

SOUTHEAST LOCAL SCHOOLS WELLNESS COMMITTEE

PREAMBLE

Southeast Local Schools recognize that there is a link between nutrition education, the food served in the schools, physical activity, and environmental education, and that wellness is affected by all of these. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. Southeast Local recognizes that good physical and mental health fosters improved student attendance, education and learning. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.

SCHOOL WELLNESS COMMITTEE

The District will convene a representative district wellness committee that will meet at least four times per year. This committee will be responsible for establishing goals and to oversee school health and safety policies and programs as they relate to the District Wellness Policy. The committee will be headed by the District nurse and be comprised of : school administrators from each building, teachers, parents, and any other individuals who may provide guidance and expertise to the committee.

The District will actively inform families and the public each year of basic information about the District Wellness Policy including its content and any updates to the policy. Annually, the District will also publicize the name and contact information of the individual leading and coordinating the wellness committee.

At least once every three years, the District will evaluate the compliance and effectiveness of the District Wellness Policy with current standards and guidelines, assess progress, and determine areas in need of improvement.

NUTRITION EDUCATION AND HEALTH EDUCATION GOALS

All students in grades PreK-12 will receive health education instruction that includes nutrition education as part of a planned, sequential and comprehensive school health education program. Health instruction may be delivered and taught within the classroom instruction; including math, science, language arts, social sciences, physical education and elective courses.

The school aims to teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that: Promotes fruits, vegetables, whole grain products, low fat, and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices; emphasizes caloric balance between food intake and physical activity/exercise.

Students will gain an understanding of proper nutrition and nutrition practices. The staff responsible for nutrition education will provide basic knowledge of nutrition combined with skill-based practice activities and will use instructional techniques and strategies designed to promote healthy eating habits. Nutrition education will be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Nutrition education standards and benchmarks will be behavior focused, age appropriate, and culturally relevant. Nutrition education will reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

PHYSICAL ACTIVITY GOALS

Physical education is an integral part of the total education of every child kindergarten through grade 12. Quality physical education programs facilitate the development of physically active lifestyles and are needed to increase the physical competence, health-related fitness, personal responsibility, and enjoyment of physical activity for all students so that they can be physically active for a lifetime.

Schools will educate students about the value of physical activity, and provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain health-related physical fitness, to participate regularly in physical activity, and to understand the short and long-term benefits of a physically active and healthy lifestyle.

The school recommends that all students participate in a minimum of 30 minutes of developmentally appropriate physical activity each day. We will provide daily opportunities for all students to learn about and enjoy physical activity that will foster an understanding for the need for lifelong fitness and health in a safe environment. Schools will explore ways to increase the time students spend in physical activity at school.

Students are given opportunities for physical activity during the school day through physical education (PE) classes, recess periods for elementary school students, and the integration of physical activity into the academic curriculum.

GUIDELINES FOR SCHOOL MEALS

School meals model healthy food choices and combinations.

Southeast Local Schools will provide school meals, which meet or exceed the nutritional standards required by State and the National School Lunch and Breakfast Program. Offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. Encourage all students to participate in breakfast and lunch opportunities. In particular, the school will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families apply.

Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. The school will ensure that all students have affordable access to the varied and nutritious foods

they need to stay healthy and learn well. The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast and after-school snack and summer food service programs). Efforts will be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant food service staff, adequate seating, enforcement of student conduct rules and adequate supervision.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Fundraising/ Vending machines/ other food sales

Southeast Local Schools shall encourage non-food/drink reinforcement strategies for the discipline and reward of students. Schools will ensure that food and/or physical activity is not used as a punishment and staff will be educated about appropriate rewards involving food and physical activity.

When using food as part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices. Healthy food choices should be considered that include items such as: fresh fruit, fresh vegetables, low fat pretzels, 100% juice, bottled water, fruit smoothies, air-popped popcorn, low fat cereal bars, milk, low fat or fat free yogurt, animal crackers, vanilla wafers, trail mix, raisins, etc. The District is committed to ensuring that all foods and beverages available to students on the school campus, during the school day, support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards at a minimum.

OTHER HEALTH PROMOTING, SCHOOL-BASED GOALS

Staff Wellness, School gardens, etc.

Staff Wellness

School staff serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, nutrition and physical activity education opportunities will be provided to all school staff at the elementary, middle and high school levels. These educational opportunities may include, but not be limited to, the distribution of educational and informational material and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics. Promote staff wellness initiatives (i.e. fliers, emails, sharing of resources). Promotion will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Access

Students, parents, and other community members will have access to, and be encouraged to use, the school's outdoor physical activities outside the normal school day. School policies concerning safety will apply at all times. School sites will establish or enhance physical activity opportunities for students, staff, and parents (fun walks and runs, kickball games, fitness nights).

After-school programs

After-school programs will encourage physical activity, making healthy nutritional choices and promote healthy habits. After-school programs should include supervision by trained staff, and provide developmentally and age-appropriate physical activity for all participants. Encourage healthy eating habits in after school programming that services our students.

Community/family involvement

Southeast Local Schools recognize that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. Southeast Local Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Southeast Local Schools encourage parents to provide healthy lunches and snacks and to refrain from including beverages and foods without nutritional value. Southeast Local Schools also provides telehealth services for our learning community.

USDA SMART SNACKS IN SCHOOL GUIDELINES

The Guidelines:

School snacks must conform to the USDA guidelines, which include calorie limits, sugar caps, and nutrient requirements.

- **Calorie Limits:** All snacks, including extras like butter and cream cheese, must have no more than 200 calories per serving.
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- **Fat Ceilings:** Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans fat content at 0.
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- **Sugar Caps:** Only 35% (or less) of the weight in any snack food may come from sugar.
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- **Nutrient Requirements:** In order to meet the USDA's guidelines, snacks must either be rich in whole grains, contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

For more information visit <https://foodandhealth.com/usda-snack-foods-schools/>.