As required by law, the Board of Education establishes the following wellness policy for the Marlington Local School District as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall

1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

2. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.

3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.

B. With regard to physical activity, the District shall.
1. Physical Education
   
a. On an annual basis, physical education teachers shall review and affirm receipt of the Ohio Department of Health’s concussion information sheet.

b. Physical Education teachers shall remove from class participation any student who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The Principal and/or teacher shall notify parents or guardians about the possible concussion or head injury.

c. Any student who has been removed from physical education class participation because s/he has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury shall not be permitted to return to physical education class until the student’s condition is assessed by a physician, and the physician gives the student written clearance that it is safe to return to class.

2. Physical Activity
   
1. Physical activity should not be employed as a form of discipline or punishment.

2. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.

C. With regard to nutrition promotion, the District shall:

1. encourage students to increase their consumption of healthful foods during the school day;

2. create an environment that reinforces the development of healthy eating habit. Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:
A.

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 as well as to the fiscal management of the program.

B.

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).

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 and post the policy on the District’s website, including the Wellness Committee’s assessment of the policy’s implementation.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

Adopted 7/18/06

Revised 12/19/13