

## Ashland County Board of Developmental Disabilities

### E.5.5 School Wellness Policy

The Ashland County Board of DD is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Ashland County Board of DD that:

1. Programs will:
  - A. Engage students, parents, teachers, Board Members, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
  - B. To the maximum extent practicable, the Board school program will participate in available federal school meal programs.
2. Students:
  - A. All students in pre-school through vocational levels will have opportunities, support, and encouragement to be physically active on a regular basis.
  - B. Will be provided nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related services.
3. Staff will assure that:
  - A. Breakfast and Lunch served to students will meet the nutrition recommendations of the USDA and National School lunch program.
  - B. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings; and adequate time for students to eat.
  - C. Nutrition education will be part of classroom curriculum focus.
  - D. All students will participate in gross motor activities, including physical education classes at least two times per week.
  - E. All students participate in Adapted Physical Education classes and complete the ODE Physical Education Evaluation in grades 2, 5, 8, and 12. Weather permitting, students are able to access a walking path and accessible playground. Preschool and Primary students are provided with recess (weather permitting) and regular movement breaks throughout the day. Students may participate in after-hours extra-curricular physical activities provided by their home districts if they choose or enroll in Special Olympics. Students who have gross motor needs receive Physical

Therapy and/or Adapted Physical Education services on their IEP as determined by the IEP team.

4. This policy will be reviewed annually.

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