

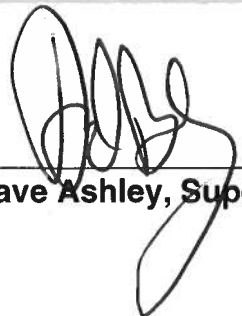
ASHLAND COUNTY BOARD OF DEVELOPMENTAL DISABILITIES

School Wellness Policy

**Reviewed and Adopted by Ashland County Board of
Developmental Disabilities**

Approved: 6/26/23


Christine Tharp, Board President


Dave Ashley, Superintendent

Ashland County Board of Developmental Disabilities

E.5.5

School Wellness Policy

The Ashland County Board of DD is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Ashland County Board of DD that:

1. Program will:
 - A. Include students, parents, teachers, board members, food service professionals, school health professional, physical education teacher and other interested community members in developing, implementing, monitoring, and reviewing the school wellness policy.
 - B. To the maximum extent practicable, the school program will participate in available federal school meal programs.
 - C. Program will not participate in the sale of a la cart items to students.
 - D. Provide recommendations for classroom snacks/beverages provided, but not sold to students during the school day.
2. Students:
 - A. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
 - B. Will be provided nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs.
 - C. Applications for free/reduced priced meals are given to all families at the beginning of the school year and when needed.
 - D. Assured privacy for those who qualify for free or reduced priced meals. Stigmatizing students on how their meals are purchased will not occur. At the end of the school year, unpaid balances are covered by the ACBDD Trust Fund in accordance with ACBDD Trust Fund policies and procedures.
3. Staff will assure that:
 - A. Breakfast and lunch served to students at school will meet the nutrition recommendations of the USDA and National School lunch program.
 - B. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
 - C. After obtaining food, students will have at least 10 minutes of seat time to eat breakfast and 20 minutes of seat time to eat lunch.
 - D. Students and staff will have access to free, safe, and fresh drinking water throughout the school day, and during meal periods.
 - E. Water and cups will be available in the cafeteria and classroom.

- F. School staff members shall be encouraged to model healthy eating and physical activity behaviors.
 - G. With the exception of individualized education plan team decisions, food or beverages are not to be used as rewards or incentives to encourage student achievement or desirable behavior.
 - H. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings; and adequate time for students to eat.
 - I. Nutrition education and lessons are integrated into the classroom curriculum. Nutrition education will provide the knowledge and skills necessary to promote health. Nutrition topics and lessons will be integrated within the health education curriculum and taught at every grade level. Nutrition education is integrated into cooking lessons.
 - J. All students will participate in gross motor activities, including physical education classes at least two times per week.
 - K. All students participate in Adapted Physical Education classes and complete the ODE Physical Education Evaluation in grades 2, 5, 8, and 12. Weather permitting, students are able to access a walking path and accessible playground. Primary students are provided with recess (weather permitting) and regular movement breaks throughout the day. Students may participate in after-hours extra-curricular physical activities provided by their home districts if they choose or enroll in Special Olympics. Students who have gross motor needs receive Physical Therapy and/or Adapted Physical Education services on their IEP as determined by the IEP team.
4. The wellness committee shall:
- A. Review annually or as needed, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.
 - B. Invite, include, and encourage students, parents, teachers, board members, food service professionals, school health professional, physical education teacher and other interested community members in the developing, implementing, monitoring, and reviewing of the wellness policy.
 - C. Ensure that the policy is available in a central area of the school building and will be made available online. The policy will also be sent home with all students for them and their parents/guardians to be aware of the policy.
 - D. Triennial assessment will be completed at least once every three years.

Results of the triennial will be made available to the public on the school web site and on the school communication bulletin board. It will include but is not limited to: how well the Ashland County Board of DD comply with the wellness policy, and the progress made in attaining the goals of the wellness policy

- E. Invitation to participate in the wellness policy committee will be published on the Ashland County Board of DD website to include community member's involvement in the review/update of the wellness policy. Students and parents will be sent notification/invite to participate in the annual review/update of the wellness policy.

Reviewed & Updated:

May 18, 2023 by the Wellness Policy Committee Review Team

Ashland County Board of DD
Recommendations for
Classroom Snacks/Beverages

Calorie Limits

Snack Items: 200 Calories or Less

Sodium Limits

Snack Items: 230 mg or Less

Fat Limits

Total Fat: 35% of Calories or Less

Saturated Fat: Less than 10% of Calories

Trans Fat: 0 Grams

Sugar Limits

35% by Weight or Less

Wellness Policy Committee/Review Team

Committee Participation Signatures

2023

meeting held May 18, 2023

Liz Britton-Parent Liz Britton
Aden Britton-Student Aden Britton
Krisi Albers-Nursing Professional Kristina Albers
Angie Hanna-Adaptive Physical Education Teacher Angie Hanna
Shannon Lang-Director of Education Shannon Lang
Chris Tharp-Board Member Virtual Attendance
Peggy Bachmann-Food Service Director Peggy Bachmann

Community Members- Ø
