

TROY CITY SCHOOLS WELLNESS POLICY

The Troy City Schools Board of Education recognizes that health and success in school are interrelated. A healthy child has a greater capacity for learning and improved school attendance. In order to assist students and staff in the development of lifelong wellness practices, the Board is committed to accomplishing these goals through education, food service and school-based activities using an evaluative system for implementation and measurement.

I. EDUCATION

GOAL: Students and staff will increase their understanding of the health/wellness benefits of good nutrition and physical activity.

Education Will Include:

- Nutrition instruction in the Health Curriculum so students are provided the knowledge and skills necessary to lead healthy lives.
- Cross-curricular integration of healthy live choices instruction in other subject areas when appropriate.
- Collaboration with the district food service staff to extend nutrition knowledge beyond the classroom.
- The use of Ohio Department of Education Physical Education Standards as a guideline for physical education instruction.
- Partnerships with community organizations and agencies to assist students and parents in accessing activities promoting health education and physical activities; i.e. REC Center, YMCA.

II. SCHOOL BASED ACTIVITIES

GOAL: Troy City Schools will create an environment that encourages students and staff to make health-enhancing choices.

Schools Will:

- Encourage healthy food choices for school-based activities such as rewards, celebrations, concessions, fundraisers, meetings and pre/post athletic game meals and snacks.
- Communicate healthy food choices through menus, newsletters and announcements and will not permit advertising promoting less nutritious choices.
- Provide a safe, clean and desirable dining atmosphere.
- Provide adequate opportunity to be physically active at school in ways other than Physical Education classes.
- Not use physical activity or withhold opportunities for physical activity as punishment.

III. FOOD SERVICE

GOAL: Food Service professionals will administer the school meals program in compliance with state and federal laws, regulations and guidelines providing nutritious, affordable and appealing foods.

Food Services Will:

- Encourage all students to participate in the lunch programs and breakfast programs where offered.
- Implement federal breakfast programs at all qualifying schools.
- Communicate healthy food choices and will not permit advertising promoting less nutritious choices.
- Provide suggestions to teachers, principals, coaches and parent groups encouraging healthy food choices for school-based activities such as rewards, celebrations, concessions, fundraisers, meetings and pre/post athletic game meals and snacks.
- Not permit food and beverage vending machines to be accessible to elementary, Junior High and High School students during the school day.
- Protect the identity and prevent the overt identification of students eligible for free and reduced meals making every effort possible to eliminate any associated social stigma.

IV. IMPLEMENTATION AND EVALUATION

GOAL: Troy City Schools will establish a District Wellness Council to monitor the implementation of the District Wellness Policy

The District Wellness Council Will:

- Consist of teachers, food service staff, nurse/s, parent/s, student/s and administration and will meet a minimum of twice a year.
- Monitor & review the implementation and effectiveness of activities promoting wellness through surveys, checklists and/or on-site building visits.
- Analyze reports from the Food Services Director resulting from required yearly on-site evaluations.
- Suggest, as needed, revisions to the District Wellness Policy.

This institution is an equal opportunity provider.

District Wellness Policy Committee Members:

Clint Hufford, Sallie Schoettmer, Barb Roberts, Erica Fields, Kris Pascale, Mark Barhorst, Michael Moore, Savannah Nelson