

TRUMBULL COUNTY

— BOARD OF —

DEVELOPMENTAL DISABILITIES

Their Journey, Their Needs, Our Support.

Wellness Policy

6/11/2020

Trumbull County Board of Developmental Disabilities and Fairhaven School Wellness Policy

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TCBDD Fairhaven School Wellness Policy

Preamble

The Trumbull County Board of Developmental Disabilities and the Fairhaven School (hereto referred to as the Board) is committed to the optimal development of every student. The Board believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{i,ii,iii,iv,v,vi,vii} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{viii,ix,x} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{xi,xii,xiii,xiv} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the Board's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the Fairhaven School have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- Board employees are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the Board in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- The Board and Fairhaven School will make every effort possible to eliminate an social stigma attached to, and prevent the overt identification of students eligible for free and reduced meals; and
- The Board establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, employees and locations of the Board.

I. School Wellness Committee

Committee Role and Membership

The Board will convene a representative Board wellness committee (hereto referred to as the Fairhaven Wellness Committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this Board-level wellness policy (heretofore referred as "wellness policy").

The Fairhaven Wellness Committee membership will represent all school levels (Pre-school, elementary and secondary schools) and include to the extent possible, but not limited to: parents and caregivers; students; Cafeteria Director, Adapted Physical Education teachers; school nurse, school administrators (e.g., superintendent, principal, assistant principal), health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the Fairhaven Wellness Committee will include representatives from each program and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the Fairhaven Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each program's compliance with the policy. The primary contact regarding this wellness policy is Sandra Kernan, Principal of the Fairhaven School. Mrs. Kernan can be reached at 330-652-5811.

The current list of Wellness Committee members can be found in Appendix A.

Each building will designate a building wellness policy coordinator, who will ensure compliance with the policy. The building wellness coordinator can be found in Appendix B.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The Board will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the school and other programs as applicable; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: www.tcbdd.com

Recordkeeping

The Board will retain records to document compliance with the requirements of the wellness policy at Principal's office and/or on the Board's website. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the Board uses to make stakeholders aware of their ability to participate on the Fairhaven Wellness Committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The Board will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The Board will make this information available via the Board website and/or Board-wide communications. The Board will provide as much information as possible about the school nutrition environment. This will include a summary of the Board's events or activities related to wellness policy implementation. Annually, the Board will also publicize the name and contact information of the school official leading and coordinating the committee, as well as information on how the public can get involved with the Fairhaven wellness committee.

Triennial Progress Assessments

At least once every three years, the Board will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school and programs under the jurisdiction of the Board are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the Board's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Sandra Kernen Principal of the Fairhaven School. Mrs. Kernen can be reached at 330-652-5811.

The Fairhaven Wellness Committee will monitor the schools compliance with this wellness policy. The Board will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The Fairhaven Wellness Committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as Board priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The Board is committed to being responsive to community input, which begins with awareness of the wellness policy. The Board will actively communicate ways in which representatives of Fairhaven Wellness Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the Board. The Board will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The Board will use electronic mechanisms, such as email or displaying notices on the Board's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The Board will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the Board and individual schools are communicating important school information with parents.

The Board will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The Board will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our Board is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving; and to meeting the unique nutrition needs of the individual child within their calorie requirements. The school meal programs aim to improve the diet and health of each child, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Fairhaven School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). The Board also operates additional nutrition-related programs and activities including a school garden. The Fairhaven School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The Board offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices following the USDA guidelines for a healthy lunch.
- Menus will be posted on the Board website.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.

- The Board child nutrition program will accommodate students with special dietary needs.
- Students are served lunch at a reasonable and appropriate time of day.
- The Board will implement the following Farm to School activities:
 - Messages about agriculture and nutrition are reinforced throughout the learning environment;
 - School hosts a school garden;
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and at each building program wide. The Board will make drinking water available where school meals are served during mealtimes.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The Board will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The Board will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards and nutritional recommendations of the Healthy Hunger Free Kids Act and Smart Snacks in Schools Guide.
3. Rewards and incentives. The Board will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The Board will make available to parents and teachers a list of healthy fundraising ideas.

The Board will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The Board will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Essential Healthy Eating Topics in Health Education

The Board will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from My Plate.
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

IV. Physical Activity

Children and adolescents will be encouraged to participate in at least 60 minutes of physical activity every day. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The Board will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the Board will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The Board will conduct necessary inspections and repairs.

Physical Education

The Board will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The Board will make appropriate accommodations to allow for equitable participation for all students. The Board will not use or deny physical education classes as a form of punishment for any reason.

Recess

All students will be offered at least 20 minutes of recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

Recess will complement, not substitute, physical education class. Teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Pre-school, Elementary and Secondary)

The Board recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Before and After School Activities (Special Olympics)

The Board offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The Board will encourage students to be physically active before and after school by offering seasonal sports such as track, basketball, golf, cheerleading, swimming, and bowling.

V. Other Activities that Promote Student Wellness

The Board will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The Board will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

The Fairhaven School will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by the school or curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the Fairhaven Wellness Committee.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The Board will develop relationships with community partners, and local businesses, in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The Board will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the Board will use electronic mechanisms (e.g., email or displaying notices on the Board's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The Fairhaven Wellness Committee will also focus on employee wellness issues, identify and disseminate wellness resources and performs other functions that support employee wellness in coordination with human resources staff.

The Board will implement strategies to support employees in actively promoting and modeling healthy eating and physical activity behaviors. The Board promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

The Board will use a healthy meeting promotion for all events with available food options, created by the Fairhaven Wellness Committee.

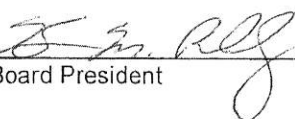
Professional Learning

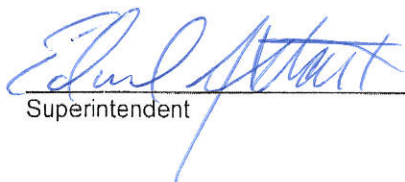
When feasible, the Board will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help Board staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Board reform or academic improvement plans/efforts.

VI. Wellness Goals

The Wellness committee has developed the following goals for the entire program:

- Connect with a local organization to promote health and wellness more comprehensively to students and their families.
- Provide nutrition education to students.
- Provide professional development for school food service staff to support nutrition education.


Board President


Superintendent

Adopted: 6/22/2020

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

ⁱ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

ⁱⁱ Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

ⁱⁱⁱ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

^{iv} Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

^v Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

^{vi} Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

^{vii} Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.

^{viii} MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

^{ix} Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

^x Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

^{xi} Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

^{xii} Singh A, Uijtendwilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.

^{xiii} Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.

^{xiv} Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.

¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

Appendix A

Wellness Committee Members

Name	Title
Brenda Garland	EMIS Coordinator
Carol Kirsch	Physical Education Teacher
	Bus Driver
Cindy Totten	Human Resource Director
Ed Stark	Superintendent
	Teacher
Heather Adams	Classroom Assistant
	Human Resource Assistant
Kathy Fleming	Teacher
Kim Lamm	Parent
Lindsey Ison	Cafeteria Supervisor
	Nurse
Sandra Kernen	Principal
Corey Stephens	Assistant Principal

Appendix B**Building Coordinators**

Name	Title	Board Location
		Fairhaven School
		Transportation
		Morrison Board Office
		Tony Tomaski Center