



CLEARVIEW LOCAL SCHOOLS

“Setting Sail for Excellence”

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Clearview Local School District

Wellness Policy and Procedures

The Clearview Local School District recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, obtain their [physical and mental potentials, and achieve lifelong health and well-being. Statistics prove that children who eat healthy meals and include physical activity in their daily lives tend to succeed in and out of the classroom. It is our responsibility to provide nutritious meals to the students so we can assist them in excelling in their daily lives. Studies have demonstrated that school meal programs play an important role in reducing obesity rates and food insecurity and increasing student health and academic achievement.

The Clearview Local School District has a responsibility create a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors contribute to this environment, including foods and beverages available to students while at school, opportunities for physical education, nutrition education, and other school-based activities designed to promote student wellness.

1. Nutrition Education:

Nutrition education shall be included in the Health curriculum with the instruction standards that provide students with the skills and knowledge necessary to lead healthy lives.

Nutrition and education posters will be posted in the cafeterias.

Nutrition education should emphasize life balance between caloric intake and exercises in accordance with age appropriate.

Instruction related to standards for nutrition education will be provided by qualified teachers.

2. Physical Education:

Physical Education program will be provided for all students K-12 grades in accordance with the physical academic standards.

All students in grades K-12 will receive instruction in physical education within the school year.

The physical education curriculum will provide instruction incorporating knowledge and skills necessary to participate in lifelong health balanced physical activity.

Nutrition education should be integrated into other subject areas of curriculum, when appropriate to complement but not to replace the standard bench marks for health education.

Physical education classes will provide students with the opportunities to learn, participate, and be evaluated on developmentally appropriate knowledge and skills necessary to engage in lifelong physical activities.

Teacher properly certified will provide all instruction in physical education.

3. Physical Activity:

Physical activity will be incorporated across curriculum throughout the day.

All students K-8 grade may be providing a daily recess.

All students 6-12 will have the opportunity to participate in extracurricular activities and interscholastic sports programs.

4. Nutrition Environment:

All schools will provide up to 30 minutes for a lunch period.

All schools will ensure that minimal disruptions during meal times.

All schools will provide clean eating environments.

Any activities or meetings will not be held during mealtimes unless allowed to eat during meetings.

5. Nutrition:

Provide a variety vegetable in all categories (dark greens, red/orange, beans, and starchy vegetables)

Provide a variety of fresh fruits without added sugars, fat, and sodium.

Provide at least 80% of whole grain products.

Provide milk fat free and low-fat and flavored and unflavored.

Provide an environment encouraging healthy eating habits, and offering foods in compliance with the USDA guidelines and Smart Snack nutrition standards.

A. Snack:

No more than 200 total calories per package.

No more than 35% calories from fat.

No more than 10% calories from saturated fat.

No more than 200mg sodium.

No more than 35% sugar by weight.

B. Beverages:

100% fruit and vegetable juice, limited to 12 ounces.

Fat free and 1% milk 8-12 ounces.

Water and flavored water without sugar added, unlimited portion size.

Carbonated water and carbonated 100% fruit juice with USDA approval.

Encourage students to participate in the NSLP and Breakfast programs.

6. Nutrition Objectives:

The Food Service Department will follow the Federal and State regulations in accordance with the USDA Dietary guidelines for Americans and the USDA Smart Snacks in Schools.

The food service program will be administrated by qualified nutrition professional.

All food service personnel will receive pre-training in the food service operation.

Continuous professional development will be provided to all food service staff.

All food and beverages sold to students during the school day between midnight thru 30 minutes after school dismissal including fundraisers, school stores, vending machines, student clubs or organizations, and a la carte items will meet the USDA Food regulations and the USDA Smart Snack school standards.

7. Wellness Committee Responsibilities:

Goals:

- A. Establish standards for all foods and beverages available to students during the school day.
- B. Establish goals for student nutrition education, physical activity, and other school-based activities to promote student wellness.
- C. Establish a plan for monitoring and evaluating the Wellness Policy implementation.
- D. Recommend all policy related standards for final approval and report findings of implementation evaluation to the Board of Education.

Committee Responsibilities:

Assessment of the entire district environment.

Evaluate the Wellness Policy.

Present the wellness Policy to the Board for approval.

Monitor the progress of the policy.

If necessary, make recommendations for the policy.

District wide Wellness Committee that includes parents, students, representative of the school authority, school health professionals, educational staff, members of the public, and school administrators to oversee the development, implementation, evaluation, and updates of the policy.

The public including the parents, students, and community members will be informed of the Wellness policy and updates.

- A. Information will be distributed at the beginning of the school year to families of school children.
- B. Included in the school handbook.
- C. Posted on the districts website, including the Wellness Committees Assessment of the policy implementation.