

School Wellness Regulation

As required by law, the Board of Education establishes the following wellness policy for the Berne Union Local School District.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns.

Additionally, schools have a responsibility to help students and staff establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall wellbeing. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes in particular. Promoting a physically active lifestyle among people is important because physical activity can help increase students' capacity for learning. It can also have substantial health benefits for children and adolescents, including favorable effects on endurance capacity, muscular strength, body weight, and blood pressure. Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

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

A. With regards to nutrition education:

- ❖ Standards-based nutrition education shall be included in the Health curriculum and shall provide students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- ❖ Nutrition education shall be age-appropriate and shall be integrated, when appropriate, into other subject areas of the curriculum.
- ❖ The school's food service staff shall extend nutrition education beyond the classroom. The cafeteria shall be a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making nutritional choices.
- ❖ The District shall provide information to parents that is designed to encourage them to reinforce at home the nutrition standards being taught in the classroom.
- ❖ Professional development opportunities will be provided annually to staff responsible for providing nutrition education.
- ❖ Nutrition education shall emphasize the link between caloric intake and exercise.

B. With regards to physical education:

- ❖ A comprehensive physical education program shall be provided to students K-12 tied to the Ohio Academic Content Standards.
- ❖ The physical education curriculum shall stress the importance of remaining physically active for life providing opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- ❖ Physical education shall include a sportsmanship component where students are taught cooperation, fair play, and responsible participation.
- ❖ Physical education instruction shall promote participation in physical activity outside of the regular school day.

C. With regards to physical activity:

- ❖ All students in grades K-6 shall be provided with a daily recess period at least 30 minutes in duration.
- ❖ Physical movement and activity shall be integrated into the curriculum wherever possible throughout the school day.
- ❖ Physical activity options for junior high and high school students will be explored.
- ❖ The District will partner with outside recreational league organizations (ex, youth soccer) to encourage physical activity outside the school day for all students K-12.
- ❖ Physical activity may be employed as a form of discipline or punishment on a limited basis. For example, a student may be asked to run laps or walk the perimeter of the playground.

D. With regards to other school-based activities:

- ❖ The schools shall provide at least 20 minutes daily for students to eat. In the elementary, teachers on cafeteria duty will encourage students to eat before going outside to recess.
- ❖ Students at Berne Union Elementary are permitted to have bottled water only in the classroom.
- ❖ Students at Berne Union Junior/Senior High are not permitted to have drinks in the classroom.
- ❖ Celebrations involving serving food during the school day shall be limited to no more than 2 parties per class per month

- ❖ A list of snack items that comply with the current USDA Dietary Guidelines will be distributed to staff, students, and parents. This list will serve as recommended snack items for student celebrations and rewards for the 2006-2007 school year. Beginning in the 2007-2008 school year, **all** snack items must comply with USDA Dietary Guidelines.

- These snack items include, but are not limited to:

Low-fat milk	veggie trays
100% juice	cheese cubes/string cheese
water/flavored water	pretzels
fresh fruit assortment	low-fat popcorn
fruit and cheese kabobs	graham crackers
fruit w/whipped topping	fig newtons
100% fruit snacks	animal crackers
pizza w/low fat toppings	ham/cheese/turkey sandwiches
low-fat pudding	Low-fat yogurt
yogurt smoothies	quesadillas w/salsa
trail mix	nuts/seeds
apple slices	applesauce
celery w/peanut butter	lettuce wraps
whole-wheat muffins	granola bars
frozen bananas	grapes
relish tray	cheese/whole grain crackers

- ❖ Student rewards involving food will be limited to academic and attendance rewards. Short-term goal achievement (daily, weekly) will be rewarded with nonfood items.
- ❖ The schools shall provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students.
- ❖ Beginning in the 2007-2008 school year, any food items sold by school organizations on school property (during school hours) as a fundraiser shall meet the current USDA Dietary Guidelines for Americans.
- ❖ Students are discouraged from sharing food and drink items with each other.
- ❖ The use of healthy food alternatives shall be encouraged at school concessions.
- ❖ Schools in our system use electronic payment systems eliminating stigma and identification of Free/reduced lunch students.
- ❖ The District shall demonstrate support for overall health by hosting clinics such as kindergarten vision screenings and Mobile Dentist visits, for example.

With regard to food service:

- ❖ The food service program will strive to provide varied and nutritious foods.
- ❖ Food service personnel shall be provided continuing professional development.
- ❖ District guidelines for reimbursable meals will follow guidelines established by the US Department of Agriculture.

E. Implementation and Measurement

- ❖ The Wellness Committee will consist of parents, students, food service staff, school board, administrators, and the community.
- ❖ The Wellness Community will meet, at a minimum, at least once a year.
- ❖ The committee will:
 - Monitor activities as related to goals and objectives
 - Formally review the success and failures of the policy
 - Suggest revisions in the School Wellness Policy

Adoption Date: July 26, 2011