

# **Student Wellness Program**

## **Chagrin Falls Exempted Village School District**

The Chagrin Falls Exempted Village School District is committed to the optimal development of every student. The District 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 at every level, in every setting, throughout the school year.

The student wellness program outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this student wellness program establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This student wellness program applies to all students, staff, and schools in the District.

### **Wellness Program**

#### ***a. District Wellness Committee***

The District will convene a district wellness committee on a triennial basis to establish goals for and to oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness program

Representatives from all school levels including parents and caregivers; students; representatives of the school nutrition program, physical education teachers; health education teachers; school health professionals, school administrators and school board members will be invited to join this committee.

#### ***b. Student Wellness Program Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness program. The plan will delineate roles, responsibilities and actions specific to each school, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and

education, physical activity, physical education, and other school-based activities that promote student wellness.

***c. Student Wellness Program Progress Reports***

The District will compile and publish an annual report to share basic information about the wellness program and report on the progress of the schools within the district in meeting wellness goals. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness program;
- A description of each school's progress in meeting the wellness program goals;
- A summary of each school's events or activities related to wellness program implementation;
- Information on how individuals and the public can get involved with the DWC or SWC.

***d. Revisions and Updating the Policy***

The District Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.

The District will post updates and revisions to the wellness policy on the district website: [www.chagrinschools.org](http://www.chagrinschools.org).

**Nutrition**

***a. School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in the National School Lunch Program (NSLP) and are committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Are administered by a team of child nutrition professionals.
- Accommodates students with special dietary needs.

- Promotes participation in Federal child nutrition programs among students and families to help ensure that families know what programs are available in their children's school.

#### ***b. Water***

Free, safe, unflavored drinking water will be available to all students where school meals are served during mealtimes. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.

#### ***c. Competitive Foods and Beverages Food Sale Standards***

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards or, if the state policy is more restrictive, will meet or exceed SB210 nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>

Please refer to *CHAGRIN FALLS EXEMPTED VILLAGE SCHOOL DISTRICT'S NUTRITION STANDARDS FOR COMPETITIVE FOODS SOLD DURING THE SCHOOL DAY* at the end of this document for specific information on the nutrition requirements adhered to by the district.

#### ***d. Celebrations and Rewards***

It is recommended that all foods provided on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards *or*, if the state policy is stronger meet or exceed state nutrition standards, including through:

- Celebrations and parties. The District will encourage parents and teachers to provide healthy party treats, including having non-food celebrations.
- Classroom snacks brought by parents. The District will encourage parents and teachers to provide healthy classroom snacks; and
- Rewards and incentives. The District will encourage parents, teachers and other relevant school staff to provide alternate rewards and incentives to students. Foods and beverages should not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

#### ***e. Fundraising***

Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*.

**f. Staff Qualifications and Professional Development**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

**Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.
- Displaying posters promoting good nutrition, such as My Plate, in school cafeteria where possible.
- Promoting nutrition and wellness through special events and activities throughout the year.

**Nutrition Education**

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects when appropriate.
- Is included as part of a sequential, comprehensive, health curriculum, in accordance with federal curriculum standards and benchmarks.

**Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. A percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will:

- Encourage all students, regardless of athletic ability, to lead an active lifestyle that continues into adulthood and helps them achieve and maintain a health enhancing level of fitness.
- Promote and encourage opportunities for physical activity for all students throughout the school day through both kinesthetic classroom exercises and activities outside the classroom.
- Provide all students equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Recess will complement, not substitute, physical education class.

### ***Other Activities that Promote Student Wellness***

In regard to other activities that promote student wellness:

- The District will promote and encourage the integration of wellness activities across the entire school setting.
- The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.
- The District will support student clubs and organizations created for the purpose of increasing student wellness.

### **Glossary**

**Extended School Day** - time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

# Nutrition Standards for Competitive Foods and Beverages Sold During the School Day Chagrin Falls Exempted Village School District

## 1. Competitive Foods

a. All competitive foods sold during the regular school day throughout the school campus must meet the following requirements:

- Be a “whole grain rich” product OR
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food OR
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

b. Non-Exempt Entrees

If at least one of the above requirements in Section A is met, then non-exempt entrées sold during the regular school day throughout the school campus must meet the following requirements (as packaged or served, including accompaniments):

- ≤350 calories
- ≤480 mg sodium
- Total fat ≤35% of calories
- ≤35% of weight from total sugars in foods
- Sat fat <10% of calories
- Trans fats: zero grams

c. Foods not meeting the definition of an entrée

If at least one of the above requirements in Section A is met, then foods not meeting the definition of an entrée that are sold during the regular school day throughout the school campus must meet the following requirements (as packaged or served, including accompaniments):

- ≤200 calories
- ≤230 mg sodium
- Total fat ≤35% of calories
- ≤35% of weight from total sugars in foods
- Sat fat <10% of calories
- Trans fats: zero grams

## 2. BEVERAGES

All beverages sold during the regular school day throughout the school campus must meet the following requirements:

|       | <b>Elementary</b>                          | <b>Intermediate/Middle</b>                | <b>High School</b>              |
|-------|--|---|---------------------------------|
| Water | Plain water only, unlimited container size | Plain water only unlimited container size | Water, unlimited container size |

|                 |  |   |  |
|-----------------|--|---|--|
| Milk            | <p>Low fat (1%) unflavored</p> <p>Fat-free flavored or unflavored</p> <p>Up to an 8 oz container size</p>  | <p>Low fat (1%) unflavored</p> <p>Fat-free flavored or unflavored</p> <p>Up to a 12 oz container size</p>   | <p>Low fat (1%) unflavored</p> <p>Fat-free flavored or unflavored</p> <p>Up to a 12 oz container size</p>  |
| Other beverages | None   | None  | <p>12 oz or less of any beverage that contains no more than 40 calories per oz</p> <p>20 oz or less of calorielfree, flavored water (with or without carbonation)</p> <p>20 oz or less of a beverage that contains no more than 5 calories per 8 oz (may include caffeinated, artificially sweetened and carbonated beverages)</p> |
| Juice           | 8 oz or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 oz | 10 oz or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 oz | 12 oz or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 oz  |