

WELLNESS PROGRAM

OVERVIEW:

The Madison-Plains Local School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The Wellness Policies adopted by the Board of Education are supported by the following goals.

With regard to nutrition:

1. The school meals will be compliant with nutritional standards set by the USDA with good menu planning principles, featuring a variety of healthy choices that are appetizing, attractive, of excellent quality, and served at the proper temperatures.
2. Food Service will be trained in food safety, customer service, food prep, and civil rights. SFS staff will participate in professional development opportunities, obtaining the correct number of CEU's or more, per school year.
3. SFS staff will offer healthy food choices including a variety of fruits and vegetables, whole grains, and meals that are lower in sodium, fat, and calories, abiding by the USDA guidelines.
4. A student Nutrition Council will be established to encourage feedback and input from the student body. Students will be given the opportunity to provide input concerning menu planning.
5. An accounting system will assure the confidentiality of students in the Free and Reduced Program.
6. All students will be encouraged to participate in the National School Lunch and Breakfast Programs. Our cafeteria will offer a welcoming atmosphere to help boost participation.
7. The district will encourage parents to provide healthy and nutritious options of foods brought from home (i.e.: packed lunches, snacks, class parties). The Elementary and Intermediate Schools will provide a list of healthy snack options for celebrations and fundraisers.
8. All food and beverages available during the school day will be in compliance with the district's standards for competitive

foods/beverages, contribute to the dietary needs of students, and will not be served in competition with the NSLP or SBP.

9. Teachers are encouraged to offer nutrition education that teaches skills needed for students to adopt healthy eating habits.
10. Staff and schools will make reasonable efforts to attempt to advertise less healthy food choices to students. (i.e.: soda pop, energy drinks, candy bars, etc.)

With regard to Physical Activity:

1. Students in grades K-6 will have at least 20 minutes of recess daily. If it is necessary to remove a student from having interaction with other students, the student may be given an alternate activity during recess time, thereby remaining active while having a consequence for their behavior.
2. Physical activity and movement may be integrated into class time to support and augment the daily curriculum, encourage brain activity, and reduce extended periods of inactivity.
3. The physical education program shall be provided for students K-12 in accordance with standards and benchmarks established by the State of Ohio and /or National Standard.
4. The K-12 physical education program shall provide instruction, activities, and opportunities for students to participate, thereby, encouraging them and stressing the importance of lifelong physical activity.
5. Physical education shall meet the needs of all students, including those who are not athletically gifted. Instruction shall be presented in an environment free from embarrassment, shaming, taunting, or humiliation.
6. Physical education planned instruction shall include cooperative, as well as, competitive activities and require students to be engaged in moderate to vigorous activity at least 50% of the time.
7. The district is encouraged to offer physical activities outside the regular day (before and after school) that meet the interests of all students including those with disabilities.

8. All students in grades 7-12 will have the opportunity to participate in interscholastic sports programs.
9. The district will encourage families and the community to provide physical activities outside of the school day, to encourage children to incorporate physical activity into their daily lives.

With regard to Nutrition Education:

1. Teachers are encouraged to integrate nutrition education into the curriculum.
2. Nutrition education will teach the benefits and skills needed to adopt healthy eating habits.
3. The Student Nutrition Advisory Council will be established to encourage participation and interest in meal patterns and menu planning.
4. The cafeteria will promote nutrition education consistent with classroom instruction.

With regards to recordkeeping:

1. A district-wide Wellness Committee will be established. Parents, students, and staff will be encouraged to attend.
2. School administrators will oversee the development, implementation, evaluation, and updates of the program.
3. Any recommendations for revisions to this program shall be presented to the Superintendent annually. The Superintendent shall report the Wellness Committee's progress, status, and areas for improvement to the BOE.
4. The Wellness Program will be available for public view on the MP website or by requesting a copy at the Central Office.
5. A Triennial Assessment will be completed per USDA regulations.

