

Frontier Local Schools  
Wellness Plan 2019-2021

The Board directs the Superintendent/designee to develop and maintain a student wellness plan in compliance with Federal law.

The student wellness plan:

1. Includes goals for nutrition promotion and education, physical activity and other school-based activities designed to promote student wellness that are developed with consideration of evidence-based strategies and techniques;
2. Includes nutrition guidelines for all foods provided, but not sold to students in the District during the school day in order to promote student health and reduce childhood obesity;
3. Provides assurance that District guidelines for all food and beverages sold during the school day are, at a minimum, equal to the guidelines issued by the U.S. Department of Agriculture (USDA) and that marketing of foods and beverages on the school campus during the school day is prohibited for foods or beverages that do not meet the nutritional standards established by the District in accordance with USDA regulations and
4. Establishes a plan of implementation and evaluation, including designating one or more persons within the District with the responsibility for ensuring that the District is compliant with Federal law.

Development of the student wellness plan must be a collaborative effort between parents, students, food service workers, physical education teachers, school health professionals, administrators, the Board and the public.

The District notifies the public of the wellness plan by posting the plan to the district's website. The wellness plan is assessed at least once every three years and the results of the assessment are made available to the public.

Through its food service program, the Board encourages students to form healthy eating habits by governing the types of food and beverages sold in the schools and the time and place at which each type of food and beverage is sold. These standards are based on the following guidelines.

1. The types of food and beverages sold in the schools are determined by their potential to contribute significantly to the:

- A. daily nutritional needs of students, consistent with the guidelines established by the U.S. Department of Agriculture (USDA);
- B. provisions of the District's student wellness program and
- C. nutritional guidelines established by State law.

2. A licensed dietician, a registered dietetic technician or a certified/credentialed school nutrition specialist must be initially consulted to assist the food services supervisor in drafting for Board adoption a plan:

- A. for complying with and enforcing the nutritional standards governing the types of food and beverages that may be sold on school premises in compliance with State law and
- B. specifying the time and place each type of food or beverage may be sold.

3. The time of day and place for the sale of food and beverages to students must be consistent with the nutrient intake needs and eating patterns of students and compatible with class schedules. The following restrictions are enforced for non-breakfast/lunch food and beverage sales:

- A. Foods or beverages that do not meet the nutritional standards established by the district in accordance with USDA regulations may not be sold during the school day. The board reserves the right to totally restrict the sale of non-nutritional foods and beverages in vending machines.
- B. Bake sales and other school fundraising activities involving food and beverage items may not be held during the school day.

4. Annually, the food services supervisor reviews and recommends to the Board the types of foods and beverages to be sold as part of the school breakfast and lunch programs.

Separate standards may be established for the types of food and beverages to be sold to staff members and for events and activities held outside the school day.

## Goals and Objectives of the Wellness Plan

### Food Nutrition

<b>Goal: Consistently post a copy of the monthly breakfast and lunch menu on the district website</b>	
<b>Objective: To have more students participate in the national breakfast and lunch program</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<b>Produce menus that contain healthy food options</b>	<b>Data Points</b> The number of times the menu is viewed  <b>Resources Needed</b> Access to the website  <b>Obstacles</b> Not all families view the website
<b>Evaluation:</b> Based on the number of students per building who eat breakfast and lunch. Expect 5% increase in participation per month	

## **Food Nutrition**

<b>Goal: Use smart Snacks as often as possible</b>	
<b>Objective: Incorporate smart snacks into the daily menu</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<b>Comprise a list of acceptable smart snacks</b>	<b>Data Points</b> <b>Track inventory of smart snacks</b>  <b>Resources Needed</b> <b>Inventory reports in Google Sheets</b>  <b>Obstacles</b> <b>Students are not always accepting of smart snacks</b>
<b>Evaluation: Track student preferences of specific smart snacks based on inventory</b>	

## Student Wellness

<b>Goal: All students will be healthy</b>	
<b>Objective: The district will provide health and wellness information through social media</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Facebook Twitter District Website	<b>Data Points</b> Facebook likes and users reached Twitter engagements Visits to district website  <b>Resources Needed</b> Ohio Department of Health media tool kit Social Media outlets  <b>Obstacles</b> Many families don't have reliable internet
<b>Evaluation: Positive reaction to the information on social media</b>	

**Student Wellness**

<b>GOAL: Ensure all students are physically fit</b>	
<b>Objective 1: Provide K-6 students at least 100 minutes per week of physical activity</b> <b>Objective 2: Provide 7-12 students elective opportunities and extracurricular activities</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Develop student schedules that will allow time for physical activity time through recess, extracurricular activities, physical education class	<b>Data Points</b> Student schedules Sports rosters  <b>Resources Needed</b> Playground equipment Sports accessories  <b>Obstacles</b> Lack of student participation
<b>Evaluation:</b> <ul style="list-style-type: none"><li>• All master schedules allow for physical activity time</li><li>• Student participation</li><li>• OHSAA rosters</li></ul>	

**Staff Wellness**

<b>Goal:</b> The District will offer appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students	
<b>Objective:</b> The District will offer a free or low-cost health assessment to employees at least once per year	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Seek out providers for this service	<b>Data Points</b> The number of employees who participate  <b>Resources Needed</b> District publications and advertising  <b>Obstacles</b> Participation rates may be minimal due to location of services and/or degree of assessment Lack of monetary incentives
<b>Evaluation:</b> <ul style="list-style-type: none"><li>● Participation in wellness programs</li><li>● Decrease in insurance premiums</li></ul>	

## **Staff Wellness**

<b>Goal:</b> The District will promote employee wellness within all campus buildings and events	
<b>Objective:</b> The District will promote employee wellness by having 100% Tobacco Free Facilities and Grounds	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
Have signs displayed in District of 100% Tobacco Free Buildings  Update District Policy and Handbooks	<b>Data Points</b> Tobacco Related Health Insurance Reports  <b>Resources Needed</b> District publications and advertising  <b>Obstacles</b> Lifelong tobacco users neglecting the policies Preventive measures covered by insurance
<b>Evaluation:</b> No reports of employees using tobacco products on the school campus/vehicles	