

*Jonathan Alder Local School District  
Wellness Action Plan*

**Goal Area 1: Improve Nutrition Education**

Objectives:

- A. Teach nutrition education in each grade level at K-5 with reinforcement in the 6-12 grade band. Nutrition education will be provided that helps students to adopt and maintain healthy eating habits.
  - Elementary health and PE courses of study
  - Health classes
  - Students in targeted grade levels to receive The Great Body Shop monthly magazine
  
- B. Allow students to apply critical thinking skills taught in the classroom by using the school cafeteria as a “learning laboratory.”
  - Posters for good v. bad choices are used at junior high
  - Team Nutrition School information and materials
  
- C. Expand nutrition education to involve sharing information with families and the broader community to positively impact students and the health of the community.
  - Member of Team Nutrition Schools
  - Nutrition articles and info on back of menus that go home with students
  
- D. Encourage students to start each day with a healthy breakfast.

**Goal Area II – Increase Physical Activity**

Objectives:

- A. Integrate physical activity across and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
  - Ideas to teachers on opening day
  - Canaan has integrated many hands-on activities during the school day

- B. Make physical education courses the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- PE Course of Study
- C. Allot time for physical activity consistent with research, national and state standards. We understand students need at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Jonathan Alder will provide at least 20 minutes of activity per day as part of this recommended 60 minutes.
- Recess time & PE classes
- D. Include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity in physical education courses
- PE Course of Study
- E. Make available adequate equipment for all students to participate in physical education. Physical activity facilities on school ground will be safe.
- Improvement ongoing – yearly updates
  - High school physical education teachers check outside and inside physical education equipment yearly
- F. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- PE Course of Study
- G. Provide information to families to help them incorporate physical activity into their student's lives.
- Bulletin boards, newsletters, web pages from PE teachers
  - NASPE monthly activity calendar available online – info re distributed by PE teachers
  - Students will receive monthly issues of The Great Body Shop
  - A link to Wellness Committee and Policy has been placed on the district web site
- H. Provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- AYA, soccer, basketball, football, cheerleading

- I. Encourage families and community members to institute programs that support physical activity.
  - NASPE monthly activity calendar – web address shared with parents by PE teachers
  - Sports camps, info sent to parents
- J. Give students opportunities for physical activity through a range of after-school programs, including intramurals, interscholastic athletics and physical activity clubs.
  - Junior High and HS athletics
  - High school intramurals
  - Health and Fitness Club at high school
  - Community based physical activities i.e., AYA, soccer, volleyball, basketball, football, cheerleading, etc.

### **Goal Area III – Improve School Environment**

- A. Provide a clean, safe, enjoyable meal environment for students
- B. Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible
- C. Limit the use of food as a reward or punishment
  - Info to teachers in regard to alternative choices on opening day
  - Cafeteria has had pencil giveaways and Valentine bears on lunch trays in lieu of candy
- D. Continue to monitor space and serving areas to ensure student access to school meals with a minimum of wait time
- E. Explore fundraising efforts that are supportive of a healthy life style
  - Monroe's walk-a-thon
- F. Provide ongoing professional training and development for food service staff and teachers in the areas of nutrition and physical education
  - Done throughout the year for food service staff
  - Health/PE leaders will share info and activities with teachers during professional development times
- G. Provide student access to physical activity facilities outside school hours

- H. Consider schedule recess for elementary grades before lunch so those children will come to lunch less distracted and ready to eat
  - Monroe has recess before lunch
  - Canaan has instituted ½ students going to recess prior to lunch to alleviate long lines
  
- I. Develop strategies for parents, teachers, school administrators, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home
  - Curriculum meetings will offer healthy choices
  - Administrative team meetings will offer healthy choices
  
- J. Demonstrate support for the health of all students by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs
  - School nurse sends Medicare applications papers home for Healthy Start
  - School nurse has offered immunizations as needed – chicken pox, MMR
  - School nurse offers Hepatitis B and flu vaccines to staff; TB to new employees
  - School nurse conducts education for juniors in self exams for both girls and boys

#### **Goal Area IV – Establish Nutrition Guidelines for All Foods on Campus**

- A. Take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
  - Use vendors including but not limited to Gordon Foods and Cardinal Vendors who follow Wellness guidelines. Vending companies provide resources and product to promote healthy food consumption i.e., milk vending machines
  - Provide alternative ideas for healthy foods and beverages in the following areas:
    - school-sponsored fund-raising activities
    - concession stands
    - parties and celebrations
  - When possible food served during celebrations will be coordinated with the food service director.
  - Profit generation will not take precedence over nutritional needs of students. School lunches and school lunch time will not be compromised by fund raisers and/or celebrations.

- B. Make food providers sensitive to the school environment in displaying their logos and trademarks on school grounds and in placing their vending machines.
- C. Make sure drinking water is available for students either through drinking fountains or by purchase at meals
  - Water is available for purchase at meals and other times
  - Research shows that students need water to hydrate body and brain – message will be shared with classroom teachers

### **Goal Area V – Assure USDA Minimum Guidelines for Student Reimbursable Meals**

- A. Aim for the child nutrition program to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- B. Ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well through the child nutrition program.
  - Free and reduced applications available to all students; applications go home with all district students at beginning of year.
  - All new students receive applications from school secretary or guidance counselor.
- C. Strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).
- D. Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- E. Provide all food service personnel with adequate pre-service training in food service operations.
  - Food service personnel will attend district-wide food service training at least twice a year.
  - Food service director will attend multiple trainings including OASBO and SNA of Ohio.

- F. Ensure that all foods made available through the school lunch program shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- All kitchens are provided with digital read thermometers for food both prior to and during serving.