

Wood County Board of Developmental Disabilities

PROCEDURE

Procedure #: 02-WLS-ALL-0688(CR)

Subject: Wood Lane School Wellness Program and Plan

Effective Date: 06-30-06

Last Revision: 12-16-2024

Person Responsible: School Principal

Approvals/Date:

Brent Baer 12-17-24
Superintendent, WCBDD

Gouaine Flick
Date Department Director/Coordinator

12.16.24
Date

1. Wood Lane School will maintain a multidisciplinary wellness committee that may be made up of students or individual served by the Wood County Board of DD, parents, teachers, food service personnel, health professionals, school administrators, community members, and/or a Board representative whose purpose is to develop, advise, monitor, and review the activities of the Wellness Program.
 - a. The group will meet at least 2 times per year.
 - b. The group is responsible to develop, monitor and review program activities and effectiveness.
 - c. The group will consider The Wellness Program, Board Wellness Policies and Procedure, and Wellness Policy Assessment for public review and comment.
2. The School Principal will be the Program Coordinator who will:
 - a. Implement and monitor compliance of physical, nutrition, and wellness policies and procedures.
 - b. Oversee implementation and evaluation of the Wellness Program.
 - c. Oversee annual data collection of the Wellness Program objectives, and report yearly to the Board the program evaluation results, updates, and yearly action plan.
3. The School Principal and Lead School Cook will assure that to the maximum extent practicable, all students can participate in available federal school meal programs.
 - a. All families will be informed of the availability of free and reduced lunch programs authorized by the Federal guidelines.
 - b. Wood Lane School will comply with all requirements of the current Federal School Breakfast/Lunch Program guidelines.
4. Wood Lane School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish a link between health education and school meal programs, and with related community services.
 - a. ILS (independent living space) will be utilized for nutritional education and food safety training.
 - b. Nutrition education and physical activity education will be provided throughout the school year
5. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
 - a. All enrollees over 8 years old have opportunities to participate in Special Olympics.
 - b. Adapted Physical Education for all school age enrollees will promote lifelong physical activity.
 - c. Daily recess and/or physical will be offered and encouraged.
 - d. Participation in Wood County Board of DD Recreation activities will be encouraged including the open swim program.
6. Food and beverages sold and/or served at Wood Lane School will focus on guidelines for maximizing nutritional value by decreasing fat and added sugars, increasing density, and moderating portion size.
 - a. All meals served will meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations.
 - b. All meals will be accessible (affordable) to all students, and the school will accommodate special dietary needs and food allergies, as well as smart snack standards, potable water, and adequate time to consume the meal.
7. To ensure multiple opportunities for ongoing wellness, it is the intent of Wood Lane School that:
 - a. The operation of the food services program shall be the responsibility of the School Principal. The cafeteria shall be operated on a non-profit basis, and a periodic review of the accounts shall be made by the Director of Fiscal Services.
 - b. The child nutritional professional (School Cook), in agreement with the physical education department will educate and promote health and wellness through healthy and nutritional foods and physical exercise in accordance with the National School Lunch Program (NSLP) guidelines.
 - c. Planned instruction in physical education shall be individualized for students to improve health and wellness in accordance with Ohio Department of Education and Workforce guidelines.
 - d. The Board shall notify the public of the financial opportunities available to them through the Free/Reduced lunch program and inform them of the eligibility and application process per Federal guidelines.
 - e. Teachers and parents are encouraged to consider healthy snacks or nutritional options to be offered outside the school meal program.

References: National School Lunch Program (NSLP) guidelines
CFR, Department of Agriculture Food and Nutrition Services Title 7
Federal Public Law 108.265

Policy: 01-WLS-ALL-0212

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