

CARDINAL SCHOOL DISTRICT WELLNESS POLICY

The Cardinal Board of Education recognizes that good nutrition and regular physical activity affect the health and well being of students. Furthermore, student access to nutritious meals and opportunities to be physically active play an important role in their growth, development, and learning. Therefore, the Board believes that the Cardinal Educational Program should provide students a variety of healthy foods, regular exercise, and education in proper nutrition.

The following goals are set in an effort to enable students to establish good health and nutrition habits:

A. NUTRITIOUS MEALS

1. more choices of healthier foods through school lunches
2. placing healthier foods in vending machines
3. redefining the school lunch program to express healthier meals
4. encourage healthier snacks and fundraiser items

B. PHYSICAL ACTIVITY

1. teach activities that can be performed out of school
2. include physical activities in all subject areas of the curriculum
3. strive to have physical activities prior to lunch
4. on an annual basis, physical education teachers shall review and affirm receipt of the Ohio Department of Health's concussion information sheet

C. NUTRITION EDUCATION

1. provide special lessons or assemblies on proper nutrition
2. include nutrition information into subject areas of the curriculum
3. display posters promoting proper nutrition throughout the school
4. send letters to parents regarding proper nutrition in meals and snacks

With the support and cooperation of the staff, parents, and community in promoting and modeling these goals our young people will develop healthy habits.

The Board designates the Superintendent/designee as the individual(s) to measure and evaluate the implementation of these goals and report progress towards achieving these goals when requested by the Board.

Review of this policy shall occur yearly by a committee consisting of representative(s) from the Board, the administration, the food service provider, the parents, the students, and the public. This committee shall recommend changes in this policy to the Board.

The Superintendent shall appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee development,

implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, if necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.

The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy.