

GUIDING HAND SCHOOL STUDENT WELLNESS PROGRAM

The Gallia County Board of Developmental Disabilities is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity throughout the day. The Board strives to teach students how to make informed choices about nutrition, health, and physical activity. Our commitment to providing nutrition education and regular physical activity, as well as access to nutritional foods for all students, are described here.

I. Nutrition education and promotion

Students will receive sequential and comprehensive nutrition messages within the classrooms, cafeteria, and school media:

1. Nutrition education will be provided to students as part of the Unique Curriculum and Creative Curriculum
2. The nutrition education program will be linked to school meal programs. Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
3. Intervention Specialists along with the foodservice staff will provide nutrition education on the following topics: making healthy meal choices at school and at restaurants, healthy meals/snack preparation, and food guidance from MY Plate. Skill Development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; eating a variety of foods every day, portion size relationship between healthy eating and personal health/disease prevention, balancing food intake and physical activity, eating more fruits, vegetables and whole grain products, learning where foods come from and how they are grown, eating calcium rich foods, choosing foods and beverages with little added sugars and food safety.
4. Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
5. Annually, the Director of Education /designee will provide a list of healthy party foods and snacks to parents and Intervention Specialists, including non-food ideas.
6. Nutrition education will be provided to families via handouts and newsletters. The school menu will be posted online: Families will be encouraged to pack lunches and snacks that meet district nutrition standards.
7. Foods and beverages will not be used as a reward unless non-food rewards have been unsuccessful and the food/beverage reward is included in a behavior support plan. Staff will receive annual training on non-food rewards for children.

8. Students will be offered water at all meals in the cafeteria and throughout the day in their classrooms either from the water fountain or in water bottles.
9. Students will not be permitted to purchase food and beverages from the staff break room.

II. **Nutrition Standards for All Food and Beverages Sold or Served on School Grounds**

A. **USDA School Meals:**

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast, school lunch and summer food programs.

In addition:

1. All reimbursable meals assure compliance with USDA nutrition standards, as well as any additional state nutrition standards that go beyond USDA requirements;
2. All school nutrition program directors, managers and staff will meet or exceed 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 (<https://www.fns.usda.gov/school-meals/professional-standards>) to search for training that meets their learning needs;
3. Students will be provided seat time of 10 minutes to eat breakfast and 20 minutes to eat lunch;
4. Meals will be served in a clean and pleasant setting and under appropriate supervision.
5. Rules for safe behavior will be consistently enforced;
6. Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
7. Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.

Schools will use nontraditional breakfast service to increase participation, such as breakfast served in the classroom;

8. The school will make every effort to eliminate identification of students who are eligible for free and reduced meals. Information pertaining to who is receiving free or reduced meals is kept in the school office;
9. If a student's lunch account becomes 5 days past due, a notice will be sent home asking for payment. If the account remains past due after 10 days, the student will receive an alternate meal.
10. The school will participate in USDA Fresh Fruit and Vegetable program which will bring in more local fresh fruits and vegetables for students.

III. Competitive Foods and Beverages

No foods or beverages will be sold on school grounds to students outside of reimbursable school meals program.

A. Celebrations

1. Celebrations that involve food will be limited to one per month. Federal requirements state only foods that meet smart snack standards will be allowed at school celebrations;
2. Parents will be made aware in advance of when a celebration with food is taking place and recommendations for what is to be served;
3. Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

B. Access to Drinking Water

1. Federal requirements state students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day
2. School staff will be encouraged to model drinking water consumption.
3. Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountain are maintained.

C. Food used as reward or punishment

1. Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. Foods and beverages will not be used as a reward unless non-food rewards have been unsuccessful and the food/beverage reward is

included in a behavior support plan. Staff will receive annual training on non-food rewards for children.

2. The use of withholding food as a punishment is strictly prohibited.

IV. **Physical Activity/Physical Education**

A healthy active lifestyle includes physical activity. The Gallia County Board of Developmental Disabilities is committed to providing a variety of opportunities for each student to develop the knowledge and skills for physical activities that will be incorporated into the daily school routine based on each student's physical ability.

Students will be given the opportunity for physical activity during the school day through Adapted Physical Education classes and recreational activities, which may include; motor skills, concepts and strategies, walking, yoga, dancing, stretching, biking, and independent play. All K-12 students will receive daily physical education (150 minutes per week for elementary school students and 225 minutes per week for middle and high school students) for the entire school year. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education. All Intervention Specialist are encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Additionally, Physical Therapy and Occupational Therapy provides additional opportunities to students with identified needs through the IEP process.

1. Physical activity during the school day will not be withheld as punishment for any reason.
2. All students will receive physical education for a minimum of 60 minutes per week
3. Physical education staff will receive professional development that includes strategies and techniques on a yearly basis;

A. Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle by giving breaks during the day. For example, programs such as Take 10! and ABC for Fitness will be used to incorporate short activity breaks into the day.

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

1. Intervention Specialists will provide students with a minimum of 3-5 minutes “energy release” breaks per day in the classroom.
2. School staff will not use or withhold physical activity as a punishment.

B. Recess

All elementary school students will have at least 20 minutes a day of supervised recess during which moderate to vigorous physical activity will be encouraged.

1. All students will receive a 20-minute recess period each day. Outdoor recess will be provided when weather is feasible for outdoor play. If indoor recess is necessary, this will take place in the multi-purpose room.

V. Evaluation and Enforcement

A. SCHOOL WELLNESS COMMITTEE

1. The Director of Education will establish a School Wellness Committee.
2. Federal requirement states members of the School Wellness Committee will at minimum include; the Director of Education, the Cook and other food service personnel, the School Nurse, an educational aide and an Intervention Specialist. Parents and staff members will be invited to join the committee and will have Board approval.
3. The Wellness Committee will meet a minimum of four times per year to review student wellness issues.
4. A minimum of two school wide wellness activities will be held each year.

B. ANNUAL NOTIFICATION, STAFF WELLNESS AND HEALTH PROMOTION

1. The Director of Education/designee will retain records to document compliance.

Records shall include:

- a) Wellness Policy
 - b) School Handbook
 - c) Wellness Committee Minutes
 - d) Annual Information Verification
 - e) Assessment of Student Wellness Policy
2. Federal requirement states every three years the Director of Education/designee will evaluate compliance with the wellness policy and

compare results to the Alliance for a Healthier Generation's model wellness policy.

3. Federal requirement states the Wellness Policy will be updated or modified based on the results of the triennial assessment and other changes that may take effect.
4. Federal requirement states the Wellness Policy will be available through the Parent Handbook and posted on the Gallia County Board of Developmental Disabilities website at www.galliadd.com.

VI. Wellness Promotion and Marketing

A. Marketing

Federal requirements state any foods and beverages marketed or promoted to students on the school grounds will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

B. Staff Wellness

Staff is encouraged to always model healthy eating and physical activity. Gallia County Board of DD will provide staff with wellness information throughout the year through flyers and newsletters.

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LEGAL REFS.: Child Nutrition and WIC Reauthorization Act; Pub. L. No. 108-265
(Title I, Section 204), 118 Stat. 729
National School Lunch Act; 42 USC 1751 et seq.
Child Nutrition Act; 42 USC 1771 et seq.
7 CFR, Subtitle B, Chapter 11, Part 210
7 CFR 220
7 CFR 225
7 CFR 245
ORC 3313.814
ORC 3301-91-09
USDA

CROSS REFS.: EF, Food Services Management
EFB, Free and Reduced-Price Food Services
EFF, Food Sale Standards
IGAE, Health Education

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