

WELLNESS POLICY AMANDA CLEARCREEK LOCAL SCHOOLS

The Amanda Clearcreek Local School Board is committed to providing a healthy school environment that encourages learning and development of lifelong wellness practices; therefore establishing a long term goal of promoting health and wellness for staff, students and their families.

A Health and Wellness Committee has been established. This committee is comprised of members representing school administration, food service, students, parents, members of the community, school nurse, health and physical education instructors, representing all grade levels, and school board. The team will meet a minimum of once a year. Committee functions will include evaluation implementation of the District Wellness Policy, setting goals, creating plans for carrying out and establishing goals, reviewing policies pertaining to wellness and safety and making recommendations to administration and the School Board.

The work of the Wellness Policy Committee will include:

Ensuring that Child Nutrition Programs comply with federal, state and local requirements; to ensure access to those programs for all children.

Provide and promote sequential and interdisciplinary nutrition education.

Provide and promote opportunities for meaningful physical activity during the school day outside of physical education classroom

Ensure that all school based activities are consistent with local wellness goals

Ensure that all foods and beverages made available on campus during the school day are consistent with the current Dietary Guidelines for Americans. And, working toward a goal of educating outside groups on healthy choices for fund raisers, after school activities and school parties.

Ensure that all foods made available on campus adhere to food safety and security guidelines.

Provide a school environment that is safe, comfortable, pleasing and allows ample time and space for eating meals.

Provide guidance to administration and the school board on other school health and safety topics as deemed appropriate by administration and the School Board. Other issues may include, but not limited to, topics from the School Health Index.

Adopted: 6-12-2006

DISTRICT WELLNESS PROGRAM GOALS

NUTRITION EDUCATION

The District will increase student, parent and community knowledge of nutrition information:

- Will include family input and participation.
- Nutrition information, suggestions and guidelines will be provided to students through student handbooks, announcements and signs in cafeterias and on vending machines.
- District newsletters will include health and nutrition information.
- A “Health Fair” will be organized for students, staff and community members.

STUDENT PHYSICAL ACTIVITIES

The District will increase student physical activity:

- Physical movement and activity shall be integrated into curriculum whenever possible throughout school year.
- The physical education program will promote lifetime-fitness activities, encouraging a continued pattern of physical fitness.
- The District will allow use of District facilities for community youth programs.

OTHER SCHOOL-BASED ACTIVITIES

Student levels of fitness will be evaluated and documented:

- Physical fitness testing will be conducted annually in physical education classes for elementary, middle school and high school students. Teaching staff is encouraged to organize volunteers to assist in record keeping and testing. Students may be assessed every other year. The test format to be used is to be determined by staff, administration, and Wellness Committee.
- Body mass index evaluations will be conducted annually in grades 1, 3, 5, 7 and 9. The results will be forwarded to parents with vision and hearing checks and will be placed in individual health files.

STAFF WELLNESS

The District will improve the fitness level of staff members:

- A district staff health committee composed of one staff member, Wellness Committee member, local hospital representative, dietitian or other health professional, recreation program representative, one bargaining unit member from each association and an employee benefits specialist.
- This committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
- The plan should be based on input solicited from school staff and should outline healthy eating, physical activity and other elements of a healthy lifestyle among school staff.
- The staff health committee should distribute its plan to the Wellness Committee annually
- School nurses will continue to provide blood pressure, sight and hearing screening upon request.

GUIDELINES FOR ON-CAMPUS FOOD

SCHOOL MEAL PROGRAMS

- Comply with all USDA regulations regarding reimbursable meals.
- Adjust school menus to comply with USDA recommendations resulting from nutritional analysis through the School Meals Initiative Program.
- Explore possibilities of adding middle school and high school breakfast programs.
- Increase servings of fresh fruits and vegetables, and document for review.

- Encourage students to purchase no more than one “high-calorie” snack item per day.
- Provide low-fat, reduced-fat and baked snacks for sale.
- Use electronic payment system, eliminating stigma and identification of free/reduced lunch recipients.

REWARD INCENTIVES AND CLASSROOM CELEBRATIONS

- Provide information to parents at the beginning of the school year, followed up with reminders through the year, encouraging healthy snacks and portion limitation for birthday treats and classroom parties.
- Encourage the use of non-food items for classroom rewards and incentives.

BEVERAGE AT LUNCH

- Elementary students will have access to water, flavored water, milk, and juice.
- Middle school students will have water, milk, and juice only available during the school day, with limited availability of soda and sports drinks during off-hours.
- Water, , juices, and milk will be offered at the high school.
- Re-evaluate student access to beverages upon the expiration of the current Pepsi contract.

CONCESSIONS

Booster groups are requested to voluntarily include some low-fat alternatives to current food choices.

FUNDRAISING

Fundraising requests which are primarily candy-oriented will not be approved.

[Adoption date: February 9, 2009]

{Revised date: October 1, 2018}