

## 4.21 WELLNESS POLICY

The Defiance County Board of Developmental Disabilities (DCBDD) recognizes that good nutrition and regular physical activity affect the health and well-being of individuals we support. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, Defiance County Board of Developmental Disabilities 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.

DCBDD provides a school program for residents of Defiance County who are eligible for this program. School meals are accessible to students and meet or exceed current nutrition requirements (USDA). Personnel who develop meals will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs. Personnel will also attend regional summer workshops / webinars and obtain necessary certification to continue with their professional development.

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

DCBDD sets the following goals as an effort to enable students to establish good health and nutrition habits:

1. With regard to nutrition education, the DCBDD shall:
  - a. Nutritional education shall be included in the Unique curriculum and other curriculums so that instruction is sequential and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
  - b. Nutritional education shall be integrated into other subject areas of the curriculum, when appropriate.
  - c. Nutritional education shall extend beyond the school by engaging and involving families and communities.
  - d. Professional development activities in the area of nutrition shall be provided to the staff yearly.
  - e. Provide information to families and staff about community organizations that offer nutrition and food programs for adults and children.
2. With regard to physical activity, the DCBDD shall:
  - a. Physical Education
    - i. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

- ii. Properly certified, highly, qualified teachers shall provide all instruction in physical education.
      - iii. Preschool and primary classes receives a 90 minutes / week of physical education. Intermediate and vocational classrooms will receive 120-minutes/ week.
      - iv. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
      - v. Planned instruction in physical education shall be in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
    - b. Physical Activity
      - i. All students in the grades preschool – grade 5 shall be provided with a daily recess.
      - ii. The school shall provide information to families to assist them in their efforts to incorporate physical activity into their children’s daily lives.
      - iii. All students in grades 3 – 12 shall have an opportunity to participate in Special Olympics.
      - iv. DCBDD staff will have access to fitness facility.
    - c. Health
      - i. Health and hygiene education shall be included in the Unique curriculum and other curriculums so that instruction is sequential and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
      - ii. Full time licensed school nurse available to students and staff.
3. With regard to other in school activities the DCBDD shall:
- a. Provide at least thirty (30) minutes daily for students who attend Good Samaritan School to eat.
  - b. Create an environment that encourages students & staff to increase physical activity.
  - c. DCBDD shall provide attractive, clean environments in which the students eat.
  - d. DCBDD will provide a nutritional and healthy snack for students daily.
  - e. Food and beverages will not be used as a reward or withheld as punishment for any reason, such as performance or behavior.
  - f. Students and staff are discouraged from sharing their food or beverage with one another during mealtime, given concerns about allergies and other restrictions on some students’ diets.
4. With regard to nutrition promotion, DCBDD shall:
- a. Encourage students to increase their consumption of healthful foods during the school day;
  - b. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the National School Lunch Program (NSLP):

- i. A variety of fruits, vegetables, and whole grain products are offered during school lunch;
- ii. Free and reduced meals are served with qualifying applications;
- iii. Meals are designed to meet specific calorie requirements for age/grade groups;
- iv. Fluid milk that is 1% white milk and fat free chocolate milk. DCBDD will serve alternative milks such as: lactose free, soy, and almond when applicable with a prescription from a physician;
- v. Accommodate students with special dietary needs, when food is provided by the family, applicable with prescription from a physician;

The Superintendent shall appoint a DCBDD Wellness Committee that includes: a parent, physical education teacher and / or physical therapy assistant, intervention specialist, classroom assistant, nurse, food service personnel and administration. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

The Wellness Committee shall be responsible for:

1. Assessment of the current school environment;
2. Review of the District's Wellness policy;
3. Presentation of the Wellness policy to the Board for approval;
4. Measurement of the implementation of the policy; and
5. Recommendation for the revision of the policy, if necessary.

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

The Superintendent or designee shall report annually to the DCBDD Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement and progress made in attaining the policy's goals.

The Superintendent or designee 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 the DCBDD website, including the Wellness Committee's assessment of the policy's implementation.

Board Approved: 3-28-17

Policy Revised: 6-15-06, 2-21-08, 9-27-11, 6-25-13, 4-26-16, 3-28-17