



Wellness Committee 2017-18

Annual Report to the Board of Education June 2018

Committee's Purpose

Required by the Ohio Department of Education

Intended to promote student health, well being, and ability to learn in the school setting

Focuses on Nutrition Promotion and Education, Physical Activity, School Based Activities to Promote Student Wellness

Requires annual review of district policy 8510

Triennial assessment of policy for compliance

Committee's Work 2017-18

Reviewed District Policy 8510

**Completed Self-Assessment Model Policy from
the Alliance for a Healthier Generation**

Determined Goals for the 2018-19 School Year

Policy & Implementation Points- Nutrition Education

Goals of Model Policy

- ★ **Students in the district have access to healthy foods throughout the school day**
- ★ **Students receive quality nutrition information**

School menus are balanced and nutritionally sound

All food served during school hours meet the guidelines for the Alliance for Healthier Generation

Nutrition Information can be found in gymnasium/cafeteria areas

Policy & Implementation Points-Nutrition Education

Encourage students to increase consumption of healthful foods during the school day. Offer the following healthy foods:

Fresh produce without added fats, sugars, refined sugars, and sodium

Daily selection of vegetables in sub-groups of dark green, red/ orange legumes

Whole grain products 100%

Fat-free flavored milk and low-fat unflavored milk

Elimination of trans-fats from school meals

Require students to select fruit or vegetable as part of a reimbursable meal₅

Policy & Implementation Points- Nutrition Education

Included in Health Curriculum

Provide opportunities for students to develop the knowledge and skills for consuming healthy foods

Extends beyond classroom to include food service staff

Provides all students affordable access to the variety and nutritious food they need to be healthy and to learn well

Policy & Implementation Points- Nutrition Education

All schools in the Northmont City School District comply with the Smart Snacks nutrition standards

Smart Snacks will be in effect for the entire school day (midnight until 30 minutes after the school day) across all school campuses

Smart snacks nutrition standards apply to all foods and beverages sold to students outside of the school meals program includes the following (during the school day):

Vending machines A la carte School stores Fundraising

Policy & Implementation Points- Physical Education

Goals of Model Policy

- ❖ **Students have opportunity to be physically active before, during and after school**
- ❖ **Schools promote nutrition and physical activity along with other activities that promote wellness**

Daily recess/ PE classes/ Extracurriculars (ex. Girls on the Run) S'cool Moves / Go Noodle / Mindfulness / Adventures in Movement/ Jump Rope for Heart

Policy & Implementation Points- Physical Education

Promote physical activity outside the regular school day

Sequential instruction for knowledge, attitudes and skills to participate in lifelong, health-enhancing physical activity

Provides properly licensed educators in the instruction of physical education

Physical education teachers review and affirm receipt of the Ohio Department of Health concussion information sheet

Policy and Implementation Points- Other School Based Activities

Goals of Model Policy

- ❖ **The community is engaged in supporting the work of the district**
- ❖ **The district establishes and maintains an infrastructure for management, oversight, implementation, communication and monitoring of the policy**

Committee representatives include staff members, student board representative, parents, members of the public

Committee meets four times per year

Policy and Implementation Points- Other School Based Activities

Physical activity is not used as a form of discipline

Physical activity and movement integrated across curricula and throughout the school day

Clean environments for students to eat

Opportunities for community to model healthy eating habits with students in school dining areas

Employ electronic identification payment systems that eliminate any stigma of students receiving free and/or reduced meals

Additional Requirements

The food service program strives to be financially self-supporting

The food service program provides all students affordable access to varied and nutritious foods to be healthy and to learn well

The food service program is administered by a properly licensed director

All food service personnel shall receive pre-service training in food service operations

Continuing professional development for all staff of the food service program

Goals for 2018-19

Incorporate more staff development regarding the effects of concussions, especially in the regular classroom setting (School Nurses and Dr. Barrow)

Explore collaboration with public and private entities to promote student wellness

Engage families as partners in nutrition education (Assessment item)

**Meeting Dates: September 27, 2018
 January 31, 2019**

**November 8, 2018
March 14, 2019**

Committee Members

Jonathan Billups- Physical Education Teacher

Lisa Nussman- Community Member

Pam Pearson- Food Service Director

Amy Phelps- School Nurse

Amy Sipes- Central Office Administrator

Nikki Tinnerman- Counselor

Student Representative- TBD (Student Board Rep)

Parent Representative- TBD

