

MUSKINGUM COUNTY BOARD OF DEVELOPMENTAL DISABILITIES

STARLIGHT SCHOOL WELLNESS POLICY

Policy Reference:

Wellness

Policy Number:

6.03

Public Law:

108.265

I. PURPOSE

Our Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for our students. The Starlight School Health and Wellness Committee shall coordinate and align efforts to support student wellness through health education, physical education and activity, health services, nutrition services, and a safe and healthy school environment. In addition, the Starlight School Health and Wellness Committee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle. Members of the Health and Wellness Committee will be reviewed and appointed annually by the Director of Educational Services.

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all students in the school. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

II. SCHOOL HEALTH AND WELLNESS COMMITTEE

The Starlight School Health and Wellness Committee may consist of: Teacher representative(s), parent(s), administrator(s), food service employee(s), board member(s), student(s), and health professionals. The goal of the Starlight School Health and Wellness Committee is to identify health and wellness concerns and design and implement policies that will promote the health and wellness of our students. The Starlight School Health and Wellness Committee will work to establish volunteer-based wellness committees. The committee and teachers/staff will work together to evaluate the current Pre K-12 nutrition education programs, to determine areas of improvement.

To encourage participation in the Starlight School Health and Wellness Committee:

A. Parents will be notified via the quarterly newsletter, website, social media page, and

through additional correspondence about the Starlight School Health and Wellness Committee and how to get involved.

- B. School administration and staff will be notified about the Starlight School Health and Wellness Policy at school in- service trainings.
- C. Outreach will be conducted to include additional participants, such as outside health professionals and families.
- D. The committee will meet four times per year to establish goals and oversee the school nutrition and physical activity processes. Oversight for the Starlight School Health and Wellness Policy will be maintained by the Superintendent, Director of Education, Food Services Supervisor, and School Nurse, who have the authority to implement and enforce the policy.
- E. At least once every three years the committee will evaluate compliance and implementation of the wellness policy.
- F. All committee meeting dates and times will be listed on the Starlight School Monthly Meeting Calendar.

III. NUTRITION EDUCATION AND PROMOTION

- A. Teachers will integrate nutrition education into core curriculum using activities associated with USDA's federal nutrition guidelines. Nutrition education lessons and activities will be age appropriate and meet the cognitive abilities of every student. USDA guidelines are reviewed with staff annually during professional development day and educational items are distributed to classrooms throughout each school year.
- B. Nutrition promotion will include participatory activities such as contests, farm visits, and experience working in school gardens.
- C. The nutrition education program will follow federal nutrition guidelines.
- D. Nutrition education will be provided to families via newsletters, postings on the website, and with additional correspondence.

IV. NUTRITION STANDARDS FOR ALL FOOD AND BEVERAGES SOLD OR SERVED ON SCHOOL GROUNDS

A. USDA School Meals

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. Starlight School shall participate in the USDA school breakfast and school lunch food programs.

In addition:

1. All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
2. The school meal programs will be administered by a team that will include Food Service Supervisor and kitchen staff. All kitchen/cafeteria staff will be provided training on USDA meal plans/reimbursable meals as well as cooking techniques, recipe implementation, sanitation, food safety and personal hygiene annually.
3. All menus will be provided monthly and will be available on the school website.

4. Students will be provided at least 20 minutes to eat breakfast and 30 minutes to eat lunch after being seated.
5. Meals will be served in a clean and pleasant setting and under appropriate supervision.
6. Lunch will be scheduled between 11a.m. and 1p.m.
7. Students will have access to hand washing/hand sanitizing facilities before meals and snacks.
8. Information on the nutritional content and ingredients of meals can be provided by Food Service Supervisor and available upon request. Parents and students will be informed that information is available, and information shall be kept up-to-date.
9. Participation in school meal programs will be promoted. Parents will be notified of the availability of breakfast and lunch, and will be encouraged to provide verification of eligibility for reduced or free meals if applicable.
10. Nontraditional breakfast service to increase participation will be utilized when necessary, such as breakfast served in the classroom.

B. Nutrition Guidelines for the School Breakfast Program

Starlight School participates in the National School Breakfast Program, which offers a nutritious breakfast to all students before classes begin each day. Research shows that children who regularly eat breakfast have fewer nutrient deficiencies than those who skip breakfast, and have better memory, attention, test scores, and school attendance records.

National School Breakfast Program Requirements:

The following must be offered throughout the 5-day school week:

- At least 5 cups of fruit (grades K-12).
- 7-10, 8-10, or 9-10 ounces of grains/bread or meat/meat alternatives (grades K-5, 6-8, and 9-12, respectively).
- At least 8 ounces of milk (grades K-12). 6 ounces of milk (Pre-K)

The following components must be offered daily:

- At least ½ cup of fruit for preschool. At least 1 cup of fruit (or vegetable as a substitute) (grades K-12).

C. Nutrition Guidelines for the School Lunch Program

Starlight School participates in the National School Lunch Program, which offers nutritious, well-balanced, age appropriate lunches to all students.

National School Lunch Program Requirements:

The following must be offered throughout the 5-day school week:

- 2.5 cups of fruit (grade K-8), or 5 cups of fruit (grades 9-12)
- 3.75 cups of vegetables (grades K-8), or 5 cups of vegetables (grades 9-12)
- The vegetables offered each week must include at least:
- ½ cup dark leafy green vegetables (grades K-12)

- $\frac{3}{4}$ cup orange vegetables (grade K-8), or 1 $\frac{1}{4}$ cups (grades 9-12)
- $\frac{1}{2}$ cup legumes (grades K-12)
- $\frac{1}{2}$ cup starchy vegetables (grades K-12)
- $\frac{1}{2}$ cup “other” vegetables (grades K-8), or $\frac{3}{4}$ cup (grades 9-12)
- Plus 1 to 1 $\frac{1}{2}$ additional cups from any category
- 8-9 ounces of grains/bread (grades K-5), 8-10 ounces (grades 6-8), or 10-12 ounces (grades 9-12)
- 8-10 ounces of meat/meat alternatives (grades K-5), 9-10 ounces (grades 6- 8), 10-12 ounces (grades 9-12)
- 8 ounces of milk, with at least two different types of milk offered (flavored or unflavored fat free, unflavored low fat, lactose-free) (grades K-12)

The following must be offered daily:

- At least $\frac{1}{4}$ cup of fruit (preschool), at least $\frac{1}{2}$ cup of fruit (grades K-8), at least 1 cup of fruit (grades 9-12)
- At least $\frac{1}{4}$ cup of vegetables (preschool), at least $\frac{3}{4}$ cup of vegetables (grades K-8), at least 1 cup of vegetables (grades 9-12)
- At least $\frac{1}{2}$ ounce serving of grains (preschool), at least 1-ounce of grains (K-8), at least 2 ounces of grains (grades 9-12)
- At least 1 $\frac{1}{2}$ ounces of meat or meat alternatives (preschool), at least 1-ounce of meat or meat alternatives (grades K-8), at least 2 ounces of meat or meat alternatives (grades 9-12)
- At least 6 ounces of milk (preschool) or 8 ounces of milk (grades K-12)

Average Weekly Calorie and Sodium Requirements per Meal:

- Grades K-5: 550-650 calories, <10% calories from saturated fat, no more than 935 mg of sodium (2022-2023 school year target is no more than 640 mg)
- Grades 6-8: 600-700 calories, <10% of calories from saturated fat, no more than 1035 mg of sodium (2022-2023 school year target is no more than 740 mg)
- Grades 9-12: 750-850 calories, <10% calories from saturated fat, no more than 1080 mg sodium (2022-2023 school year target is 740 mg)

Field Trip Guidelines:

In the event of field trips, the kitchen staff will offer sack lunches. All sack lunches will follow the USDA guidelines for nutritional standards and requirements.

D. Competitive Foods and Beverages

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods”. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in- school fundraisers. All competitive foods must comply with the district’s nutrition standards, as well as all applicable state and USDA Smart Snacks Rule.

Starlight School serves students with medical, behavioral, and cognitive disabilities; therefore, we do not sell any additional foods or beverages outside of the national school breakfast and lunch program to students.

E. Access to Drinking Water

Students and school staff members will have access to free, safe, and fresh drinking water always throughout the school day. Water jugs and cups will be available in Home Living near the ice & water machine. Supervisory staff will facilitate access to water in the multipurpose room and other areas as needed. Students will be allowed to bring drinking water from home to classroom.

F. Fundraisers

Starlight School does not participate in “in school” fundraising. Students do not have the opportunity to purchase additional food or beverages.

G. Celebrations

Celebrations involving food will be encouraged to follow nutritional standards, as well as to include fruits and/or vegetables.

H. Healthy Snacks

Healthy snacks meeting federal nutritional guidelines will be encouraged for all students. Due to the nature of Starlight School’s programming, it is understood that exceptions due to a student’s dietary needs or medical exemptions will be acceptable.

V. PHYSICAL ACTIVITY

All students will have developmentally appropriate opportunities for physical activity daily alongside classroom staff. The use of the gym, playground, and outdoor walking path will be available to all students and staff.

In accordance with the Ohio Department of Education, K-12 students will have two 15-minute periods a day of supervised recess before and after lunch period, during which moderate to vigorous activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the Board.

Preschool students will receive 30 minutes of unstructured outdoor activity when the weather is appropriate. Teacher discretion will be used for inclement weather (active precipitation) and adverse playground conditions. In such instances, alternative activities will be provided (gym, classroom, and multipurpose room).

upon request.

4. Students will be provided at least 20 minutes to eat breakfast and 30 minutes to eat lunch after being seated.
5. Meals will be served in a clean and pleasant setting and under appropriate supervision.
6. Lunch will be scheduled between 11a.m. and 1p.m.
7. Students will have access to hand washing/hand sanitizing facilities before meals and snacks.
8. Information on the nutritional content and ingredients of meals can be provided by Food Service Supervisor and available upon request. Parents and students will be informed that information is available, and information shall be kept up-to-date.
9. Participation in school meal programs will be promoted. Parents will be notified of the availability of breakfast and lunch, and will be encouraged to provide verification of eligibility for reduced or free meals if applicable.
10. Nontraditional breakfast service to increase participation will be utilized when necessary, such as breakfast served in the classroom.

B. Nutrition Guidelines for the School Breakfast Program

Starlight School participates in the National School Breakfast Program, which offers a nutritious breakfast to all students before classes begin each day. Research shows that children who regularly eat breakfast have fewer nutrient deficiencies than those who skip breakfast, and have better memory, attention, test scores, and school attendance records.

National School Breakfast Program Requirements:

The following must be offered throughout the 5-day school week:

- At least 5 cups of fruit (grades K-12).
- 7-10, 8-10, or 9-10 ounces of grains/bread or meat/meat alternatives (grades K-5, 6-8, and 9- 12, respectively).
- At least 8 ounces of milk (grades K-12). 6 ounces of milk (Pre-K)

The following components must be offered daily:

- At least ½ cup of fruit for preschool. At least 1 cup of fruit (or vegetable as a substitute) (grades K-12).

C. Nutrition Guidelines for the School Lunch Program

Starlight School participates in the National School Lunch Program, which offers nutritious, well- balanced, age appropriate lunches to all students.

National School Lunch Program Requirements:

The following must be offered throughout the 5-day school week:

- 2.5 cups of fruit (grade K-8), or 5 cups of fruit (grades 9-12)
- 3.75 cups of vegetables (grades K-8), or 5 cups of vegetables (grades 9-12)
 - The vegetables offered each week must include at least:
 - ½ cup dark leafy green vegetables (grades K-12)

- $\frac{3}{4}$ cup orange vegetables (grade K-8), or 1 $\frac{1}{4}$ cups (grades 9-12)
- $\frac{1}{2}$ cup legumes (grades K-12)
- $\frac{1}{2}$ cup starchy vegetables (grades K-12)
- $\frac{1}{2}$ cup “other” vegetables (grades K-8), or $\frac{3}{4}$ cup (grades 9-12)
- Plus 1 to 1 $\frac{1}{2}$ additional cups from any category
- 8-9 ounces of grains/bread (grades K-5), 8-10 ounces (grades 6-8), or 10-12 ounces (grades 9-12)
- 8-10 ounces of meat/meat alternatives (grades K-5), 9-10 ounces (grades 6-8), 10-12 ounces (grades 9-12)
- 8 ounces of milk, with at least two different types of milk offered (flavored or unflavored fat free, unflavored low fat, lactose-free) (grades K-12)

The following must be offered daily:

- At least $\frac{1}{4}$ cup of fruit (preschool), at least $\frac{1}{2}$ cup of fruit (grades K-8), at least 1 cup of fruit (grades 9-12)
- At least $\frac{1}{4}$ cup of vegetables (preschool), at least $\frac{3}{4}$ cup of vegetables (grades K-8), at least 1 cup of vegetables (grades 9-12)
- At least $\frac{1}{2}$ ounce serving of grains (preschool), at least 1-ounce of grains (K-8), at least 2 ounces of grains (grades 9-12)
- At least 1 $\frac{1}{2}$ ounces of meat or meat alternatives (preschool), at least 1-ounce of meat or meat alternatives (grades K-8), at least 2 ounces of meat or meat alternatives (grades 9-12)
- At least 6 ounces of milk (preschool) or 8 ounces of milk (grades K-12)

Average Weekly Calorie and Sodium Requirements per Meal:

- Grades K-5: 550-650 calories, <10% calories from saturated fat, no more than 935 mg of sodium (2022-2023 school year target is no more than 640 mg)
- Grades 6-8: 600-700 calories, <10% of calories from saturated fat, no more than 1035 mg of sodium (2022-2023 school year target is no more than 740 mg)
- Grades 9-12: 750-850 calories, <10% calories from saturated fat, no more than 1080 mg sodium (2022-2023 school year target is 740 mg)

Field Trip Guidelines:

In the event of field trips, the kitchen staff will offer sack lunches. All sack lunches will follow the USDA guidelines for nutritional standards and requirements.

D. Competitive Foods and Beverages

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods”. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the district’s nutrition standards, as well as all applicable state and USDA Smart Snacks Rule.

Starlight School serves students with medical, behavioral, and cognitive disabilities; therefore, we do not sell any additional foods or beverages outside of the national school breakfast and lunch program to students.

E. Access to Drinking Water

Students and school staff members will have access to free, safe, and fresh drinking water always throughout the school day. Water jugs and cups will be available in Home Living near the ice & water machine. Supervisory staff will facilitate access to water in the multipurpose room and other areas as needed. Students will be allowed to bring drinking water from home to classroom.

F. Fundraisers

Starlight School does not participate in “in school” fundraising. Students do not have the opportunity to purchase additional food or beverages.

G. Celebrations

Celebrations involving food will be encouraged to follow nutritional standards, as well as to include fruits and/or vegetables.

H. Healthy Snacks

Healthy snacks meeting federal nutritional guidelines will be encouraged for all students. Due to the nature of Starlight School’s programming, it is understood that exceptions due to a student’s dietary needs or medical exemptions will be acceptable.

V. PHYSICAL ACTIVITY

All students will have developmentally appropriate opportunities for physical activity daily alongside classroom staff. The use of the gym, playground, and outdoor walking path will be available to all students and staff.

In accordance with the Ohio Department of Education, K-12 students will have two 15-minute periods a day of supervised recess before and after lunch period, during which moderate to vigorous activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the Board.

Preschool students will receive 30 minutes of unstructured outdoor activity when the weather is appropriate. Teacher discretion will be used for inclement weather (active precipitation) and adverse playground conditions. In such instances, alternative activities will be provided (gym, classroom, and multipurpose room).

