



ACADEMY OF OHIO

Date Approved:

WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for Valor 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 Valor'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, Valor Academy 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 staff.
 3. Nutrition education shall extend beyond the school by engaging and involving families and the community.

- B. With regard to physical activity, Valor Academy shall:
 1. Physical activity shall not be employed as a form of discipline or punishment.
 2. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 3. Recess/break shall not be used as a reward or punishment.
 4. Valor shall explore before and after school collaborations to promote wellness through shared use policy and agreements.
 5. Valor will promote physical activity opportunities through programs that support the wellness and education benefits of walking and cycling to school.

- C. With regard to other school-based activities Valor Academy shall:
 1. The school shall provide attractive, clean environments in which the students eat.



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2. Valor shall support the health of all students through the performance of State of Ohio mandated health screenings, communicable disease management, and immunization control.
 3. 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, Valor Academy 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.

As an alternative to candy, a wide variety of 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 pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans, as well as to the fiscal management of the program.
- B. 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.
- D. All foods available to students in Valor 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 director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

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.

The Superintendent shall appoint a Wellness Committee that includes parents, students, representatives of the school food authority, educational staff, 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.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of Valor's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, is necessary.



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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 Valor's website, including the Wellness Committee's assessment of the policy's implementation.

