



SYCAMORE STUDENT AND STAFF WELLNESS PROGRAM

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; Whereas, good health fosters student attendance and education; Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity; Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood; Thus Sycamore Community Schools is committed to providing school environments that promote and protect the health and well-being of the students and staff by supporting healthy eating and physical activity. Supported by a unified effort among stakeholders, these components will ensure that the district implementation is successful:

- **District Wellness Committee**
 - The school district will have a District Wellness Committee to engage district leaders and administrators, students, parents, teachers, child nutrition staff, health professionals, and other interested community members in developing, monitoring, and establishing a district-wide nutrition and physical activity program. A notice to join the District Wellness Committee will be sent yearly in the district newsletter and placed on the district website and will provide information about the program and will invite members of the community to join. Members will have the chance to implement, develop, review, and update the wellness policy as members. The Child Nutrition and Wellness Director will ensure district wide and building wide compliance with the wellness committee's standards concerning nutrition and physical activity.
- **School Nutrition Programs and Food**
 - All District schools will provide breakfast and/or lunch through the USDA School Breakfast Program/ USDA School Lunch Program.
 - The District ensures that reimbursable school meals meet or exceed the National School Breakfast and Lunch Program guidelines.
 - District School meals will include locally grown, fresh produce from nearby farms that are participating in sustainable practices whenever possible, and will be promoted in the cafeteria as well.
 - The District ensures that all food sold outside of these federal meal programs are compliant with USDA School Lunch Program, Breakfast Program, and/or Smart Snacks standards for meal patterns, nutrient levels, and daily calorie requirements in regards to age/grade level served, as specified in the Ohio Senate Bill 210 from midnight through thirty minutes after the school day ends as the "school day"; including but not limited to a la carte items, food and beverage

vending machines and student fundraisers. As of 2014, Ohio does not permit any exemptions for fundraisers during the school day, including school sporting events. Links for programs are provided here-

<https://www.fns.usda.gov/sbp/school-breakfast-program>

<https://www.fns.usda.gov/nslp>

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

- The school district policy requires all foods and beverages sold on school property will adhere to the USDA and Smart Snack nutrition standards.
- The District will ensure the protection and privacy of student information who qualify for free or reduced meals by encrypting meal status on the Point of Sale system, and primarily using preloaded money on student meal accounts to pay for meals and a la carte items.
- Schools will be required to serve students a reimbursable meal, regardless if the student has money to pay or owes money.
- The District will mail applications for free/reduced meals for all families after July 1 of each school year. The application form will also be available online at the District website-Link provided here <https://www.sycamoreschools.org/Page/2292> as well as the district mobile app.
- The Child Nutrition and Wellness Director, Child Nutrition Supervisors, and Child Nutrition Staff will meet the required on boarding and annual training hours for the USDA Professional Standards for Child Nutrition Professionals. These can be found at the link provided. <https://www.fns.usda.gov/tn/guide-professional-standards-school-nutrition-programs>
- The District will ensure all students will have at least 20 minutes to sit down and eat their food.
- The District will provide water fountains or water filling stations near all school cafeterias for all students to use during meal times as well as available in other parts of the building to make sure all students and staff have access to free, safe, and fresh drinking water through the school day.

● **Nutrition Promotion and Food Marketing**

- Participation in school meal programs will be encouraged by appealing periodic promotions, such as student taste tests and Harvest of the Month, to encourage students to try samples of new healthy foods on the menu.
- Only food and beverages that meet the Federal and State nutrition regulations will be marketed on school premises. This includes caffeinated beverages, which are not permitted to be sold at elementary/middle schools, but are permitted for sale at high schools.
- All foods marketed on school grounds during school hours will be limited to foods sold on school grounds and will adhere to Smart Snack standards. All outside products will be prohibited from being advertised on school grounds.
- Efforts will also be made to have educational materials for students that do not advertise unhealthy foods through logos/illustrations of any kind. This also pertains to where food is purchased, and will prohibit any marketing of unapproved foods on servings materials such as vending machines, cups, plates, food display racks, coolers, trash and recycling cans.
- All school media will also be regulated and will not advertise outside food marketing of any kind through school publications, school radio stations, in-school television and social media

accounts. This also reaches over to no marketing of unapproved food through school fundraisers and corporate-incentive programs. Programs such as Box Tops for Education are prohibited from school programs due to concerns of students being exposed to outside marketing.

- Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school.

- **Employee wellness**

- School-based or school-linked programs will be available and offered in an effort to promote employee wellness and to facilitate positive role modeling for students.
- All Staff members will also be encouraged to model healthy eating behaviors and physical activity for students to witness. Each building's wellness committee rep and school nurse are encouraged to provide multiple wellness activities throughout the year to support employee wellness.

- **Nutrition and Health education**

- Health education and healthy living skills are taught as part of the regular curriculum. These courses provide the opportunity for all students to understand and practice concepts/skills related to health promotion and disease prevention.
- Courses will incorporate valuable lessons such as teaching students how to read food labels, menu planning, and media awareness involving nutrition facts.
- Nutrition promotion and education will be taught as part of the regularly scheduled health curriculum as well as in other teachable moments when appropriate in the classroom and lunchroom.
- Nutrition Education is offered at various grade levels, including K-12, as a sequential, comprehensive, standards-based and integrated into other content areas whenever applicable such as reading, science, social studies, foreign language and math to provide students with the knowledge and skills necessary to promote and protect their health.
- Sycamore Community Schools aims to teach, encourage, and support healthy eating by students and will provide nutrition education opportunities and will engage in nutrition promotion when opportunities are available.

- **Physical education and other physical activity programs**

- Schools will provide students with physical education that allows them to harbor skills to be physically active for a lifetime.
- Physical Education will be provided for grades K-12 by certified/licensed teachers who are endorsed to teach physical education. The district will also provide professional developmental opportunities specifically designed for physical education teachers.
- Physical education will be a part of the comprehensive, standard-based curriculum in grades K-12, which is based on the state of Ohio's established physical education standards. The high

school will allow additional student opportunities to take courses in physical education as well as utilize the active learning classroom.

- For students to achieve the nationally recommended amount of daily physical activity ,students will receive at least 300 minutes per week.
- Opportunities for physical activity will be available and encouraged both during and outside the school day to promote fitness and encourage both short and long term benefits of a healthy, active lifestyle.Physical activity clubs,interscholastic, and intramurals shall be available both before and after school hours. These comprehensive school physical activity programs will address family and community physical activity as well, and will provide a variety of offerings to the public.
- Elementary schools will be required to have at least 30 minutes of active daily recess time for students.
- The high school offers students the opportunity to earn credit for physical education via sports or other approved activities outside of the school day for at least 2 seasons per Ohio's PE Waiver.
- Certain school spaces and district facilities are available to students, staff, and community members outside school hours for groups to meet to conduct physical activity and exercise, such as walking groups, exercise classes, fitness center usage, etc. **District policies regarding facility use and rental agreements may apply.*
- **School health services**
 - Students have access to the following: preventive health services, referrals, acute and emergency care and chronic disease management. This encourages all students to maintain proper wellness and growth.
- **Counseling, psychological and social services**
 - School-based or school-linked services are provided to support the cognitive, emotional, social, and behavioral well-being of individuals, groups and families and to build a healthy school environment.
- **Family and community involvement**
 - Sycamore encourages and supports family/community partnership development. This helps to provide long term, meaningful support systems for students and staff.
- **School health and safety policies**
 - School health and safety policies are imperative to ensure a safe environment for learning. Sycamore Community Schools will engage all stakeholders (students, parents, teachers, food service professionals, health professionals and other interested community members) in developing, implementing, monitoring and annually reviewing the district-wide wellness guidelines.

The Sycamore Child Nutrition and Wellness Director will be the designated contact person for all areas related to the District Wellness Policy, Student and Staff Wellness Program and the Food for Sale Standards. The district wellness committee will meet a minimum of four times per year to establish goals and to oversee school health policies and programs, including development, implementation, and periodic review and updating of these wellness policies and program. Each Sycamore school building will have a building-level

committee to carry-out specific events and to administer meetings with parents and staff from that building and will report back to the district-committee. An annual wellness progress report will be presented to the school board by the program chair and will be available for public viewing in accordance with Federal guidelines. Additionally, a triennial assessment of the District Wellness Policy, Student and Staff Wellness Plan and Food for Sale Standards will be conducted. The Triennial assessment results, or the progress towards our health/wellness goals, will be provided to stakeholders via the district website and through electronic publications. This report will include our current compliance with our wellness policy, the extent to which our district policy compares to general local schools wellness policies, and progress made to reaching our future goals toward our wellness policy. Presentations to the school board will be on an annual basis. Also, every three years, the wellness committee will review current national policies on school health and will update the policy according to those standards. All members of the Sycamore community are encouraged and welcomed to participate in district wellness initiatives and events.

Food in the classroom

Classroom Snacks

- **Individual Snacks:** Students will be encouraged to eat healthy snacks, including fruits, vegetables, and grains. In specific classrooms, snacks may need to be further restricted to ensure the safety of students with allergies or other chronic health issues. Staff will share pertinent allergen concerns with classroom parents. Snacks in the original packaging are preferred, although baggies of snacks may be brought as well. Students will not be permitted to share snacks. It is up to the parent/guardian to provide this snack for their own child. No food will be taken from a child.
- **Classroom Snacks:** There may be times when classrooms have a shared snack with one parent providing the snack for the entire class. This is discouraged, however, if necessary, teachers are encouraged to provide a suggested snack list to parents using the snack suggestions provided below.

Snack Suggestions

- fresh or dried fruit (grapes, bananas, apple slices, strawberries, raisins)
- fresh vegetables (carrot sticks, pepper slices, cucumber slices, snap peas)
- lean proteins (hummus, beans, nuts, eggs, poultry or meat)
- high protein, low-sugar dairy items (cheese sticks, greek yogurt)
- whole grain foods with fiber (whole grain snack crackers, pretzels, breads, tortillas)

No food will be sold at class parties or celebrations, and all food provided will follow federal regulation guidelines. Standards are provided below.

Celebrations at School

- **For birthday celebrations:** Students are encouraged to bring in small, inexpensive non-food items for sharing (such as pencils and stickers). If parents wish to have a food item with their own child, it must be consumed in the cafeteria during the student's regularly scheduled lunchtime. Parents should not give food to other students due to the risk for food allergies, choking and or parental food preferences.

Staff have the discretion to implement non-food related birthday traditions (ex. Birthday Book Club, etc.). **See attachment A for non-food ways to recognize students.*

- **For other in-school celebrations:** Parents, teachers and students are encouraged to bring in non-food items and to focus on activities and crafts that encourage team building. These are chances for students to practice their social skills and to engage in fun activities centered around a party's theme. However, when there are classroom celebrations that include food, the following guidelines will encourage and maintain our healthy school environment:

Party Food Suggestions

- water
- "rainbow" fruit kebabs
- edamame
- popcorn
- mini-wheat bagels with cream cheese spread
- apple slices or celery sticks with sunflower seed butter (tastes similar to peanut butter!)
- sliced turkey or cheese tortilla roll ups
- homemade snack mix with pretzels, whole grain cereal, and dried fruits
- food color dyed deviled eggs (think Green Eggs and Ham!)

** See Attachment B for themed ideas*

Classroom incentives/rewards

Staff members are recommended to not to offer food or beverages as rewards for academic, classroom, or sport performance. (Non-food items that provide positive reinforcement such as physical activity and other creative strategies are recommended for use by staff instead. ** See Attachment A for non-food ways to recognize students.*

Instructional food use

Instructional use of food in the classroom should follow the guidelines above to promote a healthy lifestyle. Nutrition education and healthy eating messages are encouraged in the classroom during instructional time.

After school activities

The wellness program is designed so that snacks, including served and sold, in aftercare to students meet the standards of the USA Smart Snacks Program. This includes club meals, open houses, after school stores, vending machines and extracurricular concessions.

Transportation Department

To ensure the safety of the students with allergies and to support our healthier school environment, bus drivers are recommended to not to offer food or candy to students while entering, riding or departing from the school bus.

Physical activity throughout the school day

Physical activity in the classroom

The district recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. The district recommends teachers provide short (3-5 minutes) physical activity breaks to students for every 60 minutes of class time for grades K-12. It is recommended that physical activity not be restricted or withheld from students during the school day.

**See Attachment C for ideas for physical activity breaks.*

Resources

Teachers are encouraged to utilize available resources and tools provided in Attachment C to provide activity breaks for students throughout the school day. Some buildings may have alternative ways to allow students to be active such as walking trails or paths during recess, gym or lunch; fitness centers available for use to students during the school day; etc.

ATTACHMENT A

Non-food way to recognize students

Zero-Cost alternatives

- Be a helper in another classroom
- Choose any class job for the week
- Draw from a class treasure box (gently used books, pencils, pens, stickers, etc)
- Earn homework pass
- Eat a meal with the principal
- Hold class outside/class eats lunch outside
- Friday free time
- Have the teacher email parents to praise the student
- Have an extra recess
- Listen to music during class
- Receive extra credit
- Students can sit where they want for a day
- Use the teacher's chair for the day

Low-cost alternatives

- Choose an item from a box of Sycamore low cost spirit items
- Enter a drawing for donated prizes
- Gift card to movie theater
- Gift card to Sycamore High School bookstore
- Gift card to movie theatre

ATTACHMENT B

Themed party ideas

Halloween

- hummus “graveyard” for Halloween with whole grain cracker “tombstones” vegetable “skeleton”
- Cutie oranges with a jack-o-lantern face drawn in permanent marker on the peel
<https://www.pinterest.com/pin/310326230550349596/>
- peeled Cutie oranges with celery stem <https://www.pinterest.com/pin/310326230550349481/>
- banana “ghosts” with mini-chocolate chip eyes <https://www.pinterest.com/pin/310326230550349584/>
- “monster teeth” with apple slices, nut/seed butter, mini marshmallows
<https://www.pinterest.com/pin/310326230550349557/>
- candy corn fruit parfait <https://www.pinterest.com/pin/310326230550349718/>

Winter Holidays

- “Grinch hats” green grape, banana slice, strawberry, mini marshmallow
<https://www.pinterest.com/pin/310326230550349412/>
- popcorn mixed with dried cranberries and dark chocolate chips
- cottage cheese “snowballs” with fruit
- “Olaf snowman” string cheese <https://www.pinterest.com/pin/310326230550274039/>
- banana “snowmen” with mini-chocolate chip eyes, buttons
- snowman popcorn cups <https://www.pinterest.com/pin/310326230550274167/>

Valentine’s Day

- strawberry “hearts” dipped in dark or white chocolate
- mini ham sandwiches, on whole wheat bread, cut out with a heart-shaped cookie cutter
- strawberry yogurt covered pretzels
- “cupid’s arrows” with clementine slice, blueberries, a strawberry on straw
<https://www.pinterest.com/pin/310326230549578334/>

End of Year

- real fruit frozen pops
- sparkling water flavored with lemon and mint
- carrot sticks or whole grain chips with guacamole dip
- Fruit flag platter <https://www.pinterest.com/pin/310326230550349453/>

ATTACHMENT C

In-Class Physical Activity Breaks

Physical activity breaks, integrated into classroom lessons, enhance on-task classroom behavior of students. Physical activity is also critical to student's cognitive development and academic success. **1** School based physical activity does not negatively impact, and in many cases can help improve, academic performance, including attention, concentration, time-on-task, attendance, grades, and standardized test scores. **2**

Appropriate for all grades:

Fit For A Healthier Generation offers a variety of short video workouts appropriate for grades K-12.

- [Fitness Training with Bob Harper](#) : 3 minutes
- [Zumba](#) : 3 videos, 4 minutes each, K-6 appropriate.
- [Yoga with Tara Stiles](#) : 8 videos, 2-4 minutes each
- [Tae Bo with Billy Blanks](#) : 3 videos for Elementary, 5 minutes each; 3 videos for Middle School, 7-8 minutes each; 3 videos for High School, 6-8 minutes each.

https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/fit_for_a_healthier_generation/

Appropriate for Elementary & Intermediate buildings:

Elementary Energizers offers 48 classroom-based, short (about 10 minutes each) physical activity ideas that integrate physical activity with academic concepts. Appropriate for grades K-6.

<http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>

GoNoodle Classroom Brain Breaks offers a suite of short videos with physical activity breaks that feature Olympic athletes, Zumba, yoga/stretching, dance and breathing exercises appropriate for grades K-6. Categorized by grade level and type.

<https://www.gonoodle.com>

Get Fit Kids Corner offers several 5 minute workouts centered around fun dance moves.

Appropriate for grades K-6.

<http://getfitkidscorner.org/category/five-minute-workouts/>

Get Active with Katina Taylor offers a 10 video series of 5 minute exercises. Appropriate for grades K-6.

https://www.youtube.com/watch?v=K_cs5feJ0Z0

JAM School Program offers a weekly one-minute exercise routine and a monthly health newsletter, appropriate for grades K-6. Students can submit their own JAM routine to be used nationwide.

<http://www.jamschoolprogram.com/>

In-Class Physical Activity Breaks Cont.

Appropriate for Intermediate and Junior High:

Middle School Activity Breaks offers 55 classroom-based, short (5-10 minutes each) physical activity ideas that integrate physical activity with academic concepts. Appropriate for grades 5-8.

https://www.healthiergeneration.org/_asset/wmvkp7/14-6309_MSActivityBreaks.pdf

Appropriate for Junior High and High School:

Secondary School Physical Activity Breaks offers 11 activity ideas adapted from brain-based learning strategies. Perfect for integrating movement into class content, appropriate for grades 7-12.

https://www.healthiergeneration.org/_asset/590hh0/10-1819_SecondaryClassroomPA.pdf

Jump In, Jump Out offers a very challenging 4 minute video that is sure to engage the body and brain. Appropriate for grades 7-12.

<https://www.youtube.com/watch?v=k6bHltjIYzE>

¹ Mahar MT, Murphy SK, Rowe DA, Golden J, Shields A, Raedeke TD. Effects of a classroom-based program on physical activity and on-task behavior. *Medicine and Science in Sports and Exercise* 2006;38(12):2086-94.

² Centers for Disease Control and Prevention. *The Association Between School Based Physical Activity, including Physical Education, and Academic Performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

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