



## Miami East Local School District Wellness Plan 2022-2023

The committee goals in each area contribute to the District Wellness Plan that is required under law and District policy. The plan will be evaluated and revised (if necessary) annually.

### **MIAMI EAST LOCAL SCHOOLS WELLNESS PROGRAM**

#### **Wellness Goals**

- The district will have Quarterly Wellness themes, through the EPC Wellness Programs
- Each school will develop a wellness "action plan" based on the four quarterly themes.
- The building administration and teachers will work to promote healthy snacks, incentives/rewards.
- The committee will support the buildings and the policy.
- Monday Morning Wellness Tips will be shared weekly with the staff highlighting various wellness reminders.

#### **Nutrition Goals**

1. Food with minimal nutritional<sup>1</sup> value will be excluded from the food service lunch and à la carte menu following federal and state requirements. As required by law, a written report shall be submitted to the BOE Office verifying our practices.
2. Concessions, vending, à la carte and fundraising that involve the sale of food items and/or beverages (including give-away prizes) operated by student clubs, organizations, parent groups and booster clubs shall abide by requirements of state from guidelines of USDA "All Food Sold in Schools" Standards. Sales of food or reward shall not be available from 12am until one half hour after school dismissal on the entire Miami East Local campus. All food sold or provided for reward shall have appropriate nutritional analysis recorded by the Food Service Director.

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<sup>1</sup> USDA "All Food Sold in Schools" Standards.

3. If the High School operates outside of the National School Lunch Program, efforts will be made to align menus with similar healthy choices offered in the K-8 programs. Other offerings will be made per the discretion of the food service program with a focus on education and encouragement of students to make healthy decisions for themselves. Nutrition education will continue to be provided through the Food Service program and the high school curriculum.
4. All advertising and marketing is to be directed to items deemed as nutritiously healthy. Guidelines for foods deemed nutritious, offerings, and advertising/marketing efforts will be reviewed annually by the Wellness Committee and recommendations will be made for the upcoming school year.
5. Rewards throughout the school system will abide by current state and federal laws. If food rewards are used (classrooms, PTO events, school-sponsored activities), they shall be provided to abide by current laws. Teachers will be reminded annually. A list of examples of food items which meet the federal requirements will be provided to teachers and parents.
6. Healthy choices (in addition to alternative snack choices with minimal nutritional value) will be served during elementary school (holiday) parties. For individual birthday celebrations, non-food items are permissible. Otherwise, only foods which meet the federal requirements as healthy options can be distributed during the school day.
7. It is strongly recommended that snacks consumed during the school day (provided by home or school) should align with the guidelines of USDA "All Food Sold in Schools" Standards such as fruits, vegetables, water. Snack policy for the classroom(s) will be communicated to parents by the classroom teacher and/or building administrator.
8. The committee recommends the district food service department and school fundraising groups continue to incorporate products from local farmers into the food offerings.
9. The district will provide examples to families of healthy meals and snacks for students to consume during the school day.

**\*Definition of Foods of Minimal Nutritional Value:**

The United States Department of Agriculture (USDA) defines *foods of minimal nutritional value* (FMNV) as those foods which provide **LESS** than 5 percent of the *United States Recommended Daily Allowance* (USRDA) for each of the eight specified nutrients per 100 calories **AND** less than 5 percent of the USRDA for each of eight specified nutrients per serving. The eight specified nutrients to be evaluated are protein, vitamin A, vitamin C (ascorbic acid), niacin, riboflavin, thiamin, calcium, and iron. In the case of artificially sweetened foods, only the per serving measure would apply.

## Nutrition Education Goals

1. Nutrition Education shall be included in the health curriculum so that instruction is sequential and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition Education shall be integrated into other content areas of the curriculum, when

appropriate, to compliment the health education program.

3. It is encouraged that Nutrition Education include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
4. Nutrition Education posters, such as *My Plate*, will be displayed in the cafeteria. Ongoing efforts will be made to provide details as to the nutritious value of specific foods served during the school day.
5. Nutrition Education will include the posting of nutrition updates/information; lunchroom snack schedules/options, healthy snack and lunch suggestions for families in home communications regularly throughout the year (i.e. school newsletter section, school menus, district newsletters, school/district websites).

## Physical Activity Goals

1. All students in grades K-5, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the students' IEPs), receive physical education weekly for a minimum of 40 minutes per week. Increasing minutes and occurrences are encouraged and the implementation will be evaluated on an annual basis. Students in grades 6-8 will receive a minimum of 3 semesters of physical education during their three years at the middle school.
2. The Physical Education curriculum shall provide sequential instruction related to knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical education. Curriculum will be aligned with the Ohio Physical Education Academic Content Standards and will be assessed through the use of the Ohio PE Evaluation Tool across the K-2, 3-5, 6-8 and 9-12 grade bands.
3. The Physical Education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge. The focus areas will be life-long fitness, "personal best" and other habits to promote healthy choices.
4. Physical activity can improve student learning through increased focus. Teachers will receive annual professional development on the use of Brain Breaks for the classroom and are expected to incorporate movement opportunities throughout the school day. Students will have the opportunity to engage in school-wide events promoting physical activity throughout the school year.
5. The school shall provide grade level information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
6. All students in grades 7-12 shall have the opportunity and be strongly encouraged to participate in interscholastic sports programs within the district and physical activity programs outside of the school day.
7. The district will evaluate and consider curricular programming options (high

school/middle school electives, K-12 Physical Education course of study) to promote fitness as a life-long activity.

## Wellness Goals

1. All wellness programs shall be reviewed on an ongoing basis. The committee will make recommendations annually.
2. The Miami East Local Schools will provide at least 20 minutes daily for students to eat their lunches. Elementary students (K-5) will also be provided a minimum of 20 minutes each day for recess.
3. Activities such as tutoring, test make-ups, and club meetings, shall only be scheduled at meal times if students are able and encouraged to eat a nutritious lunch during this time. Recess and physical education classes will not be routinely used for make-up work or testing without parent notification. Loss of recess and physical education class will not be used as a student consequence by classroom teachers. For documented medical reasons, recess may be temporarily replaced with an alternative activity.
4. The Miami East Local Schools encourage staff, parents, and community members to serve as role models for students by practicing healthy habits, such as eating nutritious meals and being physically active.
5. Students, staff, parents, and other community members shall have access to the schools' outdoor physical activity facilities for their intended use when school is not in session.
6. Staff and students will have access to wellness information throughout the school year with the goal of increasing awareness of both healthy eating and increased physical activity.
7. Building Wellness Committees will continue to review building practices and develop appropriate educational and movement activities. Initiatives developed in individual buildings will be communicated to the other buildings, to either invite them to participate or encourage program development in other buildings.

*A subcommittee will annually evaluate and measure progress toward these goals and make recommendations to the Superintendent. The Superintendent will consider these recommendations when setting administrative guidelines for teaching, practicing, supporting, and promoting wellness.*

Revised: April 2022