

Our District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed by the health and wellness team that includes teachers, parents, administrators, Food service and the district nurse.

One of our goals is to share the message of nutrition and wellness through our department's Web site that emphasizes the importance of nutrition and fitness.

Our Wellness Policy is in compliance with the wellness policy regulations.

Balance is essential for any Wellness Policy. Key areas include:

- Nutrition Education
- Physical activity
- Other school-based activities that are designed to promote student wellness.

Nutrition Education

1. Teaching nutritional information to all students' grades K-10.
 - A. Health (Science) is taught in grades K-6.
 - B. Health is a Middle School course option in grade 7 or 8.
 - C. Health is taught in high school as grade 10 as required for graduation.
2. Integrate nutritional information into other curricular areas. Examples include Science and Physical Education.
3. Incorporate the nutritional information from curricular areas into other areas of the student's experience.
4. Distribute accurate nutritional information through the use of school, district and community publications.
5. Demonstrate and promote nutritional health through staff in-service that links the nutritional goals to programs in which the District is currently involved. Examples include: A. athletics; B. Wellness workout program C. after-school activities.

Physical Activity

1. Students in high school are required to earn ½ credit in Physical Education in order to meet the graduation requirement.
2. Physical Education courses are offered at the junior high level with optional high school credit.
3. Physical Education Standards are based on National Standards for Physical Education.

4. It is recommended that all Physical Education classes be taught by certified Physical Education Instructors.

5. Recess: students in grades K through 6 are provided with daily recess. Nutrition Standard - Comply with S.B. 210 (state mandated) Any food or beverage sold to students during the school day has to follow the nutritional and beverage guidelines as outlined in S.B. 210. This includes foods sold through the Food Services Department as well as any other organization or person. District nutrition standards apply only to food or beverages sold. Food provided free as refreshment for parties, potlucks, teacher appreciation luncheons or breakfasts, etc., is not subject to District nutrition standards. However, offering foods that meet these standards is highly recommended. Hamilton Local Schools Nutrition Standards are in alignment with the Alliance for a Healthier Generation's School Beverage and Competitive Food Guidelines. In an effort to promote healthy nutritional habits, the District:

- A. follows federal guideline requirements for portion sizes in its lunch programs;
- B. provides professional development opportunities for its staff, covering the areas of nutrition and healthy eating habits;
- C. provides a list of "healthy choices" to those individuals planning field trips, afterschool events, meetings, teachers using food rewards, food-related fundraisers, as well as to parents, and school concession stands and
- D. turns off soda vending machines in student cafeterias and hallways during school hours;
- E. requests that any concession stand operated offer healthy food choices and
- F. offers healthy choices in school vending machines.

Activity The District provides a daily lunch program for its students. The District works to identify any student that qualifies for the lunch program. The District helps promote general awareness of nutrition. Healthy choices are advertised to the students.

The District has policies that allow for community usage of its facilities and the community has access to outdoor facilities. To promote healthy choices and opportunities, the District may use its monthly and annual publications and web site to inform the public.