



## Wellness Policy for Little Miami Local School District

The Little Miami Local School District is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

The student wellness program shall include:

1. Goals for nutrition education, physical activity other school-based activities designed to promote student wellness, and nutrition promotion;
2. Nutrition guidelines for all foods available in the district during the school day in order to promote student health and reduce childhood obesity;
3. Assurances that district guidelines for reimbursable school meals, snacks, beverages and a la carte foods are, at a minimum, equal to the guidelines issued by the U.S. Department of Agriculture; and the state of Ohio.
4. A plan of implementation and evaluation, including designating one or more persons within the district with the responsibility for ensuring that the district is compliant with federal law. Additionally, the district will have a team defined to deal with wellness issues and recommendations. This team will meet periodically.

The development, implementation and periodic review of the Little Miami Local School District's Wellness Policy will be a collaborative effort between parents, students, the food service department, teachers of physical education and school health professionals, administrators, the board and the public.

The Little Miami Local School District's Wellness Policy, periodic updates, and progress against goals will be made available to the community of Little Miami Schools on the school website [www.littlemiamischools.com](http://www.littlemiamischools.com).

### **Wellness Committee**

Little Miami Local Schools will form a Wellness Committee comprised of representatives from many stakeholder groups including district administration, building administration, teachers, parents, schools nurses, food service, and students. Once the committee is formed, goals for the Wellness Program will be developed. The Wellness Committee will also establish a plan of action against the goals achievement.

### **Physical Education and Physical Activity Opportunities**

The district offers physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills and values necessary for lifelong physical activity.

Every year, all students, K-12, shall have the opportunity to participate in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

### **Other School-Based Activities Designed to Promote Student Wellness**

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Implementation and Measurement**

The district superintendent or designee shall implement this policy and measure how well it is being managed and enforced. The district superintendent or designee shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district superintendent or designee shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

### **Nutrition Standards**

The Food Services Departments offers school meal programs with menus meeting the meal patterns and nutrition standards established by the Healthy, Hunger-Free Kids Act of 2010, the United States Department of Agriculture (USDA), and Ohio Senate Bill 210. The district encourages students to make food choices based on the most current Dietary Guidelines for Americans. Food

and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

Each school buildings in the district offers and promote federally regulated child nutrition programs:

- All grains offered shall be whole grain rich products that are high in fiber, low in added fats and sugars and served in appropriate portion sizes consistent with the current USDA standards. Little Miami reserves the option to exercise approved waivers for whole grains when whole grain rich products are not meeting quality standards or students don't accept the whole grain rich products after several attempts.
- Fresh, frozen, canned or dried fruits using healthy food preparation techniques and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Offer a variety of fresh, frozen, and canned vegetable daily. Vegetables shall be prepared using healthful techniques. Each week we will offer appropriate portions of each of the five vegetable sub-groups (red-orange, dark green, beans/legumes, starchy, and "other" vegetables).
- Nonfat flavored and, low-fat, plain and/or flavored milk will be offered in all buildings at all meals.
- Lean proteins offered in the appropriate portions sizes using healthy food preparation techniques.
- Snacks offered shall contain less than 200 calories per serving, less than 35% calories from fat, less than 10% calories from saturated fat, contain zero trans-fats, less than 35% of calories from sugar and contain less than 200 mg of sodium. In addition, foods must be whole grain, a fruit, a vegetable or lean protein. (Some exceptions to Smart Snacks apply to whole foods, i.e. cheese, yogurt, seeds and nuts.)

The Food Service Department monitors food service distributors and snack vendors to ensure that they provide healthy food and beverage choices that comply with this policy's purpose in all venues.

The district shall discourage using food as a reward. A list of alternatives to using food as a reward is provided to all buildings and parent groups.

The district supports serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats. (No birthday parties will be scheduled. Parents are encouraged to give a book to the library, give out pencils to the class, etc. in honor of their child's birthday.)

The district encourages healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes or

sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc.

(Example: Vending sales of soft drinks, artificially sweetened drinks and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin 30 minutes after the conclusion of the instructional day. For the federal law memorandum stating, "It is not permissible for a school to serve foods of minimal nutritional value during a meal service period..." refer to the following link: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>)

Little Miami Schools maintains a Food for Sale Policy that is approved by the School Board:

## LITTLE MIAMI BOARD OF EDUCATION FOOD POLICY

### Food Sale Standards

The types of food sold in the schools will contribute to the daily nutritional needs of the children, providing healthy food choices and well-balanced meals to children, following the Dietary Guidelines provided by the Department of Agriculture.

Food sold for special or extracurricular events cannot be sold during school meal times in competition with the school meal program.

The National School Lunch Program prohibits the sale of carbonated beverages, popsicles, chewing gum, and candies on school campus during school meal serving times.

The Little Miami Nutrition Standards for Food and Beverages Sales, restricts the sale of certain foods and beverages during the regular school day, as well as during periods before or after the school day in which students are participating in school-sponsored extracurricular activities, academic or enrichment programs, or latchkey programs.

The restrictions apply only to "a la carte" items, which are individually priced food and beverage items available for sale to students through the school breakfast or lunch program, vending machines located on the school property, or a school store.

Little Miami Schools will comply with the most recent guidelines for competitive foods issued by the USDA for Smart Snacks in Schools with respect to the sale of a la carte food items. For specific food & beverage guidelines, please visit [www.fns.usda.gov/nslp](http://www.fns.usda.gov/nslp).

No foods or beverages, other than those associated with the District's food service program are to be sold during food service hours. These food and beverage standards are in compliance with the Healthy, Hunger-Free Kids Act.

The Food Service Director, School Administration and teaching staff have agreed to promote a healthy environment by setting standards that only foods and beverages of high nutritional standards are to be sold in the cafeteria and/or available on the school campuses. Only nutritional food items will be made available for fundraising, school parties and school functions. Parents are encouraged to pack healthy lunches and snacks for consumption at school. Parents are asked to avoid providing soda pop, sweetened drinks, candy and low-nutrient snack foods at school or for school functions.

Milk vending machines are available at the JH & HS buildings, funded by a grant from the American Dairy Association. The machines vend several varieties of milk, cheese, yogurt, fresh fruit, and other healthy snacks, making nutritious snack choices available to students after school hours.

The schools will provide students with enough time to consume their lunch with a minimum of twenty (20) minutes for lunch and ten (10) minutes for breakfast in a safe and friendly environment.

## **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year when possible. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The district shall implement a quality physical education program that addresses the following:

### *Curriculum:*

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

### *Instruction and Assessment:*

- Aligns curriculum, instruction and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

### *Opportunity to Learn:*

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Provides facilities to implement the curriculum for the number of students served.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.

- Offers instructional periods totaling 40-80 minutes per week (elementary) and 225 minutes per week per quarter or semester class (middle and high school).

The district offers daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in PE or withhold recess from students so they can make of missed work. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before- and after-school extracurricular physical activity programs and use of school facilities outside of school hours.

### **Other School-Based Activities Designed to Promote Student Wellness**

The district strives to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

#### *Dining Environment*

- The school district shall provide:
  - A clean, safe, enjoyable meal environment for students,
  - Enough space and serving areas to ensure that all students have access to school meals with minimum wait time,
  - Drinking fountains in all schools, so that students can get water at meals and throughout the day,
  - Encouragement to maximize student participation in school meal programs, and
  - Identity protection of students who eat free and reduced-price meals.

#### *Time to Eat*

- The school district shall ensure:
  - Adequate time for students to enjoy eating healthy foods with friends in schools,
  - That lunch time is scheduled as near to the middle of the school day as possible.

#### *Food or Physical Activity as a Reward or Punishment*

- The school district shall:
  - Prohibit the use of food as a reward or punishment in schools,
  - Not deny student participation in PE as a form of discipline or for classroom make-up time,

- Not use physical activity as a punishment, and
- Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.
- Encourage alternative punishments rather than taking away recess.

### **Nutrition Promotion**

The district will promote activities that encourage students to make healthful choices. Currently the district maintains a school garden that teaches students about earth sciences, nutrition, and encourages students to consume more vegetables. The Food Service Department has also adopted Smarter Lunchroom Practices that are designed to encourage students to make healthful choices in the serving line. Offer versus serve is practiced to encourage students to select fruits and vegetables that they will enjoy. A variety of fruits and vegetables are offered at breakfast and lunch to encourage consumption of many different types of food to ensure students have the opportunity to consume a variety of nutrients.

### **Legal References:**

Child Nutrition and WIC Reauthorization Act; Pub. L. No. 108-265 (Title I, Section 204), 118 Stat. 729  
National School Lunch Act; 42 USC 1751 et seq.  
Child Nutrition Act; 42 USC 1771 et seq.  
7CFR, Subtitle B, Chapter 11, Part 210  
7CFR, 220  
7CFR, 225  
7CFR, 245  
RC 3313.814  
OAC 3301-91-09

(Adopted:)

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