

WELLNESS

As required by law, the Governing Board establishes the following wellness policy for the Hamilton County Educational Service Center (ESC) as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Center's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students' healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the ESC shall:

1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
3. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
4. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

B. With regard to physical education and activity, the ESC shall:

1. Physical Education

A. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.

B. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

C. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.

D. Teachers properly certificated/ licensed in the subject area of physical education shall provide all instruction in physical education.

E. All physical education classes shall have a student/ teacher ratio comparable to the student/teacher ratio in other curricular areas.

2. Physical Activity

A. Physical activity should not be employed as a form of discipline or punishment.

B. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

C. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

C. With regard to other school-based activities the ESC shall:

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

2. The school shall provide attractive, clean environments in which the students eat.
 3. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
- D. With regard to nutrition promotion, the ESC shall:
1. encourage students to increase their consumption of healthful foods during the school day;
 2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:
 - a. Offer a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
 - b. require students to select a fruit or vegetable as part of a complete reimbursable meal;
 3. The food service program shall be directed by a qualified nutrition professional who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
 - a. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Building Principal as the individual charged with operational responsibility for measuring and evaluating the Center's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall appoint a Wellness Committee that includes representatives of the school food authority, educational staff (including physical education teachers), school health professionals, and school administrators to oversee development, implementation,

evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

The Wellness Committee shall be responsible for:

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- A. Assessment of the current school environment;
- B. Review of the ESC's Wellness policy;
- C. Presentation of the Wellness policy to the Board for approval;
- D. Measurement of the implementation of the policy; and
- E. Recommendation for the revision of the policy, if necessary.

Before the end of every third school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.

The Superintendent shall report every third year to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall:

- A. distribute information at the beginning of the school year to families of school children;
- B. include information in the student handbook;
- C. and post the policy on the ESC's website, including the Wellness Committee's assessment of the policy's implementation.

**GOVERNING BOARD
HAMILTON COUNTY
EDUCATIONAL SERVICE CENTER**

OPERATIONS

New Policy

Approved 11/19/2018