



# **School Wellness Policy 2025- 2026**

## **Preface**

The School recognizes the importance of student health through nutritious eating habits and physical activity and knowledge about such. Research suggests that there is a positive correlation between a student's health and the ability to learn. The School shall promote and support student health and wellness. The school should also create a positive, safe, and health-promoting learning environment to help all students achieve personal, academic, developmental and social issues. The following policy outlines the School's procedures and establishes goals to ensure a healthy environment is developed and maintained.

## **Wellness Committee and Policy Leadership**

### Committee Role and Membership

The LEA will create a wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and quarterly review and update of this School's wellness policy.

The committee may include but are not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and any other stakeholders interested that are aligned to the goals in this policy. This committee shall meet (quarterly) and document these meetings to ensure the efforts of reviewing the policy at each meeting.

### Wellness Policy Leadership

The LEA will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.<sup>7</sup>

*The designated official(s) for oversight is Ms. Julieta R. Flowers, School Leader*

*julieta.flowers@leonagroupmw.com*

#### Nutrition Education

Nutrition education will incorporate lessons helping students acquire skills for reading food labels and menu planning.

All school cafeterias will have a minimum of three taste tests per school year for locally grown products.

Students can bring in bottled water from home.

#### Nutrition Promotion

Healthy eating and nutritious choices can be influenced through positive postings and messages presented through the school environment. The School will promote healthy choices for food and beverages for all students. Students will be encouraged to participate in the school meal program as well.

Participation in school wide taste test and information nights on how to use locally grown food will promote good nutrition as well.

#### Standards and Nutrition Guidelines for all Foods and Beverages

Nutritious meals that meet the federal and state regulations will be served at breakfast and lunch. The only vending machine available to students if the LEA chooses to have one, will contain only healthy snacks and drinks. No soda pop or sugary treats are available. No additional a la carte items are available. The School is committed to serving healthy meals with fruits, vegetables, whole grains, fat-free or low-fat milk and to meeting the caloric requirements for each student's needs.

The School meals will model healthy portions and choices to support lifelong healthy eating habits. The School will participate in the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The School shall ensure that drinking water is available to students throughout the day.

The School shall meet the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the National School Lunch Act, the Child Nutrition Act, the Healthy, Hungry-Free Kids Act of 2010 and any other applicable state or federal law or regulation.

#### Food and Beverage Marketing

Food and beverage marketing including postings, menus and any documents or statements promoting healthy choices and food services.

### **Physical Activity and Physical Education**

The School shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the Ohio Physical Education Learning Standards for grades Kindergarten (k) - 6th.

Students enrolled in physical education will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

All students in grades k-6 shall have the opportunity to participate in extracurricular activities and intramural programs, if the LEA chooses to participate in these programs, that emphasize physical activity.

### **Other School-based Activities that Promote Student Wellness**

The School will promote healthy eating and physical activity as well as awareness of emotional and mental health. The school environment will support and consistently convey positive health messages.

#### **Implementation**

The School shall develop, implement, monitor, review, and, as necessary, revise school policies to promote student wellness. The School Leader will ensure implementation and compliance with established school policies and ensure that the wellness policy is posted on the School website and distributed to families.

The School Leader shall publish revision or updates to the policy.

#### **Triennial Assessment**

The LEA will conduct an assessment of the wellness policy every three years, at a minimum. Compliance with the wellness policy will be considered at the building level. The policy will be compared with model wellness policies and progress toward the goals of the wellness policy will be monitored.

The person responsible for the Triennial Assessment is *Julieta R. Flowers, School Leader*

#### **Documentation**

The School will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy was made available to the public, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the LEA, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at *discoverytoledo.com*

#### **Updates to the Policy**

The LEA will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as community needs change; wellness goals are met; new health science, or new federal or state guidance.

#### Public Updates

The LEA will inform the public annually about the local wellness policy, including its content and any updates to and about the policy on the website *discoverytoledo.com*. All communication will be culturally and linguistically appropriate and will be available via the district website and/or district wide communications (email, newsletters, social media post, mailings). Additionally, notice will be provided on the public participation of the wellness committee.

#### 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. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.