

Local Wellness Program

The Buckeye Local School District Board of Education recognizes that childhood obesity has become an epidemic in Ohio as well as throughout the nation. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well-being. To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the Superintendent or designee shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP). The program shall reflect the Board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate. The input of staff, students, parents, the public, representatives of the school food service department, and public health professionals will be encouraged. The Superintendent or designee may develop administrative regulations as necessary to implement the goals of this policy throughout the district.

Nutrition Education

Nutrition education topics shall be integrated within the sequential, comprehensive health education or core curriculum program taught at every grade level, pre-kindergarten through grade 12, and coordinated with the district's nutrition and food services operation and shall be devised to accomplish the following goals:

- Students in grades pre-K-12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education may be offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers.
- Students should receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community, and media.
- District health education curriculum standards and guidelines include both nutrition and physical education.
- Schools link nutrition education activities with the coordinated school health program.
- Staff who provide nutrition education have appropriate training.
- Schools conduct nutrition education activities and promotions that involve parents, students, and the community.

Nutrition Guidelines

It is the intent of the Board that district schools take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served on district grounds or at

district-sponsored events shall meet administrative regulation requirements for nutritional standards and/or other guidelines as may be recommended by district and school health and nutrition committees. The Superintendent or designee shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events; that schools limit the sale or serving of foods or snacks high in fat, sodium or added sugars; and competition with nutritious meals served by the school nutrition and food services operation is minimized.

Although the Board believes that the district's nutrition and food services operation should be financially self-supporting, it recognizes, however, that the nutrition program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with federal law, the district's NSLP and SBP shall be nonprofit.

In order to accomplish these goals, the Superintendent or designee may:

- Set guidelines that require the use of products that are high in fiber, low in added fats, sugar, and sodium, and are served in appropriate portion sizes consistent with USDA standards for all foods offered by the district's food service department or contracted vendors. Menu and product selection will utilize student, parent, staff, and community advisory groups to the extent practicable.
- Set guidelines for foods and beverages in a la carte sales in the food service program on school campuses that ensure that such foods and beverages are nutritious and meet federal recommended guidelines.
- Set guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses that:
 - Provide only single serving snacks that meet at least two of the following: 300 or fewer calories, six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.
 - Include water, 100% fruit juice, and non-carbonated drinks with less than 150 calories per container.
- Set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- Set guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- Make decisions on these guidelines based on nutrition goals, not on profit making.

Physical Activity

The Board realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education as well as co-curricular activities, and recess. The district will develop and assess student performance standards in order to meet the Ohio Department of Education's physical education content standards.

The Superintendent may develop administrative regulations to implement this policy, including such provisions as may be necessary to address the following goals:

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Reimbursable School Meals

The Board may enter into an agreement with the Ohio Department of Education (ODE) to operate reimbursable school meal programs. The Superintendent or designee may develop administrative regulations as necessary to implement this policy and meet the requirements of state and federal law. These guidelines shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. §1779) and section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§1758(f)(1), 1766(a)), as those regulations and guidance apply to schools).

Evaluation of the Local Wellness Program

The Board will periodically review this policy with input from parents, students, representatives of the school food service department, school administrators, and the public. In an effort to measure the implementation of this policy, the Board designates the Building Principals as the people who will be responsible for ensuring that the district meets the goals outlined in this policy.

[Adopted: September 12, 2006]