



Columbia Local School District

WELLNESS POLICY

Graig Bansek, Superintendent
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As required by law, the Board of Education establishes the following wellness policy for the Columbia Local School District as a part of a comprehensive wellness initiative.

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.

Schools alone, however, cannot develop students' healthy behaviors and habits with regard to eating and exercise. 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:

- Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
- Nutrition education may include developmentally appropriate participatory activities, such as contests, promotions, taste testing, and others.
- Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
- Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
- Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
- Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.



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

1. Physical Education

- A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.

(The National Association for Sport and Physical Education (NASPE) defines a quality physical education program.)

- Grades K-4 - All students, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education during the school year.
- Grades 5-12 - All students, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education during the school year.
- The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
- The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity.
- Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education. (NASPE includes this option in the definition of a quality physical education program.)
- Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.



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- Planned instruction in physical education shall include cooperative as well as competitive games.
- On an annual basis, physical education teachers shall review and affirm receipt of the Ohio Department of Health's concussion information sheet.
- Physical Education teachers shall remove from class participation any student who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The Principal and/or teacher shall notify parents or guardians about the possible concussion or head injury.
- Any student who has been removed from physical education class participation because s/he has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury shall not be permitted to return to physical education class until the student's condition is assessed by a physician, and the physician gives the student written clearance that it is safe to return to class.

2. Physical Activity

- Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- All students in grades K-6 may be provided with a daily recess period.
- All students in grades 7-12 shall have the opportunity to participate in extracurricular activities that emphasize physical activity.
- All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.

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

- The schools shall provide up to thirty (30) minutes daily for a lunch period.
- The schools shall schedule mealtimes so there is minimal disruption.
- The school shall provide clean environments in which the students eat.
- Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
- Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.



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D. With regard to nutrition promotion, the District shall:

- encourage students to increase their consumption of healthful foods during the school day;
- create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards;
- provide a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;
- provide a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
- provide whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich;
- provide fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);
- meals designed to meet specific calorie ranges for age/grade groups;
- all food products are trans-fat free;
- require students to select a fruit or vegetable as part of a complete reimbursable meal;

All foods and beverages sold to students as fund-raisers outside of the school meals program during the regular school day for consumption on the school campus shall meet the USDA Competitive Food regulations, and the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines, and the USDA Smart Snacks in School nutrition standards.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- B. Entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.



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- D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.

The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.

Nutrition information for competitive foods available during the school day shall be readily available in school cafeterias.

The food service program shall be administered by a qualified nutrition professional.

The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

All food service personnel shall receive pre-service training in food service operations.

Continuing professional development shall be provided for all staff of the food service program.

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 appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.



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The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, is necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.

The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall:

- distribute information at the beginning of the school year to families of school children;
- include information in the student handbook;
- post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

42 U.S.C. 1751, Sec. 204 42 U.S.C. 1771
7 C.F.R. Parts 210 and 220