

## 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 and implementation of the District Wellness Policy, at least once every three years, and ongoing 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; and 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

Determine goals by using evidence-based strategies/tools like the ones found at Ohio Smarter Lunchrooms Movement

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 apply the Smart Snacks Nutrition Standards. We are 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.

Adopted: 6-12-2006  
{Revised: 7-8-2019}  
{Revised: 12-9-2019}