

601.2 COLUMBIANA COUNTY BOARD OF DD SCHOOL WELLNESS

The Columbiana County Board of DD promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school program supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school program provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy goals to positively influence students' and parents' understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

In an effort to enable students to establish good health and nutrition habits, the Columbiana County Board of Developmental Disabilities establishes the following goals and guidelines related to school wellness.

I. NUTRITION EDUCATION AND PROMOTION

- A. A nutrition education program will be offered at each developmental level based on each individual's needs.
- B. Nutrition education shall be sequential and standards-based, and include the knowledge and skills necessary to promote and protect students' health.
- C. Nutrition education shall include developmentally appropriate and culturally relevant activities.
- D. Nutrition education shall be integrated into other subject areas of the curriculum as appropriate.
- E. Nutrition education shall promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and accurate portion sizes.
- F. Staff is strongly encouraged to model healthy eating habits to students.

II. PHYSICAL ACTIVITY

- A. A sequential, comprehensive physical education program shall be provided to all students two days per week, or the equivalent of at least 60 minutes per week for the entire school year.
- B. Physical education classes should require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.

- C. All physical education classes will be taught by a qualified, adapted physical education teacher.
- D. Physical education shall be aligned to state or National Standards for Physical Education for grades K-12.
- E. Physical education classes shall have a pupil-teacher ratio comparable to that in the classroom context.
- F. Instruction in physical education shall teach fair play, cooperation, and responsible participation.
- G. Physical education classes shall be conducted in an environment free of embarrassment, humiliation,
- H. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- I. Physical activity shall not be used as a form of discipline or punishment.
- J. Physical education class shall not be withheld as a form of punishment.

III. OTHER SCHOOL-BASED ACTIVITIES

- A. The school shall schedule mealtimes so there is minimum disruption by bus schedules and special programs or events.
- B. Students will be provided with a minimum of thirty (30) minutes for lunch. Lunch periods shall be scheduled between 11:00 AM and 1:00 PM.
- C. The school shall provide attractive, clean environments in which the students eat.
- D. Students and staff are discouraged from sharing their foods or beverages with one another, given concerns about allergies and other dietary restrictions.
- E. All food service personnel shall receive pre-service training in food service operations.
- F. Food and beverage marketing is only permitted for items that meet the USDA Smart Snacks in School nutrition standards.

IV. NUTRITION GUIDELINES

- A. The food service program shall comply with all Federal and State regulations pertaining to the selection, consumption, and disposal of food and beverages.
- B. The Columbiana County Board of Developmental Disabilities will operate a breakfast program to the extent possible, and will notify parents to the availability of the breakfast program.
- C. All foods available to the students during the school day shall comply with the current USDA Dietary Guidelines for Americans and USDA Smart Snacks in School nutrition standards, including any competitively-sold food items, foods used for classroom snacks, holiday celebrations, or classroom parties.
- D. The Columbiana County Board of DD shall sell only food items that are reimbursable through the National School Lunch Program and Breakfast

Program, and shall prohibit the sale of “A la carte” items to students through the food service program, vending machines, or student store.

V. GUIDELINES FOR REIMBURSABLE SCHOOL MEALS

- A. Children eligible for free or reduced-price meals shall be determined by the criteria established by the Child Nutrition Program and National School Lunch Act. These criteria are issued annually by the Federal government through the State Department of Education.
- B. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
- C. The building administrator at the school will determine in accordance with Board standards, the eligibility of students for free and reduced-price meals.
- D. The school shall annually notify all families of the availability, eligibility requirements, and application procedure for free and reduced-price meals by distributing an application to the family of each student enrolled in the school.

VI. STAFF WELLNESS

The school program values the health and well-being of every staff member and will plan and implement policies to support healthy lifestyles. These plans will:

- A. Establish and maintain a staff wellness committee composed of:
 - 1. One staff member
 - 2. A health professional
 - 3. Adapted physical education instructor
 - 4. Union representative
- B. Be based on input from staff to encourage healthy eating, physical activity and smoking cessation programs.

VII. MONITORING

- A. Food service staff will ensure compliance with nutritional policies and report to the educational director or superintendent.
- B. The Education Director will ensure compliance with policies established within the school and report to the superintendent.
- C. The Superintendent will be charged with operational responsibility for measuring and evaluating the implementation and progress under this policy, and shall develop administrative guidelines necessary to implement this policy.
- D. An assessment will be conducted every three years to review policy compliance, assess progress toward goals, and determine areas in need of improvement.

- E. This policy will be reviewed, updated, or modified as appropriate by a wellness committee consisting of the general public and the school community, such as parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, and school administrators.

BOARD APPROVED: 04/12/06

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