parents

Strategies:

- School procedures concerning classroom parties and snacks
- Communicate to parents through newsletters, menus, etc.

5. The school environment will provide a safe, comfortable, and pleasing environment for eating meals. Staff will be encouraged to use physical activity as a reward.

Responsible: Food Service Director, Food Service Staff Administrators, teachers and staff

Strategies:

- Encourage teachers to use physical activity as a reward
- Provide adequate time for students to eat
- Provide clean and safe eating environment

6. Nutrition and physical education will be provided and promoted. Students will be introduced to meaningful nutritional and physical activity that will connect to students' lives outside of classes.

Responsible: Administrators, teachers, Food Service Director, Food Service Staff and school nurse

Strategies:

- Utilize USDA and other awareness programs to educate students, parents, and staff on healthy nutrition and physical activity. (May include, but not limited to, posters for cafeteria, information to students, parents and staff.)
- Provide sequential physical and nutritional education through science, healthy, family and consumer science, and physical education classes.
- Physical education classes will be provided to all students grades 1-8, at least once in grades 9-10, and promote physical activity for all grade levels.
- Recess will be provided in grades K-5 every day for at least 20 minutes per day
- Students' Body Mass Index (BMI) will be tracked upon entering Fairfield Local Schools in grades 1, 3, 5 and upon entering middle school and high school. Calculations and their implications will be sent home to parents/guardians.
- Extra-curricular physical activity involvement will be encouraged for all students grades K-12.

Progress toward these goals will be measured in a variety of methods including, but not limited to: National School Lunch/Breakfast Daily Production Records, Daily Count and Ckash Reconciliation Reports, Vending Machine Sales Records, and parent, student and staff surveys as deemed appropriate.

The Local Wellness Procedures for Fairfield Local Schools will be printed and available to anyone, also the procedures will be posted on the district website.

WELLNESS COUNCIL

A Wellness Council will be established consisting of the following members: Building Principals, Head Cook, Superintendent, one School Board Member, School Nurse, one Physical Education Teacher, Family and Consumer Science Teacher, one parent representative and one student representative.

The Council will meet two times per year, or more as needed, to develop procedures and programs to promote wellness among students and staff.

The Council shall report to the Board in April, May or June of each year and include any recommendations for policy revision at that time.

FOOD SERVICE

Goal: Qualified professionals will administer the school meals program and provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

Objective:

- Fairfield Local Schools will participate in the Federal School Meal Programs.
- Fairfield Local Schools will meet or exceed Federal Standards for nutritional values.

Activities:

- Fairfield Food Service will encourage students to participate in lunch meal programs.
- Meals served to students will be appealing, attractive, and served in clean and pleasant settings.
- Fairfield Food Service will make nutrition fact sheets available upon request for meal components and a la carte items.
- Fairfield Food Service will make every effort possible to eliminate any social stigma attached to, and prevent the overt identification of student's eligible for free and reduced meals.

1. Parties, Celebrations, Snacks or Meetings

- Staff and parents should be made aware of allergic conditions of students in a classroom. Celebrations in the classroom could have one food or beverage item that does not meet the nutrition standards policy and celebrations should be limited to one per month.

2. Food Rewards

- If food is going to be rewarded it must meet or exceed the policy nutritional guidelines.

3. Food-Related Fundraising

- If the food is going to be sold during the school day, it must meet or exceed the policy nutritional guidelines.

4. Qualifications of Food Service Staff

- Qualified nutrition professionals will administer the school meal program. As part of the school district's responsibility to operate a food service program, they will provide continuing professional development for all nutrition professionals in schools.

NUTRITION AND WELLNESS EDUCATION NUTRITION AND WELLNESS EDUCATION

Goals:

- To have a healthy environment for learning and working by educating staff, students and community about the proper health throughout a person's lifetime.
- Develop an understanding of nutrition and wellness with thought of positive and negative affects on health for the short and long term.

Activities:

- Analyze why people eat what they eat and why they have the activity levels they have.
- Look at the advertising and its influences on eating habits and activity.
- Read and analyze food labels.
- Reflect nutrition and wellness in all areas of the school during the school day.
- Have a good understanding of health and wellness and identify factors that influence food choices.
- Provide information to help the school and community with healthy choices.
- Establish a plan for measuring implementation of the local wellness of the school.

PHYSICAL ACTIVITY

Goals:

- Students will be given the opportunity to engage in physical activity during the school day through the scheduling of physical education classes, daily recess periods for elementary and middle school students, and the integration of physical activity within the K-12 curriculum.
- Extended opportunities will be provided for students to participate in physical activity through school and community-based after-school programs. Programs include, but are not limited to, instructional little league, intermediate-level athletic programs, intramurals, interscholastic athletics, and groups and /or clubs.
- Fairfield Local Schools will work with the community to create ways for students to walk or bike safely to and from school.
- Fairfield Local Schools will encourage parents and guardians to support each student's participation in physical activity, to be physically active role models and to include physical activity in family events.
- Fairfield Local Schools will provide opportunities for training to enable teachers and other staff members to promote lifelong physical activity for themselves, their families and students.
- Fairfield Local Schools will provide a safe and adequate facility, instructional supplies, and assessment equipment to promote physical fitness for each student.