

# Nordonia Hills City School District

## Bylaws & Policies

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### **8510 - WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the Nordonia Hills City School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall:

1. Provide current nutritional facts.
  - a. All cafeterias will display the revised Food Pyramid Guide.
  - b. School newsletters will include a nutrition fact corner.
2. Reinforce lifelong balance by emphasizing the link between caloric intake (eating) and physical activity in ways that are age-appropriate.

Students will be given the opportunity to calculate their daily caloric intake and the daily amount of calories burned.

3. Promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat foods.

Students will be given the opportunity to organize a nutrition bulletin board promoting the benefits:

- a. Calcium and bone health
- b. Cancer fighting agents in vegetables
- c. Low-fat energy foods

B. With regard to physical education and activity, the District shall:

1. Plan instruction in physical education that will teach cooperation, fair play, and responsible participation.
2. Plan instruction in physical education that will meet the needs of all students, including those who are not athletically gifted.
3. Plan instruction in PE that will teach students about BMI (body mass index) and how physical activity can reduce the risk of certain health conditions i.e. heart disease, diabetes.
  - a. Students will be given the opportunity to calculate their BMI.
  - b. Information will be provided to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
4. In addition to planned instruction, the District shall provide age appropriate physical activities before, during, or after school that meet the needs of all students, including students with disabilities and special healthcare needs.
  - a. An after school fitness club will be provided.
  - b. A fall and spring walking event will be done during school hours.
  - c. A District wide wellness event will be held on a weekend to encourage family participation.

C. With regard to other school-based activities the District shall:

1. Encourage and allow students, parents, staff, and community members to have access to the school's outdoor physical activity facilities outside the normal school day.
2. Provide an organized District Wellness Committee with representation from all buildings.

D. Furthermore, with the objective of enhancing student health and well being, and reducing

childhood obesity, the following guidelines are to be instated:

1. Due to severe allergies in all buildings, the risk of food borne illnesses, and other safety concerns; students and their families are not to bring in food products, except for lunches, to school.
  - a. This would include all occasions (birthdays, holidays, etc.).
  - b. Arrangements may be made with the school nurse if a snack is needed for medical reasons.
  - c. At the beginning of the school year the above stated policy will be sent to all students. (school newsletters may be used to disseminate information.
2. Recognize the importance of breakfast for students and ensure that all schools offer programs meeting Federal nutritional guidelines.

By January 1, 2007, 100% of the schools in our District will have breakfast programs and by the end of school year 06-07, student breakfast participation will increase in all schools.

- a. Create and distribute information packets regarding the benefits of breakfast.
  - b. Expand breakfast choices and marketing methods.
3. The nutritional value of the ala carte items available at the K-12 buildings will be increased, with the emphasis on reducing fat and sugar content.
    - a. baked and low fat snack items
    - b. fruit snacks made with real fruit juice
    - c. lower fat ice cream selections
  4. Our food service will only offer the following beverages during the school day in the dining area for the K-6 buildings:
    - a. 8 oz. milk chugs
    - b. 100% juice

- c. bottled water
  
- 5. Our food service will increase menu selections that will include entrée options that are low in fat and high in fiber.
  
- 6. Our District will reduce the use of deep fryers. A plan will be developed during the 2006/07 school year.

The Board designates the building principals as the individual(s) charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every five (5) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771

Adopted 6/12/06