

# The Ohio State School for the Blind

## Wellness Policies on Physical Activity and Nutrition

10/26/15

### I. Campus Health Councils

The Ohio State School for the Blind will create a campus wide health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to departments for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, school administrators, teachers, health professionals, and members of the public.)

### II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

#### School Meals

Meals served through the National School Lunch, Breakfast and dinner Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- offer 100% whole grain breads.

OSSB should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- OSSB will, to the extent possible, operate the School Breakfast Program.

- OSSB will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- OSSB will notify parents and students of the availability of the School Breakfast Program.

**Free and Reduced-priced Meals.** OSSB will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, OSSB will provide meals at no charge to all children, regardless of income. Also, because OSSB is a state funded school the cafeteria is to operate as a service provider, not a for-profit organization.

**Meal Times and Scheduling.**

- OSSB will provide students with at least 10 minutes to eat after sitting down for breakfast, and 20 minutes after sitting down for lunch, and 30 minutes after sitting down for dinner;
- OSSB should schedule meal periods at appropriate times, e.g., breakfast between 7:00 a.m. and 8:00 a.m., lunch should be scheduled between 11 a.m. and 1 p.m. and dinner between 4:30 p.m. and 6:15 p.m.;
- OSSB should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of The Ohio State School for the Blind responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals at OSSB. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods and Beverages.** OSSB should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets. Some dorms may encourage sharing of snacks brought from home in the evenings but with supervision.

**Soda Pop.** Soda pop will not be consumed by students during the hours of 8:00 am and 3:30 pm during the school week (excluding weekends and summer) or during mealtimes including breakfast and dinner. Pop will not be given by The Ohio State School for the Blind to students as rewards or during parties for any school and dorm events through the school calendar year starting with the first day of classes and through graduation day. Pop consumed by students on campus will have to be provided by the parents or purchased by the students.

**Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, fund raisers, etc.) throughout the school day.**

**Selling Food:** At OSSB all food sold individually to students (not inclusive of the Culinary Arts Program) outside the school meal programs (including those sold through vending machines, student stores, or fundraising activities) during the school day, will meet the following nutrition and portion size standards (exceptions can be made for special events approved by the Wellness Administrator):

**Beverages**

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

**Foods**

- A food item sold individually:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - will have no more than 35% of its weight from added sugars;
  - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

**Portion Sizes:**

- Limit portion sizes of foods and beverages sold individually to those listed below:
  - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  - One ounce for cookies;
  - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;

- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-fat frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** The Ohio State School for the Blind in both classrooms and after school programming aims to teach, encourage, and support healthy eating by students. OSSB should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- is part of the after school dorm programs at each age level;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- teaches media literacy with an emphasis on food marketing; and

**Integrating Physical Activity.** For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain

a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

- recreational department will provide physical activities to students in the after school programming and reinforce the knowledge for a physically active lifestyle;
- each dorm will also provide various physical activities and education to students in their respectful dorms.

**Staff Wellness:** The Ohio State School for the Blind highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. OSSB should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

#### **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education. All physical education will be taught by a certified physical education teacher. Elementary students receive 45 minutes a week; middle school students receive three 45 minute sessions per week for one quarter; high school students receive at least one year during one of their high school years. Requirements will follow the National Standards. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Daily Recess:** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which OSSB should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

OSSB should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, OSSB should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** OSSB will offer extracurricular physical activity programs during the recreation programs. OSSB will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

The Recreation program will provide and encourage – through instruction and the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants. Examples of physical activities offered to students after school are ski club, walking program, activities at the community Rec Center, and swimming sessions.

**Use of School Facilities Outside of School Hours.** School spaces and facilities should be available to students, staff, and community organizations before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations through contractual agreement offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **V. Monitoring and Policy Review**

**Monitoring.** The superintendent has designated the Director of Student Life to be the administrator of the Wellness Policy and committee. He/She will ensure compliance with established campus-wide nutrition and physical activity wellness policies. During school, the principal will ensure compliance with those policies in school and will report on the school's compliance to the Director of Student Life of The Ohio State School for the Blind.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Director of Student Life. In addition, The Ohio State School for the Blind will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If OSSB has not received a SMI review from the state agency within the past five years, OSSB will request from the state agency that a SMI review be scheduled as soon as possible.

The Director of Student Life will develop a summary report every three years on campus-wide compliance with the OSSB's established nutrition and physical activity wellness policies. That report will be provided to Superintendent and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel.

**Policy Review.** To help with the initial development of the OSSB's wellness policies, each department will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of the assessment will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, The Ohio State School for the Blind will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. OSSB will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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