

Bluffton Exempted Village Schools
Physical Activity, Nutrition and Wellness Program
Policy Objectives for 2018-2019 School Year

Policy 1: District Health Council

The district will maintain a multidisciplinary District Wellness Task Force made up of students, parents, teachers, food service personnel, health professionals, school administrators, community representative and a Board of Education representative whose purpose is to develop, advise, monitor and review the activities and of the District Wellness Program.

• Objectives:

- This group shall be composed of the District Wellness Coordinator, Cafeteria personnel, PE and Health instructors, interested teachers, building administrators, student representatives, school nurse, board of education representative, community representative and parents.
- The group shall meet at least one time per school year.
- The group is responsible to develop, monitor and review program activities and utilize national, state and district specific data in order to evaluate the program's effectiveness.

Policy 2: District Health and Wellness Program Coordinator

The district will employ an individual to implement wellness education programs and monitor compliance with the district physical, nutrition and wellness policies and objectives.

• Objectives:

- The Wellness Coordinator for the district will be the superintendent.
- The coordinator will be responsible for development of district, building and grade specific programs that enhance the knowledge and behavior of the districts students, faculty, staff and/ or community.
- The coordinator will oversee implementation and evaluation of programs within the district.
- The coordinator will report to and obtain input from the Bluffton Wellness Task Force and Bluffton Exempted Village Board of Education. The coordinator will work with the school nurse to oversee the annual data collection regarding the current health status of district students.

Policy 3: Participation in Federal School Meal Programs

The district will assure that to the maximum extent practicable, all buildings in our district will participate in available federal school meal programs.

• Objectives:

- All families of students will be informed of the availability of free and reduced lunch programs and authorized by the Federal Guidelines.
- The district will comply with all requirements of the current Federal School Lunch Program Guidelines.
- New School Lunch initiatives will be evaluated in light of district specific data and projected and current usage patterns.

Policy 4: Coordinated School Health and Wellness Education

The district will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish a linkage between health education and school meal programs, and with related community services.

• Objectives:

- The program will teach, encourage and support healthy eating by students, faculty, staff and the Bluffton Community.
- The program will promote integration of physical activity into the classroom setting.
- The program will support parents' efforts to provide a healthy diet and daily physical activity for their children. An annual review of the program will be given at the board meeting when school lunch prices are set for the following year and is available in the central office.
- The program will promote nutrition education and health promotion and will limit food and beverage marketing to those foods and beverages that meet the nutrition standard for meals or for foods and beverages sold individually (US Dietary Guidelines For Americans) School based marketing of brands promoting predominately low-nutrition foods and beverages is discouraged. The promotion of healthy foods, including fruits, vegetables, and whole grains, and low fat dairy products is encouraged.
- The program will plan and implement activities and policies that promotes health and wellness, and that support personal efforts by school district personnel to maintain a healthy lifestyle.

Policy 5: K through 12 Physical Activity Opportunities

All students in grades pre K through 12 will have opportunities, support and encouragement to be physically active on a regular basis.

• Objectives:

- Physical Education K-12 will focus on activities that will promote lifelong physical activity for all, not just the athletically gifted, including students with disabilities and special healthcare needs
- Daily recess for Elementary students will take place outside whenever possible. When outside recess is not possible, then inside activities will look to include moderate to vigorous physical activity when possible.
- Physical activity opportunities will be available for the students, staff and community. Extracurricular and co-curricular programming that helps students stay in shape. Regularly, the Wellness Committee and the Athletic Department and Administration will assess the effectiveness of these programs in meeting the needs of all students
- The school facilities shall be available to students, staff and the community for activities that promote physical activity and wellness.
- Whenever possible physical activity will be integrated across the K-12 curriculum.

Policy 6: Nutritional Quality of Foods and Beverages Sold and Served

Food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans

• Objectives:

- All meals served through the district cafeterias will be appealing and attractive, be served in a clean and pleasant setting, meet at a minimum, nutrition requirements established by local, state and federal statutes and regulations, offer a variety of fruits and vegetables, serve only low-fat, 2% and 1% milk and nutritionally-equivalent non-dairy alternatives (as defined by the USDA) and ensure that half of the served grains are whole grain.
- Free and reduced priced meals will be made available to students meeting eligibility guidelines in a manner that assures that no stigma or label is connected with the service. Regardless of income, school meals will be strongly promoted within the district.
- Meal time schedules shall provide students for at least 20 minutes for lunch and shall occur at appropriate times. Other required or optional activities shall not interfere with the student's access to mealtime. Hand washing shall be strongly encouraged prior to meals and snacks, and oral hygiene should be accommodated after meals.
- Food service staff shall be qualified and educated in the school meal program and standards. The district will require and encourage ongoing professional development for all nutritional professionals.

- Sharing of food and beverages between and among students shall be strongly discouraged.
- Individually sold foods and beverages (vending machines, a la carte lines) sold during the school day will meet the following nutrition and portion size standards:
- Nutritional guidelines for all foods and beverages available on the school campus for purchase during the school day that are consistent with the federal regulations for the school meal nutrition standards and the smart snacks in school nutrition standards.

Organizations that support school programs and student services through sale of food products shall be encouraged to consider the nutritional value of the food products in question and make adjustments whenever possible. The Wellness Coordinator will assist organizations with identification of alternate food items as well as alternate pricing structures that serve as incentives for more nutritional food choices. Healthy snacks will be encouraged in classrooms for a special occasion or rewards.