



BATH LOCAL SCHOOL DISTRICT WELLNESS PLAN

PHYSICAL ACTIVITY

The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart or fun runs).

The district will teach, model, encourage and support physical activity among students. Schools will provide physical activity education integrated into other subjects, as part of health education and/or offer stand alone classes at each grade level.

The curricula used are designed to provide students with the knowledge and skills necessary to promote and protect their health

- physical activity education is integrated into classroom subjects such as math, science, language arts, social studies and art, and are also included as part of health education classes and elective subjects
- physical activity education include developmentally appropriate, culturally relevant and participatory activities
- teachers and other staff are provided with training on nutrition and physical activity education

The district requires that all students receive education on the benefits of physical activity in conjunction with health (including nutrition) education.

The district prohibits the use or withholding of physical activity (including recess) as a punishment during the school day and during the extended school day (including during out-of-school time/and before and after school). The district will provide resources and training to school and OST staff on appropriate ways to discipline students.

The district requires that physical activity opportunities be adapted in order to make them accessible to students with disabilities.

NUTRITION

The district recognizes that the out-of-school time (OST) settings, such as academic enrichment programs (e.g., reading or math-focused programs), specialty programs (e.g., sports teams, STEM programs and arts enrichment programs) and multipurpose programs that provide an array of activities (e.g., 21st Century Community Learning Centers, Boys & Girls Clubs, recreation agencies and YMCAs), provide critical opportunities to teach and reinforce healthy habits. As such, the district will promote the use of the National AfterSchool Association Healthy Eating and Physical Activity (HEPA) Standards among all school-based OST program providers.

The district/schools will:

- offer a variety of foods and beverages that are appealing and attractive to children
- ensure that eating settings are clean and inviting
- post menus on the district website and/or individual school websites and include nutrient content and ingredients
- ensure that students are served lunch at a reasonable and appropriate time of day

The district requires that:

- free, safe and unflavored drinking water is available to students during the school day and during the extended school day* (including during out-of-school time/and before and after school),

Schools in the district will integrate health and wellness into other curriculum areas, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the district curriculum experts.

PROMOTION

The district will host student challenges to motivate and reward students for making good nutrition choices and participating in physical activities.

The district will offer taste testing to students.

The district will include the menu on announcements.

The district will use social media to promote student nutrition and wellness.

The district will use posters in all three buildings to promote nutrition and wellness.

The district will utilize the lunchroom tv's to scroll information pertaining to health, nutrition, and wellness.

EVALUATION

The district requires that each school within the district establish an ongoing School Wellness Committee* (SWC) that supports LWP implementation as well as LWP monitoring and reporting to the DWC. Schools can refer to the School Wellness Committee Toolkit for guidance.

The district recommends that schools use the Healthy Schools Program Assessment or the School Health Index to complete an annual school-level health and wellness assessment.

The district requires that all efforts related to obtaining federal, state or association recognition of and/or funding for healthy school environments be coordinated with and complementary of this LWP, including but not limited to ensuring the involvement of the DWC/SWC.

The district will document the impact of the LWP on behavioral and educational outcomes, (e.g., student and employee attendance or office discipline referrals) and will make this information available to the public.

The district requires that all foods and beverages served and offered or sold on the school campus outside of the school meal programs during the school day and during the extended school day (including during out-of-school time/and before and after school) will, at a minimum, meet Smart Snacks.

The district will make available for caregivers and all school and school-based OST staff:

- ï A list of foods and beverages that meet Smart Snacks
- ï A list of healthy and non-food rewards.

The district will ensure that:

- ï • physical activity education is taught using evidence-based curricula that are aligned with the National Health Education Standards and address the essential healthy eating and physical activity topics
- ï • the curricula used are consistent with the CDC's Characteristics of an Effective Health Education Curriculum

Foodservice staff and PE teachers collaborate with classroom teachers and other school staff to provide nutrition and physical activity education throughout the school campus. All school-sponsored events, whether before, during or after school, will adhere to the LWP guidelines and will include physical activity and healthy eating opportunities when appropriate.

GOALS

The district understands that resources are not equally distributed. The district will maintain a focus on health equity and will work to ensure that all students and staff across the district have equitable access to health and wellness efforts.

The district will develop and annually update an action plan for the execution of this LWP. The plan will outline who is responsible for overseeing each component, as well as actions and a timeline for the completion of activities and goals.

Conducting student surveys and taste testing opportunities and using them to inform menu development, dining space décor and promotional ideas

The district requires that fundraising, including activities such as donation nights at restaurants, cookie dough, candy and pizza sales and market days during the school day and during the extended school day (including during out-of-school time/and before and after school) sell only non-food items or foods and beverages that meet or exceed Smart Snacks.

The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and during the extended school day (including during out-of-school time/and before and after school) and will encourage participation in school meal programs.

The district will ensure the promotion of healthy food and beverage choices through:

- school announcements, newsletters and website postings

Schools in the district will integrate health and wellness into other curriculum areas, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the district curriculum experts.

The district will coordinate and integrate wellness activities, so all efforts are complementary rather than duplicative and work towards the same set of goals and objectives. These initiatives will be culturally inclusive, accessible to all students and staff across the district and age-appropriate.

The district requires that all school and school-based OST staff will model healthy eating and physical activity behaviors by not bringing in/or consuming personal food or beverages in front of students that would not meet the requirements of this LWP, and by participating in physical activities along with students.