

NEW BREMEN WELLNESS POLICY

MISSION STATEMENT: To improve the wellness and environment of New Bremen students and staff.

The New Bremen Wellness Policy

- Includes goals for nutrition education, physical activity and other school-based activities designed to promote wellness.
- Includes nutrition guidelines for all foods available in the District during the school day in order to promote health and reduce childhood obesity.
- Provides assurance that District guidelines for reimbursable school meals are, at a minimum, equal to the guidelines issued by the U. S. Department of Agriculture.
- The Board designates the superintendent as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

Development of the wellness policy must be a collaborative effort between parents, students, food service workers, administrators, the Board and the public.

VISION: GOALS

1. To increase physical activity among students and staff.
 - a. walking incentives
 - b. replace inactive rewards with active rewards
 - c. monthly health habits
 - d. open gym after lunch for junior high and high school students
 - e. donate to walk in a mini relay for life
2. To increase healthy eating among New Bremen students and staff
 - a. provide low fat, healthier food items
 - b. encourage low sugar content food items
 - c. encourage healthy food items for rewards
 - d. include nutritional values of lunch menu items
 - e. provide vending machines with 50% or more natural fruit juice, flavored milk, and water
3. Educate New Bremen students and staff about the importance of a healthy life style.

- a. provide a Health Fair annually to the staff
- b. informative bulletin board
- c. monthly encouragement
- d. School Health Council including the students, parents, administrators, teachers and staff, food service personnel, and community members
- e. help members interpret nutritional facts available on the labels of food products
- f. provide information regarding wellness in the school newsletter

RESOURCES:

1. American Cancer Society
2. Healthy Ohioans
3. Joint Township District Memorial Hospital in conjunction with the West Central Ohio Regional Health Care
4. Ohio Parks and Recreation
5. Dannon Yogurt
6. U. S. Department of Agriculture
7. OAHPERD (Ohio Association of Health, Physical Education, Recreation and Dance)
8. CoreSource
9. Caremark

[Adoption date: 4-12-06]

[Re-Adoption date : 4-8-15]

LEGAL REFS.: Child Nutrition and WIC Reauthorization Act; Pub. L. No. 108-265
(Title 1 Section 204), 118 Stat. 729
National School Lunch Act; 42 USC 1751 et seq.
Child Nutrition Act; 42 USC 1771 et seq.
7 CFR, Subtitle B, Chapter 11, Part 210
7 CFR 220
7 CFR 225
7 CFR 245
ORC 3313.814
OAC 3301-91-09

CROSS REFS: EF, Food Services Management
EFB, Free and Reduced-price Food Services
EFF, Food Sales Standards