



## TWINSBURG CITY SCHOOL DISTRICT

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Twinsburg City Schools has developed this Local Wellness Policy to help combat the growing prevalence of childhood and adolescent obesity and to comply with section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) amended section 9(h) of the Richard B. Russell National School Lunch Act.

### BOARD RESOLUTION

- WHEREAS** children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and
- WHEREAS** good health fosters student attendance and education; and
- WHEREAS** obesity is increasing rapidly in the United States, affecting adults and children of all races, ethnicities, and income levels; and
- WHEREAS** the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and number of overweight adolescents aged 12-19 has more than tripled in that same time; and
- WHEREAS** overweight children and adolescents are more likely than not to remain overweight, become obese adults, develop related chronic illnesses; and
- WHEREAS** reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and
- WHEREAS** schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and
- WHEREAS** the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all school districts with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006 – 2007 school year;
- THEREFORE BE IT RESOLVED** that it is the intent of the Board of Education of the Twinsburg City Schools to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local wellness policy; and
- BE IT FURTHER RESOLVED** that the Superintendent shall seek the involvement of parents, students, representatives of the school food service program, the school board, school administrators, and the public as this District's wellness policy is developed, and shall recommend a policy to the Board not later than June 30, 2006; and
- BE IT FURTHER RESOLVED** that the Board reserves the right to modify the recommended policy as it deems necessary; and
- BE IT FURTHER RESOLVED** that said policy shall be adopted no later than June 30, 2006 and shall be effective on the first day of school beginning after July 1, 2006.

## WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Twinsburg City School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District'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.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only 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 District shall:**

1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
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 of each school with other pertinent nutrition information.
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.
5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

**B. With Regard to Physical Activity, the District shall:**

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State and shall stress the importance of remaining physically active for life.
2. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
3. Physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
4. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation and shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
5. 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 (example: biking, swimming, or tennis)

**With Regard to other school-based activities the District shall:**

1. Schools in our system utilize an electronic identification and payment system, therefore, eliminating any stigma or identification of students eligible to receive free and / or reduced meals.
2. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
3. The district will strive to ensure that any food items sold on campus **during** the school day as a fund raiser shall meet the same nutrition standards set forth for the districts food service operation and should first be approved by the district's administration.
4. Staff shall be encouraged to meet the same nutrition standards set forth for the district's food service operation when providing snacks to students **before, during, or after school.**
5. Parents and teachers will be encouraged to offer healthy options along with the normal treats to students for classroom celebrations. Example: Offering fresh fruit and/or vegetable trays and substituting 100% fruit juice and/or water for non-nutritive beverages.

**Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following nutrition guidelines are established:**

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
  - 1. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritional value.
  - 2. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well. Our district will continue to offer a variety of fresh fruits and vegetables at all buildings. A minimum of 50% of all our pasta, bread and rice offerings will be fiber rich whole grains at all school buildings.
  - 3. All foods available to students in the dining area during the school food service hours shall comply with or exceed the current USDA Dietary Guidelines for Americans, including competitive foods available to students through a la carte sales or vending machines. Specifically, all vending and a la carte foods (foods not available as part of the reimbursable meal) available to our students shall meet or exceed the following standards:

**SNACK AND ICE CREAM ITEMS**

< or equal to 35% of calories from fat

< or equal to 10% of calories from saturated fat

< or equal to 35% sugar by volume (no use of artificial sweeteners)

**BEVERAGES ALLOWED**

100% juices (no greater than 12 oz)

Low-fat plain and flavored milks (no greater than 12 oz)

Water (any size)

Flavored waters (any size with no more than 20 calories per 8 oz serving with no artificial sweeteners; or pure spring water flavored only with 100% juice with no added sweeteners and/or artificial flavors or artificial sweeteners)

The Board designates the Assistant to the Superintendent / the Wellness Committee as the individual(s) charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Assistant to the Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

[ ] Review of this policy shall occur every two years, by a committee appointed by the Board, consisting a representative of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771