

Hilliard City Schools Wellness Guidelines on Physical Activity, Nutrition and Wellness

In compliance with the USDA [Healthy, Hunger-Free Kids Act of 2010](#) (Sec. 204 of [Public Law 111-296](#)) law the following administrative guidelines were created to supplement existing board approved wellness policies, to meet the requirements of the law, and to provide clear communication about rules, procedures or practices associated with the policies.

Physical Activity

- **Education**
 - **Curriculum**
 - Hilliard City School's physical education curriculum is aligned with the Ohio Department of Education's standards, benchmarks and indicators.
 - <http://education.ohio.gov/Topics/Ohios-Learning-Standards/Physical-Education>
 - Curriculum for grades K-12 is located at:
<http://www.hilliardschools.org/departments/curriculum-instruction/>
- **Instruction**
 - Elementary school age students receive on average 75 minutes per week of physical education instruction.
 - Middle school age students receive 50 minutes daily for 18 weeks of physical education instruction (with exemptions).
 - High school age students receive 50 minutes daily for 18 weeks of physical education instruction (with exemptions).
- **Waivers and Exemptions**
 - There are no physical education waivers, substitutions, or exemptions for students K-8 unless for medical reasons a student cannot adhere to the guidelines. A written request for exemption should be submitted to the building administration.
 - Students' grades 9-12 may be exempt from the physical education course requirement by participating in district-sponsored interscholastic athletics, marching band, or cheerleading for at least two athletic seasons.
- **Active Transportation**
 - Students who live within a 2-mile zone of their school are considered to be walking students and do not receive district transportation. Students living outside of the 2-mile zone are provided district transportation. Elementary students who walk to school should walk on sidewalks whenever possible and look both ways before crossing the street.
- **Recess**
 - Elementary age students will receive a minimum of 20 minutes per day of supervised recess in order to promote and encourage physical activity.
 - Recess is scheduled before lunch in elementary schools when school schedule permits.
 - Educators are discouraged from allowing extended periods of physical inactivity during the school day. Periodic breaks for moderate activity and movement are

encouraged for all K-12 students.

- Before and after school physical activity opportunities for students are determined by the building administration.

- **Community Involvement**

- Hilliard City Schools believes in the fullest and best use of the physical facilities of the citizens of the District. Use of the facilities by both school and student - connected activities, as well as by community organizations and groups, is encouraged.
 - <http://www.hilliardschools.org/facilities/>
- Staff, family, and community involvement in physical opportunities in schools are determined by the building administration.

Nutrition

- **Environment**

- Hilliard City Schools will provide students with adequate time, a pleasant environment and sufficient space to eat their meals.
- Free and reduced lunch information and eligibility is available in school offices and online at:
 - http://www.hilliardschools.org/menus/pdf/2016_17FreeLunchApplication.pdf
 - If a child receives free or reduced lunch, the computerized cashier's station protects confidentiality.
- **Free Drinking Water**
 - Drinking fountains are available to all students during meal times and throughout the course of the day.
- **Closed Lunch**
 - All students are expected to eat lunch at school and may not leave school grounds during the lunch hour, except when permission has been granted by the principal.
- **Participation**
 - Hilliard City Schools seeks to increase participation in the school meal programs by decreasing the barriers to access.
 - Specific ways include, but are not limited to: breakfast delivery carts, taste tests, posters and visual displays and other strategies to ensure students do not go hungry throughout the day.

- **Education**

- **Curriculum**

- Hilliard City Schools provides a standards-based wellness curriculum that is behavior focused, sequential and comprehensive in scope (middle and high school).
- Present curriculum can be found at:
<http://www.hilliardschools.org/departments/curriculum-instruction/>

- **USDA compliance**
 - USDA Smart Snack standards: https://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf
 - USDA National School Lunch Program and School Breakfast Program standards: <https://www.regulations.gov/document?D=FNS-2011-0019-0001>
 - Nutrition information for all school meals will soon be available online for students and parents. Currently, all menus are available at: <http://www.hilliardschools.org/schools/menus/> and at all schools. Detailed nutritional information is available upon request from Aramark.
 - Afterschool programs on school grounds are compliant with Smart Snack regulations.
 - Hilliard City School District is compliant with Smart Snack guidelines with concern to foods containing non-nutritive sweeteners and caffeine in high schools.
 - All nutrition services staff (Aramark employees) receive annual training in accordance with USDA Professional Services.
 - Aramark and Hilliard City Schools serve menus with nutritious meals that exceed current USDA requirements and meet individual and state requirements for all students.

Administration & Educators

- **Wellness Council**
 - The Hilliard City Schools mental health and wellness teams are comprised of school counselors, school clinicians, school psychologist, nurses, intervention specialists and building administrators. The teams coordinate mental health efforts and services capitalizing on the skills of different disciplines to ensure the emotional/social/ behavioral needs of all students are being met.
 - The Hilliard City Schools Wellness Advisory Committee serves as a liaison between the District Wellness Coordinator and employees, administration, wellness ambassadors, vendors, the insurance company and community partners, to create, review and plan for the ongoing implementation of employee programming and wellness initiatives that support the HCSD Wellness Mission and Vision.
 - Plans to coordinate district wide initiatives through a joint Wellness Council are currently in discussion.
- **Educators and Staff**
 - **Qualifications**
 - All physical education instruction is delivered by fully licensed teachers, who hold a special K-12 license (teaching field of physical education).
 - The teacher-student ratio is comparable with other curricular areas.
 - Hilliard City School district provides continuous training to its physical education teachers in the form of professional development.

- **As Role Models**
 - Educators and school staff are encouraged to model healthy behaviors concerning nutrition and physical activity on a regular basis.
- **Rewards and Punishment**
 - Educators and school staff are discouraged from using food as a reward as to not provide unneeded and unhealthy calories for children. Rather, staff is encouraged to provide non-food options and physical activity as a reward.
 - Educators and school staff are discouraged from using physical activity as a punishment and routinely withholding physical activity as a reprimand.

Wellness Promotion & Marketing

- **Nutrition Promotion**
 - Aramark offers students, educators, and parents brochures, programs, and educational materials to promote healthy nutrition habits for Hilliard City School students. Links and materials are being compiled and will be available online when they are completed.
 - Hilliard City Schools will not actively market nor promote food and beverages sold during the day that are non-compliant with USDA standards.
- **Physical Activity Promotion**
 - Promotion of physical activity varies between buildings and is determined by building administration.

Policy

- **Hilliard City School's wellness related policies**
 - Wellness: http://www.hilliardschools.org/board/policy/EFG_Wellness.pdf
 - Food Sale Standards: http://www.hilliardschools.org/board/policy/EFF_Food_Sale_Standards.pdf
 - Food Services Management/Free and Reduced-Price Food Services: http://www.hilliardschools.org/board/policy/EF_EFB_Food_Services_Management_Free_Reduced_Food_Services.pdf
 - Full policy: <http://www.hilliardschools.org/board/policy/>
- Progress report on compliance: <http://www.hilliardschools.org/district/factsfigures/>
- Final policy undergoes review with the school board and revision dates are included on published policy. Policy is available at the public library as well as on the Hilliard City School District's website.
 - Communication with the school board is available at public board meetings.
- Wellness policy is reviewed annually with the WellSAT: Wellness School Assessment Tool through the partnership between Action for Healthy Kids and Yale University Rudd Center for Food Policy & Obesity. (<http://wellsat.org/>)

March 31, 2017

Hilliard City School District, Hilliard, Ohio