

Chardon Local Schools

SCHOOL NUTRITION AND WELLNESS PROCEDURE

The Board of Education is committed to providing an environment in all schools that promotes student wellness through nutrition promotion and education, physical activity, and other school activities.

Goals for Nutrition Promotion and Education

- A. The Child Nutrition Programs shall be accessible to all children.
- B. Sequential and interdisciplinary nutrition education is provided and promoted.
- C. Foods and beverages offered on campus during the scheduled regular and extended school day will provide students affordable access to the varied and nutritious foods necessary to be healthy and learn. Available items will meet the recommendations set forth by the Dietary Guidelines for Americans, Alliance for a Healthier Generation, and the American Beverage Association, and will follow nutrition guidelines that are consistent with federal and state law and promote student health and reduce childhood obesity.
- D. All prepared food items on campus will comply with the regulations established under the Universal Food Code and HACCP method of food safety.
- E. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- F. Food and snack items served at special events and celebrations at the elementary level during the scheduled school day must be pre-approved by a building administrator that may consult with a staff healthcare provider to safeguard students with severe food allergies. Students are discouraged from sharing their foods or beverages with one another during meal or snack times due to food allergies and other dietary restrictions.
- G. Nutrition education and health education shall be integrated into other subject areas of the curriculum, when appropriate, to complement but not replace the standards and benchmarks set for health education. H. Vending machines that sell items other than milk or reimbursable meals will be prohibited in any classroom where students are provided instruction, unless the classroom also is used to serve students meals.

Goals for Physical Activity

- A. Opportunities for physical activity are encouraged for all students and staff to improve their overall fitness and physical and mental health.
- B. Physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health enhancing physical activities along with stressing the importance of remaining physically active for life.
- C. All schools shall encourage families to provide regular physical activity outside of the regular school day and provide information to families that encourage and incorporate physical activity into their children's daily lives.

Goals for Other School-Based Activities

- A. Smoking any substance including tobacco on school premises, in school vehicles, and at school functions at any time is prohibited.
- B. Tobacco, alcohol, illegal drug advertising (including, but not limited to all clothing: t-shirts, pants, hats) on signs in school buildings, at school functions, and in school publications is prohibited.
- C. Help students
- D. who violate smoking policies to quit smoking rather than just punishing them.
- E. Recommend smoking cessation programs for staff.

Nutrition Guidelines

All foods available in schools of the District during the regular and extended school day shall comply with nutritional requirements that are consistent with federal and state law and promote student health and reduce childhood obesity.

Development, Dissemination, and Evaluation of Procedure

Parents, students, representatives of the District's food service department, teachers of physical education, school health professionals, members of the Board of Education, District administrators, and the general public are permitted to participate in the development, implementation, and periodic review and update of this Procedure.

The Superintendent shall arrange for the periodic measure and assessment of the implementation of the Procedure, including:

- A. The extent to which District schools are in compliance with the Procedure;
- B. The extent to which the Procedure compares to model local school wellness policies; and
- C. A description of the progress made in attaining the goals of the Procedure

The Superintendent or his/her designee annually shall inform and update parents, students, and members of the community about the content and implementation of this Procedure, and shall make available the periodic assessments of the implementation of this Procedure.

The following person(s) are designated to ensure that all District schools comply with this Procedure: Directors of Operations, Elementary Education, and Secondary Education. Review of this Procedure shall occur every year by a committee consisting of representative(s) the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this Procedure.