

Greenfield Exempted Village School District

Bylaws & Policies

8510 - WELLNESS

The Board of Education recognizes that a healthy child has a greater capacity for learning and improved attendance at school. The Greenfield Exempted Village School District is committed to providing a school environment that cares for the whole child, academics, social skills, emotional skills, health and fitness. In order to assist children in the development of lifelong wellness practices, the Board is committed to accomplishing these goals:

Nutrition Education – Students/Staff will increase their understanding of the health benefits of integrating good nutrition into their daily lives.

Sequential, interdisciplinary, and integrated nutrition education is provided and promoted.

Physical Activity - /Staff will increase their understanding of the health/wellness benefits of integrating physical activity into their daily lives.

- A. A variety of types of meaningful physical activity that connect to students' lives outside of physical education are provided. These physical activities include, but are not limited to Family Fun Fitness Nights, Intramurals, Jump Rope for Heart, Walk-A-Thons, and Middle School Mondays.
- B. Provide opportunities for staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved mental and physical health.

Food Service – Food Service will provide satisfying, age appropriate, nutritional food products to all students in the District.

- A. Foods and beverages made available on campus during the school day are consistent with the current Dietary Guidelines for Americans, adhere to food safety and security guidelines, and are accessible to all children.
- B. The Board desires to provide students with adequate time and space to eat meals. To the extent possible, school, recess, and transportation schedules shall be designed to encourage participation in school meal programs.

School-Based Activities – The District provides school-based activities that promote student wellness and reduction of childhood obesity.

- A. Positive non-curricular physical activities will be promoted in the District as a means of integrating enjoyable physical activities into students' daily lives.
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- B. Non-food rewards & incentives are encouraged. If food is used as a reward, nutritious food would be preferred.
- C. Interventions that increase healthy coping skills to reduce students' misbehavior will be considered as a first line response in the classroom. The use of physical activity or its restriction as a means of punishment is discouraged.

Family/Community Involvement – An integrated school, parent, and community approach for enhancing the health and well-being of students.

- A. Schools activity solicits parent involvement and engages community resources and services to respond more effectively to the health-related needs of students.
- B. The school wellness page provides information and resources to connect the school, parents, and community.
- C. The schools promote and encourage student participation in community youth recreational programs.

Measurement of Implementation – The measurements of implementation will provide timely feedback that insures improvement of the District Wellness Program.

- A. The Wellness Committee meets quarterly throughout the school year to plan and implement student and staff programming.
- B. Implementation of the District wellness policy is reviewed periodically to ensure successful implementation.
- C. The Wellness Committee will provide regular updates regarding the implementation of the plan. The policy will include appropriate objectives and tactics that will allow measurement of continuous progress.

Revised 3/18/13