

**Wellness Policy  
Milford Schools**

The Milford Exempted Village School District recognizes that student wellness and proper nutrition are related to student's physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Milford Exempted Village School District (MEVSD) has adopted a district wide Wellness Policy to comply with Healthy Ohio Initiative 2010, Ohio Senate Bill 210, known as the Healthy Choices for Healthy Children Act and Child Nutrition Reauthorization Healthy, Hunger-Free Kids Act 2010. The new wellness policy is meant to encourage healthy eating habits and act as a safeguard for students with multiple medical issues, including but not limited to diabetes, food allergies, and diagnosed medical conditions.

It is the intent of this policy to enable students to become independent and self-directed learners by taking initiative to meet their own health and nutritional needs as is developmentally and individually appropriate. An organized and unified effort that encompasses the following components will insure that the district wellness guidelines are fully implemented. As required by law a local wellness policy, at a minimum, shall include:

1. Nutrition Education Goals:

- Nutrition education will be a part of the District's comprehensive health education curriculum.
- MEVSD will foster the positive relationship between good nutrition, physical activity, and the capacity of all to develop and learn.
- Schools will support and promote good nutrition.
- Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program.

2. Physical Activity Goals:

- MEVSD recognizes the essential nature of quality physical activity for the well-being of all students and will support and promote an active lifestyle.
- The district will include daily opportunity for a variety of PK to 12<sup>th</sup> grade physical activities thru curricular, extra-curricular and recess options.
- Teachers are encouraged to integrate physical activity into their courses of study where feasible.

3. Other school-based activities designed to promote wellness:

- The goal is to create a total school environment that is conducive to good health including good nutrition, physical activity, psychosocial well-being and community awareness.
- After-school programs will encourage physical activity and healthy habit formation.

4. Nutrition guidelines:

- It is the intent of the board that MEVSD takes a proactive approach to provide students with nutritious food choices.
- MEVSD will comply with the requirements of state and federal law and current USDA Dietary Guidelines for Americans.

5. MEVSD shall maintain and evaluate a School Wellness committee that will meet biannually. The members shall include but not be limited to District Nurse(chair), Pupil Personnel Director, Food Service Director, physical education and health curriculum teacher, elementary teacher, secondary Teacher, and parent (s). These positions are assigned by the District Nurse.

All food and beverages offered for sale on school properties will meet or exceed the district's nutritional standards be in compliance with Senate Bill 210 and include safeguards for students with food allergies, chronic conditions or specific nutritional needs.

District regulations for food in the classroom and or food made available on school property will be supportive of the principals in the Milford School's Wellness Policy

Adopted: 6/29/06  
Revised: 6/19/2011

References:

ORC 3313.6016 Daily physical activity for students  
ORC 3313.674 Body mass index and weight screening  
ORC 3313.719 Food allergy protection policy  
Healthy Choices for Healthy Children Act 2010  
Child Nutrition and WIC Reauthorization Act of 2004  
Child Nutrition Reauthorization Healthy, Hunger-Free Kids Act 2010  
Ohio Senate Bill 210  
National School Lunch Program  
School Breakfast Program

Cross References:

EF, Food Services Management  
EFB, Free and Reduced-Price Food Services  
EFF, Food Sale Standards  
IGAE, Health Education  
IGAF, Physical Education