

## WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for the Jefferson County Christian School 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 school'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 student's 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. Nutrition Education:

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 the curriculum standards and benchmarks established by the State.
3. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
4. Nutrition education posters, such as "My Plate", will be displayed in the cafeteria. Provide "My Plate" resources from our school website.
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.
6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
7. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.

### B. Physical:

#### 1. Physical Education

- a) A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- b) 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.

- c) Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- d) Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- e) Physical education classes 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.
- f) The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- g) Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- h) Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- i) Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying or harassment of any kind.
- j) Planned instruction in physical education shall include cooperative as well as competitive games.
- k) On an annual basis, physical education teachers shall review and affirm receipt of the Ohio Department of Health's concussion information sheet.
- l) Physical Education teachers shall remove from class participation any students who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The Principal, Nurse and/or teacher shall notify parents or guardians about the possible concussion or head injury.
- m) Any student who has been removed from physical education class participation because he/she has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury shall not be permitted to return to physical education class until the student's condition is assessed by a physician, and the physician gives the student written clearance that it is safe to return to class.

## 2. Physical Activity

- a) Physical activity should not be employed as a form of discipline or punishment.
- b) School 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 archery, golf, bowling, swimming, or tennis.
- c) The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- d) The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.
- e) All students in grades 7 - 12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
- f) Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special health care needs.
- g) Students in grades K-6 shall be provided with a daily recess period of at least twenty (20) minutes in duration.

C. Other School-Based Activities:

1. Free drinking water shall be available to students during designated meal times and may be available throughout the school day.
2. The schools shall provide at least twenty (20) minutes daily for students to eat.
3. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
4. The school shall provide attractive, clean environments in which the students eat.
5. Students at Jefferson County Christian School are permitted to have only water in the classroom. At meal time, students may have any beverage that is part of the meal plan for that day.
6. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
7. The school may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
8. The school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
9. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
10. Meals served through the district's food service program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.20 or 220.8, as applicable.  
<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>
11. JCCS will provide breakfast through the USDA School Breakfast Program.
12. School meals will include fresh, locally-grown/produced foods in school meals from farms/companies engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.

D. With regard to nutrition promotion, 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, JCCS Shall:

1. Encourage students to increase their consumption of healthful foods during the school day;
2. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:
  - a. A variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;
  - b. A variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
  - c. Whole Grain Products – 80% of all grains need to be whole grain-rich;
  - d. Fluid Milk that is fat-free (unflavored and flavored) and low-fat (unflavored);
  - e. Meals designed to meet specific calorie ranges for age/grade groups;

3. Eliminate trans-fat from school meals;
4. Require students to select a fruit or vegetable as part of a complete reimbursable meal;
5. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods.

The JCCS nutrition department will promote and encourage Farm to School efforts in order to provide the healthy foods identified above.

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, and reducing childhood obesity, the following guidelines are established:

- A. 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. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. 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.
- D. 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.
- E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area or as classroom snacks.
- F. 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 nutritious value.

- G. The food service program will provide all students affordable access to the varied and nutritious meals they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.
- H. All foods available to students in JCCS programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- I. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- J. All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

The Board designates the Kitchen Manager as the individual charged with operational responsibility for measuring and evaluating the school's implementation and progress under this policy. The Administrator shall develop administrative guidelines necessary to implement this policy.

The Administrator shall appoint a School-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation, and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually. School level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of Jefferson County Christian School Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, is necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Administrator any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Administrator shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

The Administrator is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Administrator

shall post the policy on Jefferson County Christian School's website, including the Wellness Committee's assessment of the policy's implementation.

Jefferson County Christian School shall assess the Wellness Policy at least once every three (3) years on the extent to which Jefferson County Christian School is in compliance with the school wellness policy, the extent to which the JCCS policy compares to model wellness policies, and the progress made in attaining the goals of Jefferson County Christian School Wellness Policy. The assessment shall be made available to the public on the school website.