

Indian Hill School District Wellness Policy

The Indian Hill School District is committed to providing school environments that promote student and staff wellness by addressing the connection between healthy youth and student success. An organized and unified effort that encompasses the following components will insure that the District wellness guidelines are fully implemented:

- nutrition services
- safe school environments
- health education
- physical education
- school health services
- school counseling, psychological and social services
- staff wellness awareness
- family and community involvement

We believe that academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Good **nutrition** supports student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

We believe that **physical education** programs shall stress physical fitness and encourage healthy, active lifestyles through a K-12 planned program that develops basic movement skills, enhances physical fitness, promotes lifelong physical activity and is taught by trained physical educators.

We believe in a supportive **school climate** that encourages ethical behavior so that all stakeholders practice a spirit of mutual respect in a safe environment.

We believe that **healthy living skills** shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

We believe in access to coordinated school based preventative **health services**, referrals, acute and emergency care and chronic disease management for all students to promote and maintain wellness and growth.

We believe that programs and **school-based or school-linked services** that support the cognitive, emotional, social, and behavioral well-being of individuals, groups and families build a healthy school environment.

We believe in school-based or school-linked programs that promote **the physical and mental health of staff** and facilitate positive role modeling for students.

We believe long term meaningful and effective **family and community partnerships** improve the planning and success of health promotion projects and events within each school and throughout the community.

In accordance with District Policy EF, 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. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.

The school District will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and periodically reviewing the District-wide wellness guidelines. These guidelines encourage a holistic approach to staff and student wellness that is sensitive to individual and community needs.

[Adoption date: April 21, 1992]

[Revised: June 27, 2006]

[Revised: January 10, 2012]

LEGAL REF: 42 U.S.C. 1751, Sec.204
(Richard B. Russell National School Lunch Act)

ORC 3313.81; 3313.812; 3313.813; 3313.814

CROSS REF: Food Services Management