

COTA

301 • Wellness Program

COTA 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 COTA that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- 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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
- Our school will provide 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 community services.
- Physical Education and Activity Goals
- Students shall be provided opportunities for physical activity during the School day through physical education classes, daily recess periods for elementary students, and the integration of physical activity in the classroom.
- Physical education classes shall stress physical fitness, encourage healthy, active lifestyles and consist of physical activities as part of the curriculum.
- Physical activity will not be used as a form of discipline or punishment.
- Physical activity and promotion intonation will be shared with parents and the community.
- The School shall encourage parents and the community to support physical activity, to be physically active role models, and to include physical activity at events.
- Other School Based Activities
- School based activities shall promote student wellness and, if appropriate, shall encourage nutrition' and physical education.
- Nutrition shall be considered when planning school-based activities such as classroom' snacks, fundraisers, etc.
- The School will provide students with a clean and safe environment and adequate time for eating meals.

Nutrition Guidelines

In accordance with the School's Food Sale Standards Policy, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages. •The food service program will provide all students affordable access to a variety of nutritious foods.

GC Water Works – Leading the way to Lead Information

For the convenience of Greater Cincinnati schools Greater Cincinnati Water Works (GCWW) has created a one-stop-shop for all of its lead-related resources. Going to mygcww.org/schools/ launches users into an interactive website, with important information about lead in drinking water.

Lead Poisoning Information and Guidelines from The Center for Disease Control

PLEASE NOTE: Parents and Guardians, learn from the Center for Disease Control about Lead Poisoning causes, symptoms and interventions. Details here: www.cdc.gov/nceh/lead/parents.htm

Implementation and Evaluation

- The School principal shall ensure that the School implements, complies with, and annually evaluates this Policy.
- The School will create a wellness committee which may include administrators, board members, teachers, parents, school health professionals, or community members. The committee will participate in the annual review of the Policy and will make recommendations of changes.
- The School will periodically measure the implementation of this Policy, focusing specifically on the extent to which the School has complied with the Policy, the extent to which the Policy compares to model local wellness policies, and the extent to which the School has progressed toward achieving its stated goals in the Policy. The School will create a written assessment for each periodic measurement that it will disseminate to students, their families, and other members of the community or post on its website.
- At the start of each school year, the School will disseminate this Policy to families of school children and other members of the community or post it on its website and will notify such individuals of changes to the Policy in the same manner.

It is expected that the Food and Nutrition Service will publish its proposed rule on local wellness policies in early 2014. An appendix for procedure will be added at that time, which will become Appendix 453— A.42 B.Sc. 771.455-A, Nutritional Standards for Beverages; R.C.

Date Adopted

10/20/16