

Wellness Policy

Supports Neola 8510

Lima City School District Wellness Policy

The Lima City School District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating, physical activity and emotional stability. Schools will provide programs that develop healthy eating habits, physical education programs to develop good lifetime physical activity behaviors and services to promote social, mental and emotional health. This will be for both students and staff.

The district is committed to ensuring that the community is aware of and involved in the development and implementation of the Wellness Policy. The district will actively communicate the ways in which representatives of the LCS can participate in the development, implementation and periodic review and updates of the Wellness Policy. The district will ensure that communications are appropriate to the community.

NUTRITION

Promotion and education:

- To the maximum extent practicable, all schools will participate in available federal school meal programs.
- In order to encourage support of the National School Lunch Program there will be no teacher giveaways, class parties or sales of food by other school clubs or organizations during the designated school meal periods. If such things are occurring, they should only include healthy food choices or non-food items. Teachers and staff should be reminded annually.
- Foods and beverages sold or served during the school day will meet the nutrition recommendations of the U.S. dietary Guidelines for Americans. We only allow one drink and two snacks grade 5-8.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods.
- All Food Service Staff will be offered to be certified in Serv Safe, a Food Safety Course.
- School meals will be accessible to all students and the district will accommodate special dietary needs and food allergies as required by federal regulations.
- We will provide a clean, safe and pleasant setting and adequate time for students to eat.
- Discourages the use of food as a reward or the withholding of foods as a punishment.
- The district requires that all foods and beverages sold outside the school meal programs during the school day and extended school day, will at a minimum, meet Smart Snacks Guidelines.

- Providing meals to 7/8 grade sports teams for away games.
- Menus and nutritional values will be published and posted on the district website.
- The Summer Lunch Program will be provided throughout the district to support year- long nutrition for students
- Water will be available at meal times and stations will be established in all buildings and opportunity given to students to hydrate frequently.
- Fresh whole fruits and vegetables or sliced options will be available daily.
- Staff will be encouraged to model healthy eating behaviors. Teacher meals are available now with milk or water.
- Nutrition messaging will be available to students through posters, screens in serving areas, bulletin boards menus and newsletters. We have TV's for all but Independence, Unity and Freedom. Heritage just had one installed.
- Nutrition advertising and marketing will be deemed nutritiously healthy.

PHYSICALITY

Physical Education and Activities

- The district requires that all students receive education on the benefits of physical activity in conjunction with health education.
- Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
- Physical Education classes are taught by licensed teachers who are certified or endorsed to teach physical education. PLT4M is a K-12 wellness platform to help with fitness and to learn different skills.
- Waivers, exemptions or substitutions for physical education classes are granted.
- PE exceptions are available for those students who participate in two athletic seasons and two years of marching band and show choir.
- Lima Senior offers physical fitness class as an elective for all students.
- Students will be engaged in moderate to vigorous physical activity for at least 50 per cent of the physical education class time.
- Discourages the use or withholding of physical activity (including recess) as a punishment during the school day and during the extended school day. The district will provide resources and training to staff on appropriate ways to discipline students.
- The district requires that physical activity opportunities be adapted in order to make them accessible to students with disabilities.
- Classroom physical activity will be incorporated into planning throughout the school/extended day.

- Pre-K through 4th grade students will receive the minimum of 20 minutes of recess on all days of the school year which will complement, not substitute for, physical education class.
- The district will provide designated areas and equipment to enhance physical activity for every child including children with disabilities.
- All designated recess areas will meet or exceed all required safety standards.
- Before and after school programs will be encouraged at all levels for children to increase the amount of time they are engaged in physical activity.
- Advanced 8th grade students will be able to receive credit for grade 9-12 physical education.
- Extracurricular activities and sports will emphasize inclusion, sportsmanship and fair play for all students that desire to be a part of the activity or sport.
- There is a full weight room available. Bryce Finkenbine is available as the Strength and Conditioning Coordinator.

SOCIAL, MENTAL, AND EMOTIONAL CLIMATE

Whole Person Health

- Highly qualified nurses or other medical professionals in each of the school buildings will ensure students and staff have access to medical and social, emotional and behavioral needs.
- The district will support student and staff health needs conducting assessments and planning for meeting the individual chronic disease management needs.
- Provide student and staff with health screenings.
- Establish tobacco free buildings and grounds.
- Specify a crisis preparedness and response plan for the district and assisting each school in developing a plan.
- EAP (Employee Assistance Program) will provide Wellness opportunities; Wellness Coordinator, Newsletters, Preventive Screenings, Flu Shots.
- Conducting employee wellness/health activities at least once a year.
- Currently have On-site Medical Clinic available for both Students, Staff and their Families
- Address the presence and training for school resource officers for each school site.
- Farm to School Programs will try to be integrated
- Go Noodle is available. This is a digital exercise tool for teachers to use to promote physical activity in children.

