

Board of Education
Coshocton County Joint Vocational School District
Coshocton County Career Center

WELLNESS POLICY

The Board directs the Superintendent/designee to develop and maintain a student wellness plan in compliance with Federal Law.

The student wellness plan:

1. Includes goals for nutrition promotion and education, physical activity and other school-based activities designed to promote student wellness that are developed with consideration of evidence-based strategies and techniques.
2. Includes nutrition guidelines for all foods provided, but not sold to students in the District during the school day to promote student health and reduce childhood obesity.
3. Provides assurance that District guidelines for all food and beverages sold during the school day are, at a minimum, equal to the guidelines issued by the U.S. Department of Agriculture (USDA) and that marketing of foods and beverages on the school campus during the school day is prohibited for foods or beverages that do not meet the nutritional standards established by the District in accordance with USDA regulations and
4. Establishes a plan of implementation and evaluation, including designating one or more persons within the District with the responsibility for ensuring that the District is compliant with Federal Law.

Development of the student wellness plan must be a collaborative effort between parents, students, food service workers, physical education teachers, school health professionals, administrators, the Board, and the public.

The District notifies the public of the wellness plan at least annually. The wellness plan is assessed at least once every three years and the results of the assessment are made available to the public.

[Adoption date: January 14, 2021]

[Revised date: May 15, 2024]

- LEGAL REFS: Child Nutrition and WIC Reauthorization Act; Pub. L. No. 108-265
(Title I, Section 204), 118 Stat, 729
National School Lunch Act; 42 USC 1751 et seq.
Child Nutrition Act; 42 USC 1771 et seq.
7 CFR, Subtitle B, Chapter 11, Part 210
7 CFR 220
7 CFR 225
7 CFR 245
ORC 3313.814
OAC 3301-91-09
- CROSS REFS.: EF, Food Services Management
EFB, Free and Reduced-Price Food Services
EFF, Food Sale Standards
IGAE, Health Education
IGAF, Physical Education
KJ, Advertising in the Schools

Coshocton County Career Center Student Wellness Plan

Committee Members

- Matt Colvin, Andy Slaughter, Cordell Brown, Mike Cichon, Tammy Hess, Emily Marrison, Carol Wears, Cherie Reveal, and Rick Raach

Contact Information

- Contact information will be posted on the Coshocton County Career Center website, www.coshoctoncareers.org under *Quick Links*. Committee members will be approved as part of the BOE agenda/minutes.

Public Updates

- Updates will be posted on the Coshocton County Career Center website, www.coshoctoncareers.org under *Quick Links*.

Triennial Assessments

- The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's website.

With regard to nutrition education:

- a) Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
- b) The standards and benchmarks for nutrition education shall be behavior focused.
- c) Nutrition education shall include enjoyable, developmentally appropriate, and culturally relevant participatory activities, such as contests, promotions, taste testing, and other.
- d) Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
- e) Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
- f) The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
- g) Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.

With regard to physical activity:

- a) Inform the students and families when and where they can take physical education at their home school (summer school, YMCA, etc.)
- b) Encourage students to participate in competitive and non-competitive sports at their home schools.

With regard to other school-based activities the District shall:

- a) Provide at least thirty (30) minutes daily for students to eat.
- b) Schedule mealtimes so there is a minimum disruption by home school bus schedules, and other special programs or events.
- c) Provide an attractive, clean environment in which the students eat.
- d) Shall permit students to have bottled water.
- e) Not schedule activities, such as tutoring or club meetings during mealtime, unless students may eat during those meetings.
- f) Provide students the opportunity to join Drug Free Clubs of America Foundation.