

# Sample School Wellness Policy

## Requirements for Local Wellness Policy:

1. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness
2. Nutrition guidelines for all foods available on school campus during the school day
3. Guidelines for reimbursable school meals
4. Plan for measuring implementation of the local wellness policy
5. Community involvement in the development of the plan.

The following are general policy statements that need to be considered by a local wellness committee (see #5). These statements may be adopted or adapted to best fit the needs of the local school.

## 1. Goals for (a) nutrition education, (b) physical activity and (c) other school-based activities that promote wellness

### A. Nutrition education

- All schools will implement the health objectives relating to diet, nutrition and exercise as stated in the 2002 Archdiocesan Graded Course of Study for Science and Health.
- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted in or near the school cafeteria. (schools could exhibit posters or student-made signs in hallways or cafeteria)
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day. (consideration should be for made for how long students will be expected to wait from breakfast to lunch)
- Recess or snack breaks will be scheduled for students as needed to maintain energy levels.

### B. Physical activity

- All students will participate in the school's physical education program.
- Physical education programs will implement the objectives of the 2006 Archdiocesan Graded Course of Study for Physical Education.
- All classes will have access to recess according to the school's schedule.
- Discipline will be administered in ways other than depriving a student of recess or physical education class. (students could be required to walk, run laps or do appropriate physical activities in lieu of free play time)
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.

### C. Other school-based activities

- The school encourages the use of non-food rewards for student behavior.
- The school further encourages teachers and parents to provide healthy snacks, and to minimize sugary treats for classroom celebrations. (the local committee may decide to prohibit either the use of food as a reward or punishment for students, and/or limit classroom celebrations to serving only healthy snacks and drinks.)
- Schools are encouraged to consider healthy food or non-food fundraisers. ( the local committee may choose to prohibit candy sales for the school or its sports teams)
- The school will provide parent education on nutrition and the benefits of physical activity through newsletters and parent meetings during the course of the school year. (This might be a regular feature of a school newsletter or an occasional insert. Notices need not be lengthy.)
- Teacher will be offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms. (teachers could be encouraged to have students use the chalk/white boards regularly, use Brain Gym activities or other body/brain movements)

## **2. Nutrition guidelines for all foods available on school campus during the school day**

- School lunch programs will follow nutritional guidelines established by Ohio Department of Education, Office of Child Nutrition Services (see #3 and footnote).
- Schools will evaluate food products sold on their premises, and set nutritional guidelines for all food and beverages available on campuses. (Minimally, guidelines should provide at least a choice of healthy alternative snacks and beverages. Local committees may want to consider removing or restricting pop or candy machines in the building if such are available to students during the school day.)
- Drinking fountains and/or water coolers will be available in every building.

## **3. Guidelines for reimbursable school meals**

Schools will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch, breakfast or special milk programs. \*

## **4. Plan for measuring implementation of the local wellness policy**

Schools might choose any of the following options for monitoring the success of the local wellness program.

- Schools might track the weight of students through the school nurse or the physical education program. This could be in certain grade levels or for all. Students could be weighed once/year or several times throughout the year. (Caution: this practice, particularly if witnessed by other students, might put some students at risk for bulimic or anorexic behavior.)
- Schools could survey students and/or parents on eating choices and behavior and physical activity outside of school. Surveys could be done annually or as pre- and post-activities during one school year.
- Students might be asked to keep a food/exercise log (no names) for a specific week at the beginning and end of the school year, and the logs evaluated by the wellness committee to ascertain any changes in eating habits or physical activity. Again, this would not have to involve the entire school, but could be focused on one or two grades or classes. The same grades could be monitored each year, or the same students could be followed to see if the health gains continue.
- Some physical education classes have students regularly monitor heart rate as part of their physical fitness programs. This information could be part of the evaluation.
- Number of students participating in extra-curricular activities and the amount of time spent on those weekly could be included in evaluating the policy.
- The local wellness committee (or Education Commission) should revisit the wellness policy annually to revise, update, or amend the policy as needed. The “bottom line” is the overall health and well-being of the students. Is the policy as written furthering or frustrating that goal?

##### **5. Community involvement in the development of the plan.**

Input should come from parents, students, school food authority, administration, and the public. Health and physical education teachers could be included.

Administration could:

A.) set up a local wellness committee consisting of the above to refine the plan, present it to Education Commission, and monitor the program

or

B.) get input from student council or individual students and food service, and then bring the policy to the Education Commission. Someone would need to monitor the program.

Wellness policy should be dated as to when and who approved it.

\* Guidelines posted on the ODE website,  
[http://www.ode.state.oh.us/food\\_service/pdf/SCHOOL\\_MEALS\\_FACT\\_SHEET.PDF](http://www.ode.state.oh.us/food_service/pdf/SCHOOL_MEALS_FACT_SHEET.PDF) ,  
permit schools to choose one of several menu patterns. The Food-Based Menu Patterns for  
lunch in elementary grades must include daily:

- 8 oz. of fluid milk (low-fat plain must be offered)
- $\frac{3}{4}$  cup total of two different fruits and/or vegetables
- 2 oz. of meat or meat alternate
- 1 serving of grain/bread (8 per week for Traditional)