

**ASHLAND COUNTY BOARD OF DEVELOPMENTAL DISABILITIES**

**Chapter E 5.5**

**School Wellness Policy**

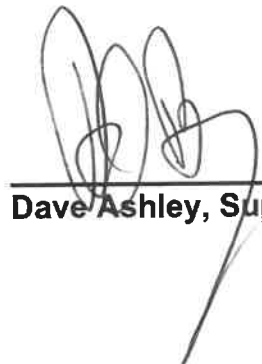
**Reviewed and Adopted by Ashland County Board of  
Developmental Disabilities**

**Reviewed: October 2025**

**Initially Approved: February 2018**

**Approved Date: 10-20-25**

  
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**Jerry Simon, Board President**

  
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**Dave Ashley, Superintendent**

## *Public Notice*

Notice of Public Input to the Ashland County Board of Developmental Disabilities School Wellness Policy.

The Ashland County Board of Developmental Disabilities will hold a public forum on Wednesday, October 15<sup>th</sup>, 2025, from 11:00 a.m. – 1:00 p.m. for the purpose of receiving public input to their School Wellness Policy. The Public Forum will be held in the front office located at 1256 S. Center Street, Ashland, Ohio 44805. The public is invited to come in throughout the day to review a draft of the Policy and provide comments and input.

# **NOTICE OF PUBLIC** **HEARING**

Ashland County Board of Developmental Disabilities

Wednesday, October 15<sup>th</sup>, 2025

11:00 a.m. to 1:00 p.m.

Front Office

1256 S. Center Street, Ashland, Ohio 44805

This hearing allows for public input to the  
School Wellness Policy

The public is invited to review a draft of the School Wellness  
Policy and provide comments and input.

# Ashland County Board of Developmental Disabilities

October 8, 2025

To: Public Hearing Participants

From: Peggy Bachmann, Director of Food Service

Re: Participation in the Public Hearing

Thank you for taking the time to attend the Public Hearing of the Ashland County Board of Developmental Disabilities. The purpose of this hearing is to provide the public constituency with the opportunity to view a draft of the School Wellness Policy of the Ashland County Board of Developmental Disabilities and provide comment and input.

Your input and comments are important. Please provide me with your written comments or express your comments to the Administrator who will record them. A record of your comments will be contained in the School Wellness Policy document and will be considered as we develop and adopt the School Wellness Policy. Please understand that not all items submitted will be included in the policy. They will be prioritized and given continuous consideration. The constraints of time and resources prohibit addressing every need in one year.

Again, I thank you for taking the time and interest to assist with the planning process.

# Ashland County Board of Developmental Disabilities

School Wellness Policy  
October 15<sup>th</sup>, 2025

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## 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. Program will:
  - A. Include, stakeholders, such as students, parents, teachers, board members, food service professionals, school health professional, physical education teacher and other interested community members in developing, implementing, monitoring, and reviewing the school wellness policy.
  - B. To the maximum extent practicable, the school program will participate in available federal school meal programs.
  - C. Program will not participate in the sale of a la cart items to students.
  - D. Provide recommendations for classroom snacks/beverages provided, but not sold to students during the school day.
2. Students:
  - A. All students 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.
  - C. Applications for free/reduced priced meals are given to all families at the beginning of the school year and when needed.
  - D. Assured privacy for those who qualify for free or reduced priced meals. Stigmatizing students on how their meals are purchased will not occur. At the end of the school year, unpaid balances are covered by the ACBDD Trust Fund in accordance with ACBDD Trust Fund policies and procedures.
3. Staff will assure that:
  - A. Breakfast and lunch served to students at school will meet the nutrition recommendations of the USDA and National School lunch program.
  - B. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
  - C. After obtaining food, students will have at least 10 minutes of seat time to eat breakfast and 20 minutes of seat time to eat lunch.
  - D. Students and staff will have access to free, safe, and fresh drinking water throughout the school day, and during meal periods.

- D. Triennial assessment will be completed at least once every three years. Results of the triennial will be made available to the public on the ACBDD website and on the school communication bulletin board. It will include but is not limited to: how well the ACBDD complies with the wellness policy, and the progress made in attaining the goals of the wellness policy
- E. Invitation to participate in the wellness policy committee will be published on the ACBDD website to include community member's involvement in the review/update of the wellness policy.

Reviewed & Updated: Kristina Albers, RN, BSN, 02/18/21. Updated by policy team: 02/23/21.

Highlighted changes by Peggy 3/16/2023 for review.

Highlighted changes by Kristina Albers, RN, BSN, LSN, 09/29/25.

Ashland County Board of DD  
Recommendations for  
Classroom Snacks/Beverages

**Calorie Limits**

Snack Items: 200Calories or Less

**Sodium Limits**

Snack Items: 230mg or Less

**Fat Limits**

Total Fat: 35% of Calories or Less

Saturated Fat: Less than 10% of Calories

Trans Fat: 0 Grams

**Sugar Limits**

35% by Weight or Less

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9/29/25