



# Mahoning County Board of Developmental Disabilities

## POLICY 3230 – Wellness Policy (LKS)

Section: <b>3000</b>	Originally Issued (Adopted): <b>8-14-2006</b>
Section Title: <b>Programs</b>	Revised: <b>3-21-2016</b>

### **Purpose**

Each local education agency must establish a local wellness policy no later than the first day of the school year beginning after June 30, 2006.

### **Scope**

#### I. Philosophy

The Mahoning County Board of DD believes that children and adults who participate in good nutrition will be healthier individuals who can learn more and learn better. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to student and staff wellness that is sensitive to individual and community needs.

Wellness: a healthy state of well-being; the condition of good physical and mental health, especially when maintained by proper diet, exercise and habits.

#### II. Nutrition

In order to establish excellence in student productivity and performance, good nutrition is key. The Mahoning County Board of DD Leonard Kirtz School lunch program will use government and USDA nutrition guidelines in order to insure that proper nutrition and good health practices are met that promote a healthy and productive lifestyle. In addition, Adult Services will make efforts to serve healthier food products.

The hot lunch program shall meet all USDA health and nutrition guidelines in both nutrients and portion size in order to maintain good health in an enjoyable relaxed environment. Nutrition service policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

##### 1. Vending Machines

The machines are not located where students' meals are served or eaten. They are only for staff use. Beverages are available within the school and shall include:

- Water
- 100% fruit juice
- Non-carbonated drinks with less than 150 calories per container
- Milk

##### 2. Fundraising

- All fundraising projects are encouraged to follow the Board Nutrition Standards

- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the Board Nutritional Standard when determining the items being sold
- Items being sold that do not meet the Board Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student) or when offered on an intermittent basis.

### III. Health Education and Life Skills

Healthy life skills will be incorporated in the daily curriculum to promote health education. Skill based health education will be based on state standards, benchmarks and students level and/or mode of learning. Students will have access to valid, useful health education and the opportunity to practice these behaviors while at school, home or out in the community. Students will be encouraged to set personal goals and appropriate decision making skills to enhance their personal health skills.

### IV. Adapted Physical Education and Physical Activity

1. All students are entitled to receive and participate in Adapted Physical Education activities as directed by their Individual Education Plan (IEP).
2. In addition to regularly scheduled Adapted Physical Education classes, students are encouraged to participate in other physical activities, to the extent possible, as part of the school day.
3. During times when no Adapted Physical Education classes are scheduled, the gymnasium will be open for students to ride the adult-size tricycles, walk the perimeter of the gymnasium and participate in sport activities such as basketball.
4. As the weather permits, the playground area may be utilized to encourage participation in physical activity. Equipment from the gymnasium may be taken to the playground area, provided all equipment is returned after use. Regularly scheduled Adapted Physical Education classes have priority to use the equipment over an unscheduled class time. Hallways may also be used for walking or riding adult tricycles.
5. Staff of the Mahoning County Board of DD are also encouraged to participate in daily physical activity. Scheduled breaks and lunch periods may be utilized for physical activity purposes. Staff walking in the hallway may wear a badge or pass to indicate they are exercising, so they will not be disturbed from their activity. Furthermore, the gymnasium may be utilized by staff to participate in physical activity during unscheduled or free class times. In addition, staff members are encouraged to participate in regular physical activity outside of the workday as well.
6. Information pertaining to health and fitness will be disseminated to staff and family members on periodic basis as it becomes available.

### V. Health and Safety

Opportunities for a healthy and safe environment shall be provided for all staff and students. A healthy and safe environment enhances the quality of life for all.

1. The school building and grounds, busses and equipment shall meet all current health and safety standards, including environmental air quality and be kept inviting, clean and safe.
2. All MCBDD property is 100% tobacco free, including at evening activities.

3. Safety procedures and appropriate training for students, staff (and sometimes parents/caregivers) shall support personal safety and a violence and harassment-free environment.
4. The school and classroom (students and staff) shall work to create an environment where all students, staff and parents / caregivers / guardians are valued and respected.

#### VI. Health Services

An effective health care system will help to ensure academic success by providing a broad scope of services from qualified health care providers to improve the mental and physical health of students and staff.

Primary coordination of health services shall be through the nursing staff in cooperation with administration and support staff.

Mahoning County Board of DD will collaborate with community health liaisons to promote health and wellness for students, family and staff.

A coordinated program of health services shall be provided to student and staff and shall include communicable disease prevention, health screening, community health referrals, first aid, parent education and other applicable health education topics.

#### VII. Family, School and Community Partnership

- Family, students and community partners shall be included on an on-going basis in school and the Board wellness planning process.
- Community partnerships shall be developed and maintained as a resource for school programs, projects, activities and events
- The school shall actively develop and support the engagement of students, families and staff in community health activities and events at the school or throughout the community.

#### VIII. Leonard Kirtz School Nutrition Committee

This committee will monitor the implementation of the wellness policy, evaluate policy progress, and serve as a resource to the school. The committee will meet a minimum of two times annually with committee membership as follows:

- Administrative Representative, chairperson
- Adapted Physical Education Teacher
- Teacher
- Classroom Assistant
- Nurse
- Food Service Representative
- Parent Representative
- Student Representative if possible.

*Closely Related Documents:*

*References: Ohio Dept. of Education: Healthier Schools: A Brighter Tomorrow*

*Last Reviewed:*