

STUDENT WELLNESS PROGRAM

The Board of North College Hill City Schools remains committed to the physical and mental well being of the students. It is the intention to support the students' development toward a healthier future through promoting healthy eating and increasing physical activity. In an effort to provide students with a healthier school environment, in order to accomplish such goals the Board sets forth the following:

The student wellness policy:

1. Includes goals for nutrition, 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 issues by the U.S. Department of Agriculture

I. WELLNESS EDUCATION

The North College Hill City School District shall strive to teach, support and encourage healthy eating. The District shall implement a quality nutrition education program that will:

- Provide resources for sequential nutrition education across all grade levels, in accordance with local curriculum standards set forth by the state;
- Achieve positive changes in students' eating behavior by integrating nutrition education into standard based lesson plans in not only health classes, but also into other subject areas (i.e., Science, Math, Language Arts, Social Studies), as to complement, but not replace local standards for health education;
- Foster an environment of learning providing students and other school personnel with the needed resources related to school-based health initiatives;
- Provide nutrition education that is developmental appropriate and culturally relevant participatory activities in the classroom and/or lunchroom which include activities such as promotion, taste testing, display of nutrition education posters and nutrition-based activities;
- Promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans such as fruits, vegetables, low-fat dairy offerings and whole grain products.

II. WELLNESS STANDARDS

The North College Hill City School District shall support the students' overall health and well being. The District will promote good health through practicing good nutrition that will:

- Maintain a Wellness Committee within North College Hill City School District that includes representatives of school food authority (food service), education staff, (including physical education teachers), principal, school nursing professionals, parents, students, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be a school committee with members recruited and appointed annually.
- Designate the Building Principals with operational responsibility for monitoring the implementation and progress under said policy;
- Provide meals based on the standards of the National School Breakfast and National School Lunch served on school premises that will meet U.S.D.A. requirements and shall be consistent with the recommendations of the Dietary Guidelines for Americans and federal, state and local safety and sanitation regulations;
- Maintain that all foods and beverages sold individually (apart from the reimbursable school meal) meet District Nutrition standards;
- Provide students access to a clean, safe lunchroom environment while having convenient access to hand washing or hand sanitizer before meals;

- Maintain students meals times to ensure that students are given 10 minutes for Breakfast meal and 20 minutes for Lunch, scheduling mealtimes with minimum disruption by bus schedules, recess, and other special programs;
 - Prohibit students from sharing food/beverages given allergy concerns and/or dietary restrictions;
 - Encourage parents to pack healthy lunches, with the goal that students refrain from including non-nutritious beverages (i.e., soda) and snacks (i.e. candy);
 - Discourage retail fast food products from being brought into the school during the lunch period;
 - Endorse all standards set forth as designated in the Administrative Student Food Guidelines.
- (Appendix I -)**

III. PHYSICAL EDUCATION AND ACTIVITY

The North College Hill City School District shall maintain interactive programs to insure that students remain physically active. In order to create this environment, the following standards shall be implemented that will:

- Provide a comprehensive physical education program in accordance to state standards lending knowledge and skills necessary to foster a healthy, physically active lifestyle;
- Promote physical education class time participating in moderate to vigorous physical activity;
- Offer extracurricular physical activity programs, such as intramural programs, and interscholastic sport programs;
- Encourage physical activity programs outside of the school day in extracurricular activities, through community programs, intramural, and interscholastic athletics;
- Provide Elementary Students (1 - 6) a minimum of 15 minutes of supervised recess by which students will be encouraged to engage in moderate to vigorous physical activity;
- Incorporate opportunities for physical activity into other subject areas (i.e., math, language arts, science and social studies).

IV. PROMOTION/FUNDRAISING

The North College Hill City School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. The District remains committed to health and wellness and shall:

- School based activities that occur after the school day are not mandated to follow U.S.D.A. nutrition guidelines;
- Reinforce the development of healthy eating habits including the offering of healthy food that comply with the U.S.D.A. standards;
- Encourage students, parents, and school staff to offer foods and beverages to students school for parties/celebrations to include healthy options;
- Prohibit the selling of food or beverages for fundraising purposes during lunch meal service as it is in direct competition with the National School Lunch program.
- Regulate that all food and beverages sold to students as fundraisers during the regular and extended school day are required to meet all U.S.D.A. Competitive Food regulations, U.S.D.A. Smart Snacks in School nutrition standards, and the Alliance for a Healthier Generation's Competitive Foods and Beverages Guidelines;
- Regulate the sale of all foods and beverages sold to students on the school campus during the school day. All foods and beverages sold during the school day have to comply with the U.S.D.A. Dietary Guidelines and the U.S.D.A. Smart Snacks in School nutrition standards, including food items and beverages from vending machines, from school stores, fundraisers, student clubs and/or organizations, and booster clubs if sold between midnight and thirty (30) minutes of the close of school.

V. VENDING / CONCESSIONS/MARKETING

The North College Hill City School District will continue to promote healthy alternatives for after school events. Relative to this initiative food and beverages available through vending and concessions services will:

- Restrict vending services until after the school day;
- Maintain that all school-based marketing be consistent with healthy promotions;

VI. MONITORING IMPLEMENTATION / EVALUATION

The North College Hill City School District will ensure its commitment toward providing a healthy environment where students will learn and participate in positive dietary and lifestyle practices.

- The Superintendent shall appoint a Wellness Committee that includes representatives of school food authority (food service administrator), education staff, (classroom and physical education teachers), principal, school nursing professionals, parents, students, and school administrators to oversee development;
- The Board designates the Building Principal of each school with operational responsibility for monitoring the implementation and progress under said policy, reporting compliancy at his/her school as deemed necessary;
- The Superintendent or designee is responsible for informing the public, including parents, students and community member, on the content and implementation of said policy, including posting policy on District's website;
- The Wellness Committee will report to Superintendent as to the progress of policy implementation.

ADMINISTRATIVE STUDENT FOOD GUIDELINES

The following standards are expectations that all staff, students and parents will be required to adhere to within the North College Hill City School District. As follows:

Classroom Birthday Celebrations

For birthday celebrations, it is preferred that snacks be pre-packaged, sealed, individually wrapped, (in the original package) and nut free. Encouraged for sharing are items such as bouncy balls, party favors, pencils (non-food items). *Stickers are discouraged.* Parents are **not** permitted to send in homemade food items for sharing. In addition, it will be permitted for “store-bought” purchased birthday treats. All store-bought treats need to be sealed, in their original package, and contain the manufacture label, listing all ingredients and allergies. However, these items must be given to the teacher to ensure they are safe from all allergens. Students are not permitted to share snacks of any kind with other students.

Snacks in the Classrooms

Students will be permitted to have snacks in the classroom during times designated by the classroom teacher. It is preferred that snacks be pre-packaged, sealed, individually wrapped, (in the original package) and nut free. Parents are not permitted to send in homemade food items for classroom snack time. Also permitted and encouraged are fresh fruit and vegetable offerings (i.e. whole fruit, baby carrots and celery). All snacks sent in with students need to be nut-free. Students are not permitted to share snacks of any kind with other students.

Special Events

North College Hill City School District discourages the consumption of food at parties and instead encourages students to participate in activities and crafts to celebrate. Food brought to party events must be pre-packaged, sealed, individually wrapped, (in the original package) and nut free. Also permitted, for special events will be “store-bought” items. All store-bought items need to be sealed, in their original package, and contain the manufacture label, listing all ingredients and allergies. The items however must be given to the teacher to ensure they are safe from all allergens. If during a special classroom event money is collected from the student, thus charged for the food/beverage (i.e., pizza party), and the event is held during the school day then it requires that all foods and beverages offered comply to the U.S.D.A. Dietary Guidelines and the U.S.D.A. Smart Snacks in School nutrition standards, (if sold to the students).

Incentives/Rewards

Staff is discouraged from using food for incentives or rewards especially items that have minimal nutritional value (i.e. candy). Other more appropriate rewards should be considered to provide positive reinforcement, items such as certificates of achievement, and coupons for example. Individual student behaviors however may warrant food be offered as an incentive or reward if other interventions have deemed to be unsuccessful. Food items provided must be pre-sealed, individually wrapped, (in the original package), nut free and **MUST** be on the approved **Classroom Snack List**. A copy of the **Classroom Snack List** is available at the school office. Students are not permitted to share snacks/treats of any kind with other students.

After-School Activities

Events that occur after the school day are not restrictive to said standards. However, all of these groups and activities are encouraged to include healthy options to support the health and well-being for the student. Areas in which after-school events are held (i.e., classroom, gym) where food or beverages may be served should be properly cleaned and sanitized before classroom instruction is restored. The sponsor of the program will be responsible for cleaning and sanitizing all the surfaces for which food was served and/or consumed (i.e. student’s desks). Sponsor should obtain appropriate cleaning materials from custodial services when possible, or at minimum utilize a Clorox sanitizer cloth to clean and sanitize surfaces used during the event and /or activity.

The Student Wellness Policy along with the Administrative Student Food Guidelines is established to provide standards for the safety and well-being of the students within the North College Hill City School District. These guidelines are intended to reduce the risk of accidental exposure to allergens. The actions detailed in this plan will not completely eliminate the risk of an exposure; therefore students that have allergies are advised to take precaution and take preventative measures to avoid exposure to the allergen.

*** NOTE: Snacks with such statements on the package reading “May contain traces of” Or “Made on Equipment that manufactures or processes.....” Or “Made in a facility that manufactures” are NOT considered to be safe due to potential allergens. ***