

Otselic Valley Central School

Wellness Policy—Physical Activity and Nutrition

The Otselic Valley Central School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the intention of the Otselic Valley Central School District to:

General

1. Develop and disseminate key messages emphasizing healthy nutritional values, moderation and balance in food choices, and the importance of regular physical activity for health promotion and disease prevention.
2. Provide nutrition education and physical education at all levels for all students as part of a Comprehensive School Health and Wellness Program which includes an emphasis on the development of attitudes, behaviors and decision-making skills necessary for students to eat well, exercise, and to cope with potential obstacles to eating well and exercising regularly.
3. Include school-based screening, counseling, and referral for nutrition and physical activity related issues or problems.
4. Seek input from the district's Health and Wellness Committee to develop, implement, monitor, review, and as necessary, recommend revisions to school nutrition and physical activity policies.
5. Develop recommended procedures to assist with the implementation of this policy.
6. Convey clearly and consistently to all concerned that all activities involving food, nutrition, and/or physical activity be consistent with the guidelines set forth in this policy.

School Environment

1. Provide a school environment that promotes the opportunity for and reinforcement of healthy eating and physical activity.
2. Make drinking fountains available, functional, and clean in all schools, so that students have access to water at meals and throughout the day.
3. Monitor the use of food as a reward, excluding occasional class celebrations, prohibit the withholding of food as punishment.
4. Encourage the use of non-food items as rewards.
5. Encourage all schools' fundraising efforts to be supportive of healthy eating.

Physical Activity & Health Habits

1. Provide students opportunities for physical activity during the school day through P.E. classes, recess opportunities (elementary school), and the incorporation of physical activity into the academic curriculum.
2. Provide students opportunities for physical activity through a range school programs that may include (but not be limited to) intramurals, interscholastic athletics, and physical activity clubs.
3. Assess the physical fitness of every student at regular intervals (including height, weight, and body mass index), and report this information to each student and his or her parents along with recommendations for improvement.
4. Increase the amount of nutrition education that students receive through health education classes and integration of the subject of nutrition into core academic areas.

Healthy Nutrition

1. Provide a clean, safe, and enjoyable meal environment for students with enough space and serving areas to ensure student access, as well as ensuring an adequate time for students to enjoy eating healthfully with friends in school.
2. Schedule lunch time as near the middle of the student day as possible.

3. Remove perceived barriers to students' enrollment in free and reduced price meal programs (within regulatory guidelines).
4. Ensure that school meals meet, as a minimum, the applicable nutritional and portion requirements of federal and state standards and regulations.
5. Encourage all students to participate in school meals programs by considering food flavor, taste and presentation.
6. Limit the availability of competitive foods with lesser nutritional value.
7. Encourage the provision of healthy food choices at concessions at school sports events and special school activities. Consider giving price incentives to purchase healthy food and beverages from vending machines, school stores, concessions, and the cafeteria.

Staff Development

1. Provide training to enable teachers and other school staff to promote lifelong physical activity among students.
2. Provide personalized instruction about healthy eating which motivates and encourages teachers to engage in healthy eating and physical activity behaviors.
3. Provide opportunities for on-going professional development for food service staff and teachers in the areas of physical education and nutrition.
4. Develop and promote activities to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Community Outreach

1. Work with the community to create ways for students to walk, bike, roller blade, or skateboard safely to school.
2. 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 activities.
3. Involve parents and community in wellness efforts and activities through media and communication and solicitation of volunteer expertise.
4. Make efforts to keep school or district-owned physical activity facilities open for use by students and staff outside school hours.
5. Encourage parents, teachers, staff, administrators, students, and community members to serve as role models in practicing healthy, nutrition and physical activity, both in school and at home, including membership in the district's Health and Wellness Committee.
6. Provide information and outreach materials about other food programs such as Food Stamps, and Women, Infants and Children (WIC) to students and parents.