

ALLEN COUNTY BOARD OF DEVELOPMENTAL DISABILITIES

POLICY 2.09

STUDENT WELLNESS

A. PURPOSE

The Allen County Board of Developmental Disabilities (Board) is committed to the optimal development of every student. The Board believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments. The Board is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. The Board strives to teach students how to make informed choices about nutrition, health and physical activity.

B. AUTHORITY

Healthy Hunger-Free Kids Act of 2010

C. FOOD AND BEVERAGE MARKETING AND FUNDRAISING

1. Food and beverage marketing is defined as advertising and other promotions in schools.
2. Any foods and beverages marketed or promoted to students during the school day will meet or exceed the United States Department of Agriculture (USDA) Smart Snacks in school nutrition standards.
3. Brand names, trademarks, logos or tags of foods or beverages which do not meet or exceed the USDA Smart Snacks school nutrition standards will not be used for beverage dispensing, menu boards, coolers, trash cans, food service equipment or school supplies distributed, offered or sold by the Board in areas of the building with student access.
4. Advertisements on displays or in school publications or mailings shall not contain brand names, trademarks, logos of foods or beverages which do not meet the USDA Smart Snacks school nutrition standards.

5. Student fundraising that takes place during school hours may only include foods and beverages that meet or exceed the USDA Smart Snacks school nutrition standards.

D. HEALTH EDUCATION, NUTRITION, PHYSICAL ACTIVITY AND CONSUMPTION

1. Nutrition education will be provided to students as part of the Unique Curriculum.
2. Intervention Specialists will provide nutrition education on the following topics: making healthy meal choices at restaurants, importance of water consumption, importance of eating breakfast, healthy meals/snack preparation, food guidance from MY Plate, eating a variety of foods every day, relationship between healthy eating and personal health/disease prevention, balancing food intake and physical activity, eating more fruits, vegetables and whole grain products, eating calcium-rich foods, choosing foods and beverages with little added sugars and food safety.
3. Annually, the Director of Education/designee will provide a list of healthy party foods and snacks to parents and intervention specialists, including non-food ideas.
4. Foods and beverages will not be used as a reward unless non-food rewards have been unsuccessful and the food/beverage reward is included in a behavior support plan. Staff will receive annual training on non-food rewards for children.
5. All snacks offered to students will meet or exceed the USDA Smart Snacks in school nutrition standards.
6. Students will be offered water at all meals in the cafeteria.
7. Students will be encouraged to drink water from the drinking fountains or in water bottles throughout the school day.
8. Students will not be permitted to purchase food and beverages from the Market Place options in the staff break room.
9. School staff will not eat or drink foods or beverages that do not meet USDA Smart Snack nutrition standards while in the presence of students.
10. Cafeteria staff will serve meals in a clean and pleasant setting.

11. The Cook will ensure that the Board follows all current local, state and federal statutes and regulations that meet or exceed current nutrition requirements.
12. The Cook will promote healthy food and beverages choices using the following techniques: student artwork on display in the serving/dining area, provide taste testing opportunities, provide opportunities for students to provide input on menu development, provide alternative entrée' options, place white milk in front of other beverages in the cooler, provide vegetable options, provide fruit options, display foods to look attractive, use creative descriptive names for vegetables, and display fruits and vegetables in a prominent area in the serving line.
13. No food or beverages will be sold to students outside of the school meal programs.
14. Intervention Specialists will provide students with a minimum of 10 minutes of physical activity per day in the classroom.
15. All students will receive a 20 minute recess period each day. Outdoor recess will be provided when weather is feasible for outdoor play.
16. Physical activity during the school day will not be withheld as punishment for any reason.
17. All students will receive physical education for a minimum of 60 minutes per week.

E. STAFF QUALIFICATIONS

1. Any Cook hired after 2015 must have a college degree in Nutrition, Food Service Management, Dietetics, Nutrition Education, Business or a related field and experience working in a food service setting or have a High School degree with a minimum of three (3) years of relevant experience in school nutrition programs.
2. The Cook must earn a minimum of 10 Continuing Education Units (CEUs) each year
3. A Cafeteria Worker must have a High School degree and maintain PIC (Person in Charge) status.
4. The Cafeteria Worker must earn a minimum of 4 CEUs each year.

F. SCHOOL WELLNESS COMMITTEE

1. The Director of Education will establish a School Wellness Committee.
2. Members of the School Wellness Committee will at minimum include the Director of Education, the Cook, the School Nurse, the APE Instructor, an educational aide and an Intervention Specialist. Parents and staff members will be invited to join the committee.
3. The Wellness Committee will meet a minimum of four times per year to review student wellness issues.
4. A minimum of two school wide wellness activities will be held each year.

G. ANNUAL NOTIFICATION, STAFF WELLNESS AND HEALTH PROMOTION

1. The Director of Education/designee will retain records to document compliance.

Records shall include:

- a) Wellness Policy
 - b) School Handbook
 - c) Wellness Committee Minutes
 - d) Annual Information Verification
 - e) Assessment of Student Wellness Policy
2. Every three years the Director of Education/designee will evaluate compliance with the wellness policy and compare results to the Alliance for a Healthier Generation’s model wellness policy.
 3. The Wellness Policy will be updated or modified based on the results of the triennial assessment and other changes that may take effect.

H. HEALTHY FOOD CHOICES

1. The Board is committed to serve healthy meal which include fruits, vegetables, whole grains and low-fat milk. Meals are moderate in sodium, low in saturated fat and have zero grams trans fat per serving.

2. The Cook will comply with Federal and State regulations pertaining to the selection, preparation, consumption and disposal of food and beverages, as well as to the fiscal management of the program, in accordance with USDA Policy 8500.
3. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn.
4. If a child is a full or partial pay and does not have funds to purchase a lunch, a full meal will be provided to the child. Administrative staff will contact the family and attempt to remedy the payment situation.
5. The food service program will be administered by a qualified nutrition professional.
6. All food service personnel will receive pre-service training and ongoing professional development.
7. All dietary restrictions, food allergies, food substitutions and/or modifications of diets for individual students shall be noted annually on the Physician's Order for Special Dietary Needs form. This information will be included and updated as needed on the Medical Alert List. This information will be provided to food service and classroom staff. If a food allergy has potentially serious health consequences, a Health Plan will be developed which will include preventative measures to avoid accidental exposure to the allergen(s) and emergency measures to be taken in case of exposure.

Adopted: May 23, 2017

Chris Calvelage, Clerk of the Board

Date