

**SPENCERVILLE  
LOCAL SCHOOL DISTRICT  
Wellness Policy**

Effective Date: August 2006  
Revised April 2021

## Introduction

In compliance with the Child Nutrition and WIC Re-Authorization Act of 2004, Spencerville Local Schools have developed and adopted the following Wellness Policy, whose purpose is to address the issue of childhood obesity and to promote healthy eating and physical activity among the children within the Spencerville Local Schools environment.

The completed wellness policy is the work of a committee of Spencerville administrators, staff, students, parents, and community members. The policy, while based on current USDA guidelines and model policies offered by the State of Ohio, has been tailored to address local needs and conditions. A baseline assessment utilizing **The School Health Index** from the Centers for Disease Control provided the starting point and eventually provided the overall policy format. Requirements of the policy are stated in a direct manner which should lead to relative ease in implementation and assessment.

The Superintendent of Spencerville Local Schools is ultimately responsible for ensuring the wellness policy is implemented within the school district; the Superintendent will, however, be assisted, as needed, in this task by the other members of the Wellness Committee.

The following components are included within the policy:

- 1) Goals for Student Wellness
  - A. Nutrition
  - B. Physical Education
  - C. General Wellness
- 2) Policy Implementation and Evaluation
  - A. Implementation
  - B. Evaluation
- 3) Healthy Fundraising Suggestions
- 4) Healthy Snack Suggestions

## **Wellness Committee**

Superintendent  
School Board Member  
Classroom Teacher  
Physical Education Teacher  
Family Consumer Science Teacher  
High School Principal (Grades 9-12)  
Middle School Principal (Grades 5-8)  
Elementary School Principal (Grades K-4)  
Director of Food Service  
School Nurse  
Athletic Director  
High School Guidance Counselor  
Elementary/Middle School Guidance Counselor  
Parent  
Physician/Nurse Practitioner  
High School Student

Parents and the general public interested in being a committee member can contact the School Nurse or Director of Food Service.

## **I. Goals for Student Wellness**

### **A. Nutrition**

- Spencerville Schools is compliant with USDA Standards. The District operates under the USDA regulations for the National School Lunch and Breakfast Programs.
- This institution is an equal opportunity provider.
- Breakfast is available to all middle/high school students in the cafeteria from 7:20 a.m. – 7:40 a.m. and elementary students from 8:20 a.m. – 8:40 a.m. If school is delayed, breakfast will not be served.
- Free and Reduced Lunch Applications are available on the school website or by calling (419)647-4111 x3206. You may apply anytime your income or household size has changed.
- All food service employees are trained yearly using the USDA Professional Standards for State and Local Nutritional Programs. Needed CEU's: Director/Supervisor – 12; Manager/Head Cook – 10; Staff – 6
- The cafeteria offers a variety of red/orange, dark green, legumes, whole grain bread and low-fat dairy and meat/meat alternatives on the weekly menu. Students are encouraged to take and try all components offered on the daily lunch menu.

#### **The school will:**

1. Offer lunch and breakfast meals that comply with Federal, State and Local requirements.
2. Offer free and reduced-price meals for students who meet income requirements in a way that ensures that these students are not identified by other students as recipients of these programs.
3. All foods and beverages made available on school properties including vending and ala carte during the regular and extended school day will meet or exceed current Federal and State mandates.
4. Fundraisers during the regular school day will meet or exceed current Federal and State mandates and are prohibited during the lunch period.
5. 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.
6. Provide at least 20 minutes to eat lunch, counting from the time students are seated.
7. Provide students with a clean, safe, pleasant cafeteria. Hand sanitizer will be provided in the classroom and food service line.
8. Promote handwashing before meals and snacks.
9. Discourage giving student's low nutritive food as rewards and the withholding food as punishment. A list of healthy food and non-food alternatives will be available to parents and teachers for classroom celebrations and rewards.
10. Promote collaboration between food service staff and teacher to reinforce nutrition education lessons taught in the classroom.

## **B. Physical Education**

### **The school will:**

1. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
2. Properly certified, highly qualified teachers shall provide all instruction in physical education.
3. Physical activity should not be employed as a form of discipline or punishment.
4. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

## **C. General Wellness**

### **The school will:**

1. Provide at least 20 minutes of supervised recess [unstructured physical activity] during each school day for students in grades K-5.
2. Prohibit the use of tobacco/vaping products by students, staff and visitors on school property, on any form of school transportation, and at school-sponsored events on or off school property.
3. Prohibit the advertising of tobacco products on student clothing.
4. Provide active supervision of students in the following ways to promote safety and prevent unintentional injuries and violence in the following ways:
  - a) observing and listening to students before, during, and after school
  - b) anticipating and effectively responding to unsafe situations
  - c) discouraging pushing and bullying
  - d) promoting pro-social behaviors such cooperation, conflict resolution, and helping others
5. Maintain a written crisis response plan.
6. Provide professional development for staff on topics such as the following:
  - a) emergency first aid and CPR
  - b) suicide
  - c) child abuse
  - d) fire safety/tornado
  - e) bully and harassment
  - f) nonviolent conflict resolution
  - g) social media/mental health concerns
  - h) active shooter

## **II. Policy Implementation and Evaluation**

### **A. Implementation:**

#### **The Wellness Committee will**

1. Convene informally once per school year, at a minimum, to address concerns, monitor progress, assign tasks, and update the policy as needed.
2. The revised wellness policy will be presented to the Spencerville Board of Education for approval.
3. The wellness policy will be available to students, staff, parents and community members.

### **B. Evaluation**

#### **The Wellness Committee will**

1. Utilize the School Health Index for Elementary School and the School Health Index for Middle School/High School (or a similar evaluative tool) to provide formal assessment of the wellness policy every three years. The Index provides for a group effort in the review and evaluation of the district's school's health environment. The eight modules of the index include the following:
  - a) Health and Safety Policies and Environment
  - b) Health Education
  - c) Physical Education and Other Physical Activity Programs
  - d) Nutrition Services
  - e) School Health Services
  - f) Counseling, Psychological, and Social Services
  - g) Social and Emotional Climate
  - h) Physical Environment
  - i) Employee Wellness and Health Promotion
  - j) Family Engagement
  - k) Community Involvement
2. The Superintendent will ensure compliance with the Wellness Policy throughout the school system.
3. Each principal will ensure compliance as the policy relates to his/her staff and students and will report on such compliance to the Superintendent.
4. The school food service director will ensure compliance with nutrition policies within the food service areas and will report on this matter to the Superintendent.

### III. Healthy Fundraising Suggestions

#### Things You Can Do:

Auction  
Bike-a-thon  
Bowling night  
Car wash  
Carnival  
Celebrity basketball game  
Dance  
Family/glamour portraits  
Festival  
Gift wrapping  
Golf tournament  
Jog-a-thon  
Jump-rope-a-thon  
Magic show  
Raffle  
Recycling project  
Singing telegrams  
Skate night  
Spelling bee  
Talent show  
Tennis or horseshoe competition  
Treasure hunt  
Walk-a-thon  
Workshops/classes

#### Things You Can Sell:

Activity cards  
Balloon bouquets  
Bath accessories  
Batteries  
Books & calendars  
Bricks/stones/tile memorials  
Buttons, pins, stickers  
Candles  
Cookbooks  
Coupon books  
Emergency auto kits  
First aid kits  
Flea market items  
Flowers & Bulbs  
Food items from Healthy  
Snack list  
Football chairs  
Fruit/Vegetable baskets  
Fruit smoothies/slushes  
Gift baskets  
Gift wrap  
Greeting cards  
Hats  
Healthy snack items  
Jewelry  
School logo license plate frame

Magazine subscriptions  
Megaphones  
Mugs  
Newspaper space/ads  
Ornaments  
Personalized stationery  
Plants  
Pocket calendars  
Raffle donations  
Scarves  
School art drawings  
Scratch-off cards  
Spirit gear  
Stadium pillows  
Stuffed animals  
T-shirts, other clothing  
Temporary tattoos  
Valentine's Day flowers

#### Healthy Reward Ideas:

Allow the students to:  
have class outside  
receive a pass for no homework  
have extra game/fun time  
read outdoors  
sit by friends in class  
watch a special video  
have extra recess time  
eat lunch outdoors  
dance to favorite music  
make an extra trip to treasure box  
play a computer game  
read to a younger class  
earn play money for privileges  
eat lunch with the principal or teacher  
be the leader for the day  
listen to music while working  
play a favorite game  
square dance  
ping pong tournaments  
chess/checkers tournaments

#### **IV. Healthy Snack Suggestions**

##### Fruit and Vegetables:

Fruit Wedges: cantaloupe, honeydew, watermelon, pineapple, oranges  
Sliced Fruit: nectarines, peaches, kiwi, star fruit, plums, pears, apples  
Dried Fruit: raisins, cranberries, apples, apricots, banana chips, pineapple, papaya  
Frozen Fruit: grapes, blueberries, strawberries, peaches, mangoes, melon  
Fruit Smoothies: blend fruit with juice, yogurt or milk, & ice  
Juice Cans [100% fruit or vegetable juice] or applesauce singles  
Berry parfaits with vanilla yogurt  
Celery and peanut butter, celery & "squeeze" cheese  
Carrots, celery, broccoli, cauliflower, cherry tomatoes, cucumbers with reduced fat dip or bean dip  
Salsa and baked chips

##### Healthy Grains:

Whole wheat English muffins; pita or tortillas stuffed with veggies  
Whole-grain cereals: Cheerios, Grape-Nuts, Raisin Bran, Wheaties  
Whole-grain crackers: Triscuit or thin crisps served with cheese cubes  
Whole-grain granola and cereal bars: Nature Valley Crunchy Granola Bars, Nature Valley Chewy Trail Mix Bars (fruit and nut flavor), Quaker Chewy Granola Bar (peanut butter and chocolate chunk flavor)  
Rice cakes  
Low-fat or air popped popcorn with Parmesan cheese, garlic powder or other non-salt spices  
Baked tortilla chips served with salsa or beans  
Pretzels (watch salt content)

##### Dairy:

String cheese or small packets of cheese  
Yogurt with fresh fruit or granola added, Go-gurts, sugar free pudding  
Low fat flavored milk  
Cheese quesadillas

##### Protein Snacks:

Low fat beef jerky  
Deviled eggs  
Assorted nuts/trail mix-with unsalted peanuts, pistachios, almonds, walnuts, cashews, or soy nuts (Watch for peanut and/or tree-nut allergies.)  
Wraps made with turkey, roast beef, ham, tuna, tofu, or chicken salad  
Peanut butter with apples or celery  
Salami, cheese and whole grain crackers

##### Healthy Beverages:

Water-which should be the main drink served to children at snack times  
Seltzer, sparkling water, club soda-serve alone or add equal amounts of 100% fruit juice  
Skim or 1% milk  
Fruit juice--100% or 50% with no additional caloric sweeteners. (Healthier juices include orange, grapefruit, and pineapple. Limit juices for children 7-18 to no more than 12 ounces per day and no more than 6 ounces for children ages 1-6, according to the recommendations of the American Academy of Pediatrics.)

##### Miscellaneous Snacks:

Snack cake squares without icing or topped with fruit and reduced fat whipped topping  
Oatmeal raisin cookies or fig bars