

## Rootstown Local School District Bylaws & Policies

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### 8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Rootstown 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 in 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, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

1. 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.
2. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with accepted curriculum standards and benchmarks.
3. A survey will be administered to teachers to assess what is being taught regarding nutrition in the different content areas. This survey will be utilized to drive decisions regarding nutrition education and how it will be integrated into other subject areas of the curriculum to compliment, but not replace, the standards and benchmarks for health education.
4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in close proximity to the cafeteria.
5. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

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

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with accepted standards and benchmarks.
- 2.

The sequential, comprehensive physical education curriculum 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.

3. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
  4. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
  5. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
  6. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
  7. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive physical activities to encourage lifelong physical participation.
  8. Properly licensed, highly qualified teachers shall provide all instruction in physical education.
  9. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
  10. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
  11. An environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind shall be encouraged in planned instruction in physical education.
  12. Planned instruction in physical education shall include cooperative as well as competitive activities.
  13. Planned instruction in physical education shall take into account gender and cultural differences.
  14. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
  15. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
- C. With regard to other school-based activities the District shall implement the following:
1. The schools shall provide at least twenty (20) minutes daily for students to eat.
  2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules and other special programs or events.

3. The school shall provide attractive, clean environments in which the students eat.
4. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
5. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
6. Students are discouraged from sharing their foods or beverages with one another, given concerns about allergies and other restrictions on some students' diets.
7. All foods and beverages sold to students as fund-raisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Competitive Food regulations, 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, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, 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. As set forth in Policy 8531, 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).  
The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritional value.
- D. 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.
- E. Meals served through the National School Lunch and Breakfast Programs will meet the minimum nutritional requirements established by State and Federal regulations.
- F. 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.
- G. 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.

All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) shall comply with the current USDA Dietary Guidelines for Americans.

- H. The school food service program may involve students, parents, staff, and school officials.
- I. Continuing professional development shall be provided for all food service program staff.

The Board designates the Superintendent and the building principals as the individuals 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 report annually to the Board on the District's compliance with this policy and the progress toward achieving the goals set forth herein.

Review of this policy shall occur yearly by a committee appointed by the Superintendent, consisting of, but not limited to, a representative of the administration, the food service provider, the parents, teachers, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771

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