

Ironton City School District

Wellness Policy

Last updated on 8/15/2023 by

The Wellness Committee

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Wellness Program Committee Members

Member Title

Mark LaFon	Food Service Director
Jeff Hairston	Principal
Isaac Sherman	PE teacher
Heather Lambert	School Nurse
Sara Wellman	Psychologist
Betty Smith	Parent
Brock Smith	Student
Kevin Hacker	Board Member

Mission Statement

Ironton City School District will provide a wellness program that utilizes national nutrition and physical fitness standards to promote healthy eating habits and increase physical activity in order to create an environment that addresses the wellbeing of the school community in areas of education, nutrition, safety, physical and mental health.

Vision Statement

To develop in each student lifelong habits that allows each to share in healthy and active lives and become successful life-long learners.

Beliefs

The wellness Committee of Ironton City Schools believes that all students can:

- Develop the skills necessary to make healthy choices.
- Demonstrate an awareness of the importance of good decision making in relation to healthy choices.
- Display a positive attitude toward the health and well-being of every individual.
- Develop an appreciation of the lifelong benefits of eating healthy foods and participating in daily physical exercises.
- Lead fuller, more productive lives through an understanding of the national nutrition and physical education guidelines.

Program Goals and Objectives

The Ironton City School Districts goal is to promote healthy eating habits and develop life-long skills of making healthy choices through nutrition and physical activity.

The following goals are set to establish good health and good nutritional habits:

- Nutrition Promotion – To promote healthy eating habits to students that gives them the information to make healthy choices.
- Nutrition Education – To provide nutrition education for all students in the district so students can develop life-long skills to make healthy choices.
- Physical Activity – To increase physical activity of students through developing an appreciation of physical education and providing an opportunity to participate.
- Student Wellness – To value the health and well-being of every student by making sure they have access to healthy school meals, nutrition education and physical education.
- Staff Wellness – To value the health and well-being of every staff member and promote activities that support personal efforts to maintain a healthy lifestyle and serve as a healthy role model to students.

The wellness committee believes the policies mentioned below are goals that all schools in the district can accomplish.

Nutrition

Nutrition Education

The District will educate, model, encourage and support healthy eating by all students of all ages. Nutrition education shall be included in the sequential, comprehensive health curriculum and physical education curriculum in accordance with the curriculum standards established by the State. The District will also encourage the use of nutrition education in classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects. The District will commit to the following:

- Promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- All students will be provided nutrition education through physical education and health classes.
- Provide students with the knowledge and skills necessary to promote and protect their health.
- Promote physical activity/exercise.

School Meals

Our District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free/low-fat milk. These meals will be moderate in sodium, low in saturated fat, and have zero grams of trans-fat per serving. They will meet the nutritional needs of students within their calorie requirements. The District will comply with the current USDA Dietary Guidelines for Americans and the Smart Snacks in School nutrition standards. The District is committed to offering school meals that:

- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Are accessible to all students.
- Are appealing and attractive to students.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- Promote and market healthy eating habits.

The District will offer all students in the district breakfast through the USDA School Breakfast Program.

The District will use a point of sale software that will allow students to use their ID number when purchasing a meal. This method will be used to protect the privacy of students who qualify for free or reduced priced meals.

Water

The District will have free, safe, unflavored drinking water available to all students throughout the school day and throughout every school campus. The District will also have drinking water available where school meals are served.

Competitive Foods and Beverages

The District is committed to ensuring that all food and beverages available to students on school campus during the school day support healthy eating habits. The foods and beverages sold and served outside of the school meal programs “competitive foods and beverages” during the school day will meet the USDA Smart Snacks in School nutrition standards. Competitive Foods that are sold outside of the school meal programs shall not be sold during school meal times. All food and beverages sold to students on school property during the school day will meet the USDA school meal and Smart Snacks nutrition standards. The District encourages programs/services available outside of the school day to participate in selling Smart Snacks.

Fundraising

The District encourages non-food based fundraisers over food based fundraisers. Food based fundraisers that are sold during the school day must meet the USDA Smart Snacks in Schools nutrition standards. The District encourages food based fundraisers that are sold outside of the school day to participate in selling healthy nutrition packed foods. A list will be provided of ideas acceptable for fundraising activities for all organizations and clubs.

Food and Beverage Marketing in Schools

The District is committed to ensuring that all foods and beverages that are marketed or promoted to students during the school day meet or exceed the USDA Smart Snacks in School nutrition standards. The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts could be negatively impacted if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus and are consistent with the District's wellness policy.

Nutrition Promotion

The District will promote healthy food and beverage choices for all students during the school day, during the extended school day (including out-of-school time and before and after school) and will encourage participation in school meal programs.

School Nutrition Staff

The Food Services Supervisor will make sure that all school nutrition staff will meet or exceed the USDA annual continuing education/training requirements. All school nutrition program directors, managers and nutrition staff will meet hiring and annual continuing education/training requirements set by the USDA.

Celebration/Parties/Rewards

The District will do the following:

- The District will not allow celebrations, parties or reward events to be allowed during school meal times.
- The District will encourage celebrations and parties to be focused around activities and assemblies rather than food.
- The District will encourage that all foods and beverages offered on school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.
- The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- The District will provide teachers and other relevant school staff a list of alternative ways to reward children.
- The District strongly encourages that foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Celebrations/Parties Food Guidelines Regarding Allergies and Food Safety

Due to food allergies and the health and wellbeing of our students, the District does not permit homemade food or drink items to be brought to celebrations/parties that are held during the school day. The following rules apply:

- All food must be pre-packaged containing a nutrition label.
- Deli items such as fresh fruit, vegetables, meat trays, cakes, cupcakes, muffins and cookies are exempt from having a nutrition label, but must have been prepared in a commercial kitchen that has a commercial food license.
- When possible the staff member in charge of the celebration/party should be notified at least one day prior to the celebration/party of the type of food that will be served.
- Hot foods should be kept at or above 140°F and cold foods should be kept at or below 40°F. Food should be discarded if left out at room temperature for more than two hours.
- No home-prepared foods and beverages are allowed.

Physical Activity

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Elementary students will receive grade level physical education for at least 30-60 minutes per week throughout the school year.

Middle school students are provided an opportunity to take the equivalent of one semester per year of physical education.

High School students are required to take two semesters of PE in order to graduate, unless the student has a PE waiver.

The District will ensure that:

- All elementary students, including students with disabilities, receive weekly PE instruction throughout the school year.
- All PE classes are taught by licensed teachers who are certified or endorsed to teach PE.
- Student physical fitness is promoted through individualized fitness and activity assessments.
- Physical activity shall not be employed as a form of discipline or punishment.
- When possible staff involved in physical education should be provided with professional development opportunities that are focused on physical education/physical activity topics.

Recess (Elementary)

The elementary school will offer at least **30 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene. Students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Classroom Physical Activity Breaks

The District encourages teachers to provide physical activity breaks where students can be active or stretch throughout the day. The District recommends teachers provide short (3-5- minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

The District encourages teachers to incorporate movement and kinesthetic learning approaches into “core” subject instruction (e.g., science, math, language arts, social studies) when possible, and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Opportunities Before and After School

The District will encourage extracurricular activities that meet the needs, interests and abilities of all students. The District will offer opportunities for all students to participate in physical activity before and/or after the school day through a variety of methods including:

- Physical activity clubs
- Sport programs

Staff Wellness

When possible the District will provide health fairs to determine personal baseline data for staff and provide information/trainings on health topics relevant to staff.

School administrators should encourage staff to model healthy eating and physical activity behaviors.

Implementation and Evaluation

The Superintendent shall appoint a Wellness Committee that includes parents, students, nutrition staff, educational staff, school health professionals, school administrators, and members of the public to oversee development, implementation, evaluations and updates of the wellness policy.

The Superintendent or designee will ensure compliance with the established district-wide nutrition and physical activity policies by ensuring observance by all administrators, teachers, and staff. In each school, the building administrator shall ensure compliance.

The Wellness Committee will meet annually to review the nutrition and physical activities policies as well as develop a work plan to facilitate implementation.

The Wellness Committee will meet at least once every three years to conduct a triennial assessment of the wellness policy.

The triennial assessment results will be made available to the public upon request. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals of the District's wellness policy.

The Wellness Committee will review the latest national recommendations pertaining to school health every two-three years and will update the wellness policy accordingly. The wellness policy will be assessed and updated as needed following the triennial assessment.

Community Partnerships

The District will encourage relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Communication with Parents/Public

The District will encourage staff to send home nutritional information and encourage parents to pack healthy lunches and snacks for students who decide to pack their lunch.

A copy of the wellness policy will be sent home with students at the beginning of each school year.

The District will send home to parent's updates on the wellness policy during the school year if the wellness policy gets updated throughout the school year.

A copy of the wellness policy will be made available to the public on the district website.

The District will advertise meetings regarding the wellness policy along with the dates and times in the local newspaper and on the district website. The meetings will be opened to school staff, students, parents and the general public.

Appendix A – Healthy Options for Celebrations/Parities

- Baked Chips
- Boxed Raisins
- Cheese Cubes
- Cheez-It (Baked/Whole Grain)
- Craisins
- Deli Wraps
- Fresh Fruit
- Fresh Vegetables with Low-Fat Dip
- Fruit Cups
- Fruit Smoothies
- Fruit or Veggie Tray
- Goldfish (Baked/whole Grain)
- Graham Cookies
- Graham Crackers
- Granola Bars
- Prepackaged Sliced Apples
- Pretzel Sticks
- Protein Bars
- Popcorn (Smart Corn)
- String Cheese (Fat Free)
- Sugar-Free Ice Cream Cups/Bars
- Sugar-Free Jell-O
- Trail Mix/Simply Chex
- Uncrustables PB&J Whole Grain
- Water
- Yogurt
- 100% Fruit Snacks
- 100% Fruit Juice
- 100% Juice Popsicles
- 100% Vegetable Juice

Appendix B – Suggestions for Fundraisers (Non-Food)

- School Spirit Supplies
- Wrapping Paper, Small Gifts, Candles
- Flower Sales (Plants and Bulbs)
- Ornaments, Wreaths, etc.
- Baskets (theme)
- Calendars
- Decals or Bumper Stickers
- Craft Sales
- Live or Silent Auctions
- Car Washes
- Locker Gear
- Kiss a Pig
- Pony Plop
- Raffle Tickets
- Jewelry
- Magazine Sales
- Flea Market
- Community Yard Sale
- 5k Walk for Nutrition and Wellness
- Card Coupons (% off at local businesses)

Appendix C – Ideas for Non-Food Classroom Rewards

- Coupons
- Homework Passes
- Pencils/Pens
- Privileges, Certificates, Recognition in Class
- Reward Board (Photos etc.)
- Stickers
- Classroom Auction/Raffle
- Classroom Store
- Movie Tickets
- Extra Recess Time

Appendix D – Ideas for Food Rewards

- Baked Chips
- Boxed Raisins
- Cheese Cubes
- Cheez-It (Baked/Whole Grain)
- Craisins
- Deli Wraps
- Fresh Fruit
- Fresh Vegetables with Low-Fat Dip
- Fruit Cups
- Fruit Smoothies
- Fruit or Veggie Tray
- Goldfish (Baked/whole Grain)
- Graham Cookies
- Graham Crackers
- Granola Bars
- Prepackaged Sliced Apples
- Pretzel Sticks
- Protein Bars
- Popcorn (Smart Corn)
- String Cheese (Fat Free)
- Sugar-Free Ice Cream Cups/Bars
- Sugar-Free Jell-O
- Trail Mix/Simply Chex
- Uncrustables PB&J Whole Grain
- Water
- Yogurt
- 100% Fruit Snacks
- 100% Fruit Juice
- 100% Juice Popsicles
- 100% Vegetable Juice