



Lordstown Local School District
Wellness Policy
Revised October 2017

In accordance with federal regulations, the Board of Education recognizes the importance of the health and wellbeing of our students and staff and establishes this wellness policy for the Lordstown Local School District.

The Board understands that the wellness of an individual has many important factors including health, nutrition, physical activity, education, and psychological and emotional wellbeing. Research suggests that there is a positive correlation between a student's wellbeing and their ability to learn and we want our students to maximize their potential. The efforts for a wellness initiative cannot be the School District's alone, so we encourage and invite the parents and community members to collaborate and embrace these healthful life choices for the betterment of our community. As our commitment to improving and supporting the wellness of our district, the following will outline the standards for which we will observe.

Definitions:

- School Day** – midnight before through 30 minutes after the final bell (7 CFR 210.11 (a)(5))
- Oversight Official** – designee responsible for wellness committee and policy

5 Key Elements of this Wellness Policy:

- I. Nutrition Education & Promotion
 - II. Physical Activity
 - III. Foods & Beverages Available on Campus
 - IV. Community Health & Wellness Promotion
 - V. Policy Evaluation
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- I. Nutrition Education & Promotion
 - a. Nutrition education shall be part of the comprehensive health curriculum throughout the district in accordance with state standards.
 - b. The Food Service Department will participate in offer versus serve at the High School level where students can make informed choices about the components of their meals at school.
 - c. The school schedule will allow ample time for school meals and encourage a calm environment that allows students to enjoy mealtime.
 - d. All marketing of foods and beverages on campus will promote healthy choices.
 - e. Hydration will be supported with accessible water fountains in the general areas of the school.
- II. Physical Activity
 - a. Physical Education will remain a core component of our district's curriculum.
 - b. An appropriate amount of time for recess will be part of the daily schedule for elementary school students to allow for time to refresh, incorporate physical activity and socialization.



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III. Foods & Beverages Available on Campus

- a. Standards for foods offered for sale during the school day:
 - i. All foods and beverages sold to students during the school day will comply with the US Healthy, Hunger-Free Kids Act of 2010 and USDA Smart Snack guidelines.
 - ii. Each cafeteria will have ServSafe qualified staff members to ensure proper food handling.
 - iii. School-sponsored, food-based fundraisers intended for sale/consumption on campus during the school day will be USDA Smart Snack compliant.
 - iv. School-sponsored, food-based fundraisers intended for sale/consumption outside of campus and the school day may be exempt from section (i) above.
- b. Standards for foods provided, but not sold, during the school day:
 - i. Events with food provided will offer at least 1 Smart Snack compliant food item, for example - room parties, celebrations, meetings with students, etc.
 - ii. Food for instruction, food for incentive/reward, and food in the classroom is at the discretion of the principal.
 - iii. Groups purchasing from licensed vendors for foods provided is permitted.

IV. Community Health & Wellness Promotion

- a. The School District strives to partner with community and government organizations to support school and community wellness.
- b. Opportunities will be made for staff members to engage in physical activities and wellness events.
- c. The Wellness Committee will meet to discuss maximizing the health benefits offered in the district.

V. Policy Evaluation

- a. The oversight official will create and distribute a wellness policy evaluation tool.
- b. The building principal will evaluate their school's compliance with the policy annually.
- c. The committee will meet to review the policy annually and update as needed.
- d. Evaluation of the policy and the district's compliance will be shared annually with the public.