

ECA Wellness Policy

As required by law, the Board of Directors establishes the following wellness policy for Early College Academy as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of ECA's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in a student healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
 - 1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - 2. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service program.
 - 3. Nutrition education shall extend beyond the school by engaging and involving families and the community.
 - 4. ECA shall not allow advertising or marketing of foods and beverages that do not meet the Smart Snacks criteria (e.g. signs and marketing materials promoting these foods are not visible to students on the school campus during the school day).
- B. With regard to physical activity, ECA shall:
 - 1. **Physical Education**
 - a. The sequential, comprehensive physical education curriculum 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.
 - b. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

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- c. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
 - d. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
 - e. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.
- C. With regard to other school-based activities ECA shall:
- 1. The school shall provide attractive, clean environments in which the students eat.
 - 2. An organized wellness program shall be available to all staff.
 - 3. ECA shall support the health of all students through the performance of State of Ohio mandated health screenings, communicable disease management, and immunization control.
 - 4. The Food Allergy Policy must be followed whenever food outside of the school breakfast and lunch programs are brought into schools.
- D. With regard to nutrition promotion, ECA shall:
- 1. encourage students to increase their consumption of healthful foods during the school day;
 - 2. provide opportunities for students to develop the knowledge and skills for consuming healthful foods.

All foods and beverages sold to students as fund-raisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Competitive Food regulations, the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines, and the USDA Smart Snacks in School nutrition standards.

Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. The food service program shall comply with Federal and State regulations

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pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

- B. Entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.
- D. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- E. The food service program shall be administered by a qualified nutrition professional.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating ECA's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.

The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall post the policy on ECA's website, including the Wellness Committee's assessment of the policy's implementation.

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