

WELLNESS

As required by law, the Board of Education directs the Superintendent/designee to establish the following wellness policy as part of a comprehensive wellness initiative.

The wellness policy shall:

1. establish plans for nutrition education, physical activity and other school-based activities designed to positively influence students' ability to make healthy lifestyle choices;
2. abide by nutrition guidelines established by the U.S. Department of Agriculture (USDA) for all foods available in the District during the school day, in order to promote student health and reduce childhood obesity;
3. assure that District guidelines for reimbursable school meals are, at a minimum, equal to the guidelines issued by the USDA and
4. establish 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.

The Board recognizes that good nutrition and regular physical activity affect the health and wellbeing of the District's students. Furthermore, research supports a positive correlation between district students' and staff health and wellbeing and their ability to learn.

In order to promote, support and model such health behaviors and habits, development of the wellness initiative must be a collaborative effort between parents, students, staff, food service workers, administrators, the Board and the public.

The District notifies the public of the wellness plan at least annually. The wellness plan is assessed at least once every three years and the results of the assessment are made available to the public.

[Adoption date: April 3, 2006]

[Re-adoption date: May 11, 2015]

[Re-adoption date: August 8, 2016]

[Re-adoption date: April 17, 2017]

[Re-adoption date: February 11, 2019]

[Re-adoption date: February 10, 2020]

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