

WELLNESS PLAN

The Wynford Local School District (WLS) recognizes that wellness and proper nutrition are related to student's physical well-being, growth, development and learning. The board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices which can improve student achievement.

WLS has adopted a district-wide Wellness Plan to comply with Healthy Ohio Initiative 2010, Ohio Senate Bill 2010, known as the Health Choices for Healthy Children Act and Child Nutrition Reauthorization, Hunger-Free Kids Act 2010. This wellness plan is meant to encourage healthy eating habits and act as a safeguard for students with multiple medical issues including, but not limited to, diabetes, food allergies, and diagnosed medical conditions.

It is the intent of this plan to enable students to become independent and self-directed learners by taking the initiative to meet their own health and nutritional needs as is developmentally and individually appropriate. An organized and unified effort that encompasses the following components will ensure that the district wellness guidelines are fully implemented. As required by law, a local wellness plan, at a minimum, shall include:

- Nutrition Education Goals:
 - Nutrition education will be a part of the district's comprehensive health education curriculum.
 - WLS will foster the positive relationship between good nutrition, physical activity, and the capacity of all to develop and learn.
 - Schools will support and promote good nutrition.
 - Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program.
- Physical Activity Goals:
 - WLS recognizes the essential nature of quality physical activity for the well-being of all students and will support and promote an active lifestyle.
 - The district will include daily opportunities for a variety of PK to 12th grade physical activities through curricular, extra-curricular, and recess options.
 - Teachers are encouraged to integrate physical activities into their courses of study when reasonable.

- Other school-based activities designed to promote wellness:
 - The goal is to create a total school environment that is conducive to good health including good nutrition, physical activity, psychosocial well-being, and community awareness.
 - After-school programs will encourage physical activity and healthy habit formation.
- Nutrition Guidelines:
 - It is the intent of the board that WLS takes a proactive approach to provide students with nutritious food choices.
 - WLS will comply with the requirements of state and federal law and current USDA dietary guidelines for Americans.

WLS shall maintain and evaluate a School Wellness Committee that will meet twice each school year. The members shall include, but not be limited to, the district nurse (chair), the food services director, a physical education and health curriculum teacher, an elementary teacher, a secondary teacher, and parent(s).

All foods and beverages offered for sale on school properties will meet or exceed the district's nutritional standards, be in compliance with Senate Bill 210 and include safeguards for students with food allergies, chronic conditions or specific nutritional needs. Food sales and fundraisers during school hours must be Smart Snack compliant.

District regulations for food in the classroom and or food made available on school premises will be supportive of the principles of the Wynford Local School's plan.

[Adoption date: October 16, 2006]

[Revised date: May 17, 2017]

[Revised date: March 20, 2024]

REFERENCES: ORC 3313.6016 Daily physical activity for students
 ORC 3313.674 Body mass index and weight screening
 ORC 3313.719 Food allergy protection policy
 Health Choices for Health Children Act 2010
 Child Nutrition and WIC reauthorization Act of 2004
 Child Nutrition reauthorization Health, Hunger-Free Kids Act 2010
 Ohio Senate Bill 210
 National School Lunch Program
 School Breakfast Program

CROSS REFS: EF, Food Services Management
 EFF, Food Sales Standards
 IGAE, Health Education
 IGAF, Physical Education