

Stark County Board of Developmental Disabilities

Policy 5.12 Wellness	Effective: 9/27/16
Chapter 5: Program Services	Page 1 of 7

WELLNESS

POLICY

The Stark County Board of Developmental Disabilities (SCBDD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, in accordance with Section 204 of Public Law 111-296 of the Healthy, Hunger-Free Kids Act of 2010, it is the policy of SCBDD that preschool and school programs shall engage students, parents, intervention specialists, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing a wellness policy that includes nutrition and physical activity.

This policy applies to all students enrolled in SCBDD's preschool and school programs. These students will have opportunities, support, and encouragement to be physically active on a regular basis to such a degree as tolerated, as indicated by a licensed medical professional qualified to make such a determination, and as indicated on each child's Individual Education Plan (IEP).

The Schools will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs with related community services.

Reference:

Section 204 of Public Law 111-296 of the Healthy, Hunger-Free Kids Act of 2010

Historical Resolution Information		Reviewer(s):
Date	Resolution Number	Principal, School Programs Early Childhood Director
5/11/06		
4/25/15	04-23-15	
9/27/16	09-39-16	

Stark County Board of Developmental Disabilities

Policy 5.12 Wellness	Effective: 9/27/16
Chapter 5: Program Services	Page 2 of 7

WELLNESS

PROCEDURE

I. Nutrition Education and Promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curricula;
- Nutrition promotion will include participatory activities such as contests, promotions, farm visits, and experience working in school gardens when available;
- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after-school programs, and farm-to-school programs;
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers;
- Nutrition education will promote fruits, vegetables, whole-grain rich products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited;
- Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. The school menu will be posted online;
- Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos);
- Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information;
- Examination of the problems associated with food marketing to children;

Stark County Board of Developmental Disabilities

Policy 5.12 Wellness	Effective: 9/27/16
Chapter 5: Program Services	Page 3 of 7

- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

A. USDA School Meals:

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. Rebecca Stallman Southgate School shall participate in the USDA school breakfast and school lunch programs and Eastgate Early Childhood Center shall participate in the USDA school lunch program along with providing a healthy snack each day.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- The school meal programs will be administered by a team that will include a Food Service Director, and business manager with consultation from a contracted registered dietician. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;
- All menus will be reviewed by a dietician when possible. When this is not feasible, sample USDA menus or USDA approved software for menu review may be used;
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;
- Lunch will follow recess period and will be scheduled between 11a.m. and 1p.m.;
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- The schools shall take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk) in accordance with the IEP.
- Information on the nutritional content and ingredients of meals will be available as requested, in school newsletters and on the district web-site. Parents and students will be informed that information is available and information shall be kept up-to-date;

Stark County Board of Developmental Disabilities

Policy 5.12 Wellness	Effective: 9/27/16
Chapter 5: Program Services	Page 4 of 7

- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch programs and will be encouraged to determine eligibility for reduced or free meals. Rebecca Stallman Southgate School will use nontraditional breakfast service to increase participation, such as breakfast served in the classrooms.

B. Competitive Foods and Beverages

Competitive Foods

No foods will be sold on school grounds to students outside of reimbursable school meals from midnight to 30 minutes past the end of the school day. During this time, all vending machines shall be for school staff use only, with the only exception being when a child's behavior plan calls for a reward of a beverage or snack from the vending machine. At all times, the plan will include provisions to wean off the food/beverage reward to a non-food item.

Beverages

The only beverages allowed to be sold outside of school meals include:

- Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavored with no more than 22 grams of sugars per 8oz);
- 100% fruit/vegetable juice in 4 oz portions for elementary and middle school, and 8 oz portions for high school;
- Plain water.

C. Additional Foods Available to Students

Fundraising

- Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption.
- Fundraising activities that promote physical activity are encouraged.

Celebrations

- Celebrations that involve food will be limited to one per month. Only foods that meet district's nutrition standards will be allowed at school celebrations;
- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served;
- Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

Access to Drinking Water

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present, and water cups will be available near water fountains. Supervisory staff will facilitate access to water

Stark County Board of Developmental Disabilities

Policy 5.12 Wellness	Effective: 9/27/16
Chapter 5: Program Services	Page 5 of 7

in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.

- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)
- School staff will be encouraged to model drinking water consumption.
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained.

Preschool Snacks

Snacks are required to be served each school day in preschool classes. These snacks shall make a positive contribution to children's diets and health. An emphasis will be placed on serving fruits and vegetables as the primary snacks and water as the primary beverage. Preschool beverages will be 100% fruit juice, low fat or non-fat milk, and water, not to exceed USDA guidelines.

The Early Childhood Director and preschool staff members will assess when to offer snacks based on the timing of school meals, children's nutritional needs, and other considerations. A list of healthful snack items will be distributed to intervention specialists and parents by the Food Services Director/designee.

III. Other

Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy;

Examples of marketing techniques include the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials;
- Corporate brand, logo, name, or trademark on school equipment, message boards, scoreboards, or uniforms;
- Advertisements in school publications or school mailings;
- Sponsorship of school activities, fundraisers, or sports teams;
- Broadcasts on school radio stations or in-school television, such as Channel One;
- Educational incentive programs such as contests, or programs that provide schools with supplies or funds when families purchase specific food products;
- Free samples or coupons displaying advertising of a product.

Stark County Board of Developmental Disabilities

Policy 5.12 Wellness	Effective: 9/27/16
Chapter 5: Program Services	Page 6 of 7

Food Used as Reward or Punishment

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward is only to be used when written in a student's behavior plan and said plan must include provisions for transitioning off of the food reward and onto non-food reinforcement. Withholding food as a punishment is strictly prohibited.

IV. Physical Activity

It is acknowledged that each student is different based upon the capacity to do and tolerate physical activity. Physical Education programming will be organized for students to fully embrace regular physical activity as a personal behavior. Students need opportunities for physical activity beyond physical education class to such a degree as tolerated as indicated by a licensed medical professional qualified to make such a determination.

All students are given opportunities for physical activity during the school day through adapted physical education (APE) classes, daily recess periods, and integration of physical activity into the academic curriculum.

Toward these ends:

1. Classroom health education curriculum will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
2. Opportunities for physical activity will be incorporated into other classroom activities;
3. The intervention specialists will provide short physical activity breaks between lessons or classes as appropriate and tolerated, as reflected above.

Recess

Preschool and elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors. This time may be adjusted as indicated by those medical professionals licensed to make such recommendations. During the time, the Schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Stark County Board of Developmental Disabilities

Policy 5.12 Wellness	Effective: 9/27/16
Chapter 5: Program Services	Page 7 of 7

Physical Activity Programs

Students at Rebecca Stallman Southgate School are given an opportunity for physical activity through before and after school programs, including but not limited to a walking club and Special Olympics (ages 8 years old and above).

Intervention Specialists and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as a consequence of any behavior.

Physical activity used as a consequence for a targeted behavior is allowed ONLY if incorporated in a behavior plan as per Board Policy 2.18.

V. Evaluation and Enforcement

This wellness policy was developed by the agency's Wellness Committee, a group comprised of individuals from the following groups: parents, teachers, students, school administration, food service director and staff, dietician, Health Services, and Physical Education staff. The Superintendent or designee will ensure compliance with this policy as well as other Board approved nutrition and physical activity policies. Annually, at the end of the school year, the School Principals or designees will ensure compliance in writing with those policies in their school and will report to the Superintendent or designee on the schools' compliance.

The Food Service Director will ensure compliance with nutrition policies within each school food service area, determine areas in need of improvement, and report on this matter to the school age principal and early childhood director. This report from the Food Service Manager will be included in the annual report to the Superintendent. In addition, the Food Service Director will report on the most recent USDA Administrative Review findings as appropriate and any resulting changes to the board on an annual basis. Administrative Reviews are to occur every 3 years.

The Superintendent or designee shall assure that an assessment of the Board's overall nutrition and physical activity policies, physical education policies; and provision of an environment that supports healthy eating and physical activity; will occur every three (3) years from the date of the last Board approval of the Wellness Policy. The Superintendent or designee will, as necessary, revise the wellness policies/procedures and develop work plans to facilitate implementation.