

**FRONTIER LOCAL SCHOOL DISTRICT
WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION**

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood; and

Whereas, school districts around the country are facing significant fiscal and scheduling constraints;

Thus, the Frontier Local School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Frontier Local School District that all students will have opportunities, support, and encouragement to be physically active on a regular basis; to have foods served at school that meet nutrition guidelines; to have all schools, to the maximum extent practicable, participate in the available federal school meal programs.

TO ACHIEVE THESE POLICY GOALS

I. School Health Councils

The Frontier Local School District School Health Council will consist of the superintendent, treasurer, building principals, health educators, physical education educators, district nurse, cooks and school lunch coordinator. The school health council will provide parent/student communications involving nutrition and physical activity with the utilization of community based programs.

II. Foods and Beverages Sold and Served on Campus

School Meals served through the National School Lunch and Breakfast Programs will be appealing and attractive to children; be served in a clean and pleasant setting and meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations. Portion sizes are according to state mandates.

Schools will, to the extent possible, operate the School Breakfast Program.

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals.

Meal times and scheduling will be based at each school under the direction of the principal.

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some student's diets.

Food sold via the cafeteria shall meet the "Smart Snack" Guidelines established by the USDA and the ORC Rules effective July 1, 2014.

Fundraising activities, to the extent possible, shall meet state guidelines.

III. Nutrition Education

The Frontier Local School District aims to teach, encourage, and support healthy eating by students. Each school shall provide for interdisciplinary, sequential, skill-based health education program based upon state standards and benchmarks. Communication, goal setting and decision-making skills shall be taught to enhance personal, family and community health. Healthy living skills shall be taught as part of the regular instructional program and provide for the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

IV. Staff Wellness

Healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. The staff wellness committee is part of the school health council and will work with employees to provide information on wellness resources and services; will help employees comply with drug, alcohol, and tobacco free policies; will provide a work environment free of physical and emotional danger and will encourage daily physical activities. Staff Development/Inservice Days will be utilized for staff health services and physical education teacher inservices.

V. Physical Education and Physical Activity Opportunities

Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity. The physical education program will be designed to stress physical fitness and encourage healthy, active lifestyles. All students in grade 7 will complete one semester of Physical Education with 43 minutes of structured physical activity per school day and one semester of health. Students in grade 8 will receive 43

minutes a day of structured physical education for the whole school year. Students in grade 9 who did not complete the requirement in grade 8 will finish this requirement their freshman year. Physical Education classes will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. Individualized fitness plans will be developed for some students to keep the class more enjoyable and to increase student participation.

All elementary school students (grades K-6) will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. Individual classroom teachers will use structured physical activity in the classroom.

The middle and high school grades will offer extracurricular physical activity programs such as, basketball. Elementary schools will allow community based groups to sponsor extracurricular physical activity programs such as, basketball. Schools will offer a range of activities that meet the needs, interests, and abilities of all students.

School spaces and facilities should be available to students, staff and community members before, during and after the school day, especially for organizations offering physical activity. School policies concerning safety will apply at all times.

VI. Monitoring and Policy Review

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies and will report these matters to the district treasurer.

Policy review will be every three years and the next update will be April 2018.

Policy Adopted February 2006

Policy Revised May 2009

Policy Update May 2012

Policy Revised April 2015