

Defiance City Schools Student Wellness 2024-2025

Defiance City Schools Wellness Goal

It Is Defiance School's Goal to promote education, physical, emotional, and nutritional programs to improve the well being of the students. Programs organized by school employees to make goals and to see them implemented into the program. The goal for the program is to show students a way to improve their overall health by giving them the tools they need.

The Student Wellness Committee should consist of health, physical, and nutritional school staff. Along with any community support, which is needed to promote, support, and model healthy behaviors and habits.

Goals:

Nutritional Education

1. Nutrition Education should be implemented in the Health curriculum to provide students with the knowledge, attitude, and skills necessary to lead healthy lives.
2. Nutritional education should extend beyond the school to involve the families and community.
3. Professional development activities in nutrition shall be provided to the staff yearly

Physical Education

1. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
2. Properly certificated, highly qualified teachers shall provide all instruction in physical education.

3. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
4. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
5. Planned instruction for students with disabilities.

Physical Activity

1. All students in grades K - 5 shall be provided with a daily recess.
2. The school shall provide information to families to assist them in their efforts to incorporate physical activity into their children's daily lives.
3. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.
4. Planned activity for students with disabilities.

Nutrition and School Lunches

1. Free drinking water should be available during lunch and throughout the day
2. The school shall provide 20 minutes for students to eat
3. The school shall provide a clean environment where the students will eat.
4. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
5. All food and beverages shall meet the USDA Smart Snack Standards.
6. Encourage students to increase their consumption of healthy foods.

Food Service Rules and Regulations

1. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
2. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the

- guidelines issued by the U.S. Department of Agriculture (USDA).
3. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.
 4. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) shall comply with the food and beverage standards approved by the Principal.
 5. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.
 6. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

The Student Wellness Committee should meet 3 times a year to:

1. Assess the current school environment
2. Review the District's Wellness Program
3. Present the Wellness program to the Board for approval.
4. Assess the implementations of the program.
5. Revise the program if necessary.
6. Provide Superintendent of any revisions needed to improve the District Wellness Program.

Superintendent shall report the progress to the Board of Education. The Superintendent is responsible for informing the public of the Student Wellness Program. The Student Wellness Program and Assessment shall be posted on the District Website.

12/9/2024