

**RESOLUTION TO ADOPT  
WELLNESS POLICY**

**Capital High School**



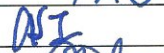


The Governing Authority (the "Board") of West Columbus Drop Back In, dba Capital High School (the "School"), a non-profit corporation organized under the laws of the State of Ohio, hereby resolves as follows:

IT IS HEREBY RESOLVED that the School shall adopt the Wellness Policy. The Wellness Policy is attached as Exhibit A, attached hereto and incorporated herein as restated.

**APPROVAL AND ADOPTION**

Motion to adopt the Wellness Policy (with / without) amendment(s),

made by MR. GIBSON, seconded by MR. BRYANT

| <b>Board Member<br/>Name/Initials</b> | <b>AYE</b>  | <b>NAY</b> | <b>Other<br/>(Not Present, Abstain,<br/>etc.)</b> |
|---------------------------------------|---|------------|---|
| Desmond Bryant                        |  |            |   |
| Kim Gibson                            |  |            |   |
| Ashley Ingram                         |  |            |   |
| Stefan Thomas                         |  |            |   |
| Anthony Forte,<br>Chairman            |  |            |   |

Executed and adopted by a vote of the Board on this 22<sup>nd</sup> day of JUNE, 2017

  
\_\_\_\_\_  
Anthony Forte, Chairman  
Capital High School

## Capital High School

### WELLNESS POLICY

The Governing Authority (the "Board") of Capital High School (the "School") recognizes that good nutrition and regular physical activity affect the health and well being of the School's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education:

1. Nutrition education will be considered for inclusion in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall be considered for inclusion in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. Nutrition education shall be considered for inclusion into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
5. The standards and benchmarks for nutrition education shall be behavior focused.
6. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
7. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
8. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
9. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

10. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
11. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
12. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

**B. Physical Activity**

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- c. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- d. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
- e. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.

**C. With regard to other school-based activities the School shall:**

1. The schools shall provide at least twenty (20) minutes daily for students to eat.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. Schools may limit the number of celebrations involving serving food during the school day to no more than four parties per class per month.
6. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to

the fiscal management of the program.

- B. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.

The Board designates the building school director as the individual(s) charged with operational responsibility for measuring and evaluating the School's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the School's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every two (2) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771