

As required by law, the Board of Education establishes the following wellness policy for the Newton Falls Exempted Village School District as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and wellbeing of the of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and wellbeing and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in student's healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
 - 1. Include nutrition education in the Health Curriculum so that instruction is sequential and interdisciplinary, and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- B. With regard to physical activity, the District shall provide opportunities for students, staff, and community members to incorporate physical activity into their day.

Physical Education

- 1. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- 2. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

- C. With regard to other school based activities, the District shall encourage community participation in wellness activities to improve quality of life.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

Nutritional Guidelines for All Foods Available on Campus During the School Day

- A. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. The guidelines for reimbursable school meals meets the Regulations issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. The food serviced program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. The school service program may involve students, parents, staff, and school officials in selection of competitive food items to be sold in the schools.
- F. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- G. The food service program shall be administered by a qualified nutritional professional.
- H. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed according to current professional standards.

- I. All food service personnel shall receive pre-service training in food service operations.
- J. Continuing professional development shall be provided for all staff of the food service program.
- K. Any food sold to students during the school day, which is defined as the period from midnight before, to 30 minutes after the end of the official school day, shall meet the USDA Standard or the Ohio Revised Code Standard, whichever is considered more restrictive when compared. This includes any fundraising items that are sold to students. This also includes any items sold to students during any activity that occurs during the above stated school day.

The Board designates the building principals/Wellness Committee as the individual(s) charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

The Wellness Committee shall be responsible for:

- A. Assessment of the current school environment;
- B. Review of the District's Wellness policy;
- C. Presentation of the Wellness policy to the Board for approval;
- D. Measurement of the implementation of the policy; and
- E. Recommendation for the revision of the policy, is necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.

The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

Date Adopted: May 28, 2015

