

SCIOTOVILLE COMMUNITY SCHOOL'S
EAST HIGH SCHOOL
AND SCIOTOVILLE ELEMENTARY ACADEMY
WELLNESS POLICY

In accordance with Senate Bill 2507 Child Nutrition and WIC Reauthorization Act of 2004, Sciotoville Community School will establish a local school wellness policy. The need and purpose for such a policy is based on:

- Establishing a healthy school nutrition environment
- Reducing childhood obesity
- Preventing diet-related chronic diseases

Steps for establishing a Wellness Policy include:

1. Recruit members for the school wellness committee that represent food service personnel, school nurse, health teacher, family and consumer science teacher, physical education teacher, school administrator, school board member, students and parents.
2. Assess the current nutrition and physical activity environment of the school using guidelines provided by the USDA or other such organization.
3. Draft a policy and establish goals based on the assessment results.
4. Implement the policy and communicate the policy guidelines to staff, students, parents and the community.
5. Identify a responsible person for monitoring compliance and evaluation.

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School Wellness Committee 2015-2016

Committee Members

Rick Bowman, Superintendent

Bill Shope, School Board President

Foresta Shope, Principal SEA

Michael Yeagle, Principal East High School

Peggy Spears, Food Service Director

Kristina Elo, School Nurse

Adam Bailey, Physical Education Teacher

Courtney Flint, High School Teacher

Caroline Hall, High School Teacher

Elizabeth Gowdy, High School Intervention Specialist

Sandra Pack, Elementary School Teacher

Amber Kasper, Director of Student Services

Kimberly Feeman, Parent

Keeley Monroe, Sciotoville Elementary Academy Student

Jasmine Jordan, Senior High Student

Natalie Howell, SEA Aide

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WELLNESS POLICY GUIDELINES

The guidelines used to assess the current wellness environment of Sciotoville Community School were taken from the publication *Changing the Scene* provided by the U.S. Department of Agriculture. These guidelines appear below.

COMMITMENT TO NUTRITION AND PHYSICAL ACTIVITY

- Nutrition education and physical activity are included in the school's daily educational program.
- Administrators support the development of healthy lifestyles for students.
- School staff, parents and students have opportunity to participate in the process of supporting a healthy school environment.
- School wellness council addresses nutrition and physical activity issues on an ongoing basis.
- The food service staff is part of the decision making in regards to the nutrition environment of the school.

QUALITY SCHOOL MEALS

- The school will offer lunch, breakfast and after school snack programs and encourage students to participate.
- Food safety is a key part of the school foodservice operation.
- Food service personnel will have appropriate training and regularly participate in professional development activities.
- Menus are planned with input from students and include local and cultural interests of the students.
- Meals are offered at no cost to students at Sciotoville Community Schools due to the Community Eligibility Provision of Ohio.
- Preparation techniques are used to lower the saturated fat, sodium and sugar content of foods served. Food choices include lean meats, fruits, vegetables, whole grains, and low-fat milk.
- Foods served meet the guidelines of the Ohio Revised Code Rule/SB 210, the USDA Smart Snacks Requirements, and all nutrition standards of the Ohio Department of Education beginning July 1, 2014.

OTHER HEALTHY FOOD OPTIONS

- All food and beverages available at school should contribute to the dietary needs of the students and be representative of the five major food groups of the Food Guide Pyramid.
- Any food sold in schools must: Be a whole grain rich product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least ¼ cup of

fruit and/or vegetable; or contain 10% of the Daily Value of one of the nutrients of public health concerns in the 2010 Dietary Guidelines for Americans.

- If foods are sold in competition with school meals, they include healthy food choices offered at prices children can afford and are not more highly marketed than the reimbursable school meals.
- A la carte food shall include a variety of nutritious foods, especially fruits, vegetables, whole grains, and low-fat or nonfat dairy foods.
- School policies relating to fund raising, celebrations, social events and incentives should reflect the nutrition and physical activity goals of the school.
- Information will be provided to parents to encourage good nutrition if students bring lunches from home.
- There are appropriate restrictions on students' access to vending machines, snack bars, etc. that offer foods/beverages that contain little or no nutritional value.
- The school encourages organizations to raise funds by selling non-food items.

PLEASANT EATING EXPERIENCES

- Meal periods are scheduled at appropriate times and long enough for students to eat and socialize.
- There are enough serving areas so that students don't have to spend too much time waiting in line.
- Dining areas are attractive and have sufficient space to accommodate the student population.
- Recess for elementary grades is scheduled before lunch so that children will come to lunch less distracted and ready to eat.
- Schools encourage socializing among students and between students and adults. Adults properly supervise school dining rooms and serve as role models to students.
- Adults properly supervise the cafeteria and use creative and positive rewards to keep the noise at appropriate levels.
- Hand washing supplies are available so that students can wash their hands before eating.
- An accounting system that protects the identity of students who eat free and reduced price school meals is in place.
- Facility design is given priority in renovations or new construction.
- Drinking fountains are available for students to get water at meals and throughout the day.

NUTRITION EDUCATION

- Students in all grades receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room and in the classroom.
- Students receive nutrition messages throughout the school that are consistent and reinforce each other.
- State and district health education curriculum standards and guidelines include nutrition education and physical education.
- Nutrition is integrated into core curriculum areas such as math, science, and language arts.
- The school is enrolled as a Team Nutrition School and conducts nutrition activities and promotions that involve students, parents and the community.

MARKETING

- Healthy eating and physical activity are actively promoted to students, parents, teachers, administrators and the community.

- Schools consider student's needs in planning for a healthy school nutrition environment. They ask students for input and feedback and listen to what they have to say.
- Students receive positive, motivating messages about healthy eating and physical activity throughout the school setting.
- Schools promote healthy food choices and don't allow advertising that promotes less nutritious food choices.
- Schools work with a variety of media to spread the word to the community about a healthy school nutrition environment.
- Both East Jr./Sr. High School and Sciotoville Elementary Academy will work with their technology coordinators to create and implement programs that allow parent input and transparency regarding efforts by the school to promote generalized wellness.
 - Wellness information will be provided to students and parents on school websites and social media outlets several times throughout the year.

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Wellness Policy Goals 2015-2016

After assessing the current strengths and weaknesses in the nutrition environment of Sciotoville Community School, the Wellness Committee has set the following strategic goals for the 2015-2016 school year.

1. Expand nutrition education to all grades and across the curriculum by acquiring a Fruit and Vegetable Coordinator for learning, offering educational posters in the lunch rooms, and providing a club/activity for home economics/food education to high school students.
2. Explore ways to increase opportunities for physical activity for all students. Introducing physical activities to students K-6 thru the AEP program and opening the East gymnasium to students before school starts and following lunch.
3. Improve student access to healthy foods.
 - Limit student access to unhealthy snacks/beverages during the school day.
 - Increase healthy options for a la carte items while decreasing the frequency of less healthy options. Add education promoting healthy food choices to the monthly newsletter "The Wave" at SEA. Send home notes promoting healthy food choices to 7-12 grade students at East
 - Incorporate the new USDA standards for the reimbursable lunch and breakfasts. (see attachment A)
4. Ensure School meals meet the guidelines of the Ohio Revised Code Rule/SB 210, the USDA Smart Snacks Requirements, and all nutrition standards of the Ohio Department of Education beginning July 1, 2014.
 - Ensure enough food for all enrolled students at East High School and SEA is provided daily for breakfast and lunch.
 - Offer several options to the menu at both schools for all students.
5. Extend the effort to promote healthy food options outside the cafeteria.
 - Discourage the use of unhealthy food items/beverages for fund raising, classroom rewards and celebrations and incentive programs.
 - Make available some healthy food options at all school related events such as concession stands, receptions, banquets and meetings.

- Have teachers promote healthy food at holiday parties, and add incentives for classes that show good food choices
6. Develop marketing strategies to encourage healthy choices and increase participation in the breakfast program as well as the school lunch program.
 7. Promote staff wellness by encouraging all staff members to participate in organized wellness programs and be positive role models for students.
 - Offer staff incentives for attending weight loss classes, hip hop classes, joining the life center or other gym, walking the gymnasium, or walking around the school.
 8. Work on introducing a Smoking Cessation Course for Jr. High and High School Students caught using tobacco products on school property.
 9. Create nutrition and wellness activities to be done at the elementary level during the AEP after school program for both boys and girls (Cooking, Zumba, Hip Hop, etc.).

Wellness Policy Goals
2016-2017

1. Begin to utilize the gymnasium and kitchens to promote healthy activity and healthy eating/cooking.
 - Acquire volunteers willing to meet weekly with high school students to offer cooking/nutrition classes.
2. Begin to better utilize areas East High School already possesses to promote physical activity (ex. Weight room and gymnasium).
3. Allow monitored activity in the gymnasium following students eating lunch
4. Promote teachers to include physical activity into Saturday School/Detention
5. Bring Track and Field, Cross Country Running, and Swimming sports back to East High School

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IMPLEMENTATION AND COMPLIANCE

Developing strategies to reach the identified goals of the Sciotoville Community School Wellness Policy will be an ongoing process. The Wellness Committee will meet at a minimum of 3 times per school year to discuss ideas and devise plans for implementation of these strategies.

Kristina Elo RN is to conduct an evaluation on an annual basis and report findings to the Superintendent, Rick Bowman. Mr. Bowman will be responsible for compliance and reporting such to the Board of Education. This information will become available to the public following board approval.

Parents, students, and staff will be notified of wellness policy interventions and updates, along with annual goals and evaluations by means of school newsletters, social media (Facebook, Twitter, etc.) and/or school web page updates.