

Ohio Wellness Policy  
Updated October 2024

**Preamble**

The Green Inspiration Academy ("GIA") is committed to the optimal academic and personal development of every student. GIA believes that for students to have the opportunity to achieve success we need to create positive, safe, health-promoting learning environments throughout the school year. GIA will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

This Wellness Policy outlines GIA's approach to advance student health, reduce childhood obesity, and promote the general wellness of students by implementing measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities. Specifically, this Policy establishes guidelines to ensure that:  
GIA students have access to healthy foods throughout the school day.  
Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.

Students have opportunities to be physically active before, during, and after school.  
GIA school engage in nutrition and physical activity promotion and other activities that promote student, family, and staff wellness; and GIA staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school. This policy applies to all students enrolled in GIA. Wellness Policy Implementation

GIA convenes a representative GIA Wellness Council ("WC") that meets at least four times per year to establish goals for and oversee school health and safety policies and programs -- including the development, implementation and periodic review and update of this policy.  
GIA's wellness plan must address, at a minimum:  
Strategies for soliciting involvement by and input from individuals interested in the wellness plan and policy.

**Activities, benchmarks, and objectives for implementing wellness goals.**

Methods for measuring implementation of wellness goals;

GIA's standards for foods and beverages provided (but not sold) to students during the school day and while on campus; and methods for communicating to the public information about GIA's local wellness plan.

In developing, implementing, and reviewing the guidelines and goals of GIA's Wellness Policy and plan, the WC invites participation by parents, students, representatives of GIA's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The WC will also solicit involvement and input from these other interested people:

Superintendent or designee  
Executive Director  
Dean of School/ Student & Family Support Services

## **Nutritional Quality of Foods and Beverages Served on Campus**

Children consume as many as half of their daily calories at school. School play an important role in providing access to meals that contain vital nutrients to support growth, development, and academic performance while simultaneously shaping students' eating habits. The USDA Child Nutrition Programs (CNP) aim to improve the health of students, mitigate hunger and food related disease, and model healthy eating patterns by providing meals that are low in fat and sodium, and are abundant in fruits, vegetables, lean proteins, and whole grains. CNP supports the development of lifelong healthy eating patterns while considering cultural food preferences and accommodating special dietary needs. GIA's nutrition guidelines for reimbursable school meals and other foods and beverages sold or marketed to students during the school day are designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance.

**School Meals.** To be compliant with the USDA final rule, all school within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including: fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red, and orange, beans, peas and legumes, starchy, and "other") grains (80% of which are whole grain-rich) meats and meat alternates fat-free and low-fat milk and access to free drinking water.

### **The school will:**

offer a variety of foods and beverages that are appealing and attractive to children  
ensure that eating settings are clean and inviting

**Breakfast.** To ensure that all children are offered breakfast to meet their nutritional needs and enhance their ability to learn:

School will operate universal breakfast which is offered at no cost to students

School will, to the extent possible, utilize methods to serve school breakfasts that maximize participation, including serving breakfast in the classroom or hallway, "grab-and-go" breakfast, or breakfast during morning break or recess.

**Mealtimes and Scheduling.** To ensure that all children have meals with adequate and reasonable time to consume them:

School will provide students with at least 10 minutes to eat after sitting down with their food in front of them for breakfast and 20 minutes after sitting down with their food in front of them for lunch

School will provide time for students to eat if participating in activities such as tutoring or clubs during mealtimes

School meals will not be withheld as punishment

School will provide students access to hand washing stations and will advocate for hand washing before they eat meals or snacks

School will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk)

The School defines a school day as midnight before until 30 minutes after the last instructional bell.

**Sharing of Foods and Beverages.** To ensure the health and safety of children with food allergies, intolerances, special diets, and religious beliefs, school will prohibit students from sharing their foods or beverages with one another during meal or snack times.

#### **Nutritional Quality of Foods and Beverages Sold on Campus**

**Competitive Foods and Beverages.** Competitive foods and beverages include those items sold as à la carte and in vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. These foods are called competitive foods because students may choose to eat them instead of healthier foods offered through the school meal programs.

To be compliant with the USDA final rule, the district will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet USDA Smart Snacks guidelines. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to à la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day.

**Concession Stands.** It is recommended though not required that food and beverages available for purchase on campus after school hours offer a variety of items that meet USDA Smart Snacks guidelines. Concession stands must remain closed during the school day to ensure they do not compete with CNP school meal programs.

**Smart Snacks.** To ensure that snacks make a positive contribution to children's diets and health, all school will emphasize serving fresh fruits and vegetables as the primary snack and water as the primary beverage. All snacks sold must follow Smart Snacks rules and should meet the following standards:

#### **Foods**

Be a grain product that contains 50% or more whole grain; or  
Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or  
Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or  
Meet the nutrition standards for calories, sodium, fats, and sugar as indicated below:

Nutrient	Snack
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0g
Sugar	35% by weight or less

## **Beverages**

GIA 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), water cups/jugs are available in the cafeteria if a drinking fountain is not present students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards.

**Allowed:** Plain water (with or without carbonation), unflavored low-fat milk, unflavored fat free milk and milk alternatives, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water and no added sweeteners.

There is no portion size limit for plain water.

School may sell up to 8-ounce portions of milk and juice.

**Not allowed:** soft drinks containing caloric sweeteners or artificial sweeteners; sports drinks\*; iced teas; fruit-based drinks or any that contain additional caloric sweeteners; beverages containing caffeine.

To find out if your snack meets the USDA Smart Snacks Guidelines visit:

<https://foodplanner.healthiergeneration.org/calculator/>

### **Portion Sizes**

When not using the Smart Snack calculator, limit portion sizes of foods and beverages sold individually to:

1.25 ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky

1 ounce cookie

2 ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items

4 oz. for frozen desserts, including, but not limited to, low-fat or fat-free ice cream

8 oz. for non-frozen yogurt

1 <https://www.fns.usda.gov/tn/guide-smart-snacks-school>.

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

**Fundraising Activities.** To support children's health and school nutrition education efforts, school fundraising activities during the school day will only sell non-food items or foods and beverages that meet or exceed the USDA Smart Snacks guidelines. School will also encourage fundraising activities that promote physical activity.

Campuses are allowed to organize offsite fundraising activities at food establishments, as this does not compete with Child Nutrition Program meals. Marketing for these events can be posted on school social media.

### **Rewards, Celebrations, and Events**

Celebrations and positive reinforcement are an important part of our district's culture of supporting students. Using food as a reward or withholding food as a punishment undermines healthy eating habits and interferes with children's ability to self-regulate their eating.

**Food as a reward.** School are highly encouraged to celebrate students with non-food items. Snacks may be used as a reward and must meet USDA Smart Snacks guidelines. Snacks cannot be offered during mealtimes—breakfast, lunch, and supper—as this competes with Child Nutrition Program-provided meals.

**Food as punishment.** School will not withhold food or beverages as punishment.

**Celebrations during the school day.** School are encouraged to be creative in holding celebrations without food, or solely involving foods that meet the USDA Smart Snacks guidelines (see Section III). It is suggested that school leverage some of the GIAs in the fundraiser toolkit for school celebrations as well.

**On-Site Events.** Foods and beverages offered or sold at events on campus outside of school meal programs during the school day will, at minimum, meet the nutrition standards enumerated in Smart Snacks (See section III). The District Wellness Policy does not apply to offsite events such as recruitment events and field lessons.

**Donations.** Foods or snacks donated for on-site events must, at minimum, meet the USDA Smart Snacks guidelines and cannot be offered during campus mealtimes.

**Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education Goals.** GIA has established the following goals for nutrition education:

Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. Nutrition education will be a system-wide priority and will be integrated into other areas of the curriculum, as appropriate. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

Educational nutrition information will be shared with families and the public to positively influence the health of students and community members.

**Nutrition Education and Promotion.** GIA aims to teach, encourage, and support healthy eating. School should provide nutrition education and engage in nutrition promotion that:

each grade level a nutrition program at least once a semester which promotes and protects their health which includes but is not limited to special promotions (NSLW, NSBW), campus-based taste testing, farm visits, and school gardens.

Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy, low sodium products, healthy food preparation methods, and health-enhancing nutrition practices

Emphasizes caloric balance between food intake and energy expenditure (moderate to vigorous physical activity/exercise);

Connects school meal programs with nutrition-related community services-  
Communication with Parents. GIA will support and encourage parents' efforts to provide a healthy diet and daily physical activity for their children.

School will provide information about physical education and other school-based physical activity opportunities available before, during, and after the school day.

School will share results of FitnessGram3 twice a year, pretest and posttest, with parents  
School will share their individual wellness policies that, at a minimum, meet the standards set out in this policy.

School will share GIAs and recommendations for allowable awards and celebrations.

School will share guidance on what foods/snacks are allowable for parents to bring to campus.

Food deliveries for students (including snacks) that do not meet USDA Smart Snack guidelines will not be accepted on campus. Any food delivered to campuses for students that does not meet Smart Snack guidelines will be sent home with the parent or student after school.

Additionally, GIA shall share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.

Food Marketing in School. School-based marketing will be consistent with nutrition education and health promotion. As such, school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually that meet USDA Smart Snacks guidelines (See section III).

### **Physical Education and Health Education**

Physical Education (P.E.) K-8. To ensure the health and wellness of our students:

All students in PE grades K-8, including students with disabilities (except where exempt per an IEP or Section 504 Plan), special health-care needs, and in alternative educational settings, will receive an average of 135 minutes/week of physical education.

Students will spend at least 50% of physical education class time participating in moderate to

vigorous physical activity.

**Space.** To ensure that students participate in school physical education class, the campus will, to the extent possible, provide an environment that is safe, enjoyable, and developmentally appropriate for all students, while they are participating in the physical activity taking place during physical education.



**Clothing.** To ensure that students participate in physical activity during physical education class and that students' hygiene is maintained during the school day, students will to the extent possible be provided with a space to change clothing.

**Health Education:** To meet the coordinated health program component of the state's education requirement:

School will deliver health education at least once a semester that fosters the adoption and maintenance of healthy habits

School will make health education a priority and shall integrate it into other areas of the curriculum as appropriate

The district shall provide annual professional development so that teachers and other staff responsible for health education programming are adequately trained to deliver the program/

### **Physical Activity Opportunities**

**Recess.** All Academy school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which School will encourage moderate to vigorous physical activity verbally and through the provision of space, equipment, and choice play.

**Physical Activity Opportunities Before and After School.** GIA may offer extracurricular physical activity programs, such as athletics, non-competitive physical activity clubs and/or intramural programs. Every effort will be made by the school to provide ample opportunity before and after the school day for students to participate.

**Physical Activity and Punishment.** Campus administrators will not endorse or authorize campus personnel, especially teachers, to use physical activity or withhold opportunities for physical activity as a form of behavioral punishment.

**Safe Routes to School.** GIA will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

**Additional Physical Activity Opportunities.** School teachers and staff are also encouraged to integrate physical activity into the academic curriculum where appropriate. Additionally, GIA will offer appropriate training and other activities annually to employees to promote enjoyable, lifelong physical activity for GIA employees and students; school shall do the same.

**Communication with Parents.** School will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. Additionally, school should include parents in before- and after-school programs involving physical activity, when appropriate.

Moreover, school should encourage all students, parents, staff, and community members to use their recreational facilities (such as tracks, playgrounds, fields, etc.) that are available outside of school hours.

### **Monitoring and Policy Review**

**Monitoring.** The WC listed above will ensure compliance with established GIA's nutrition and physical activity wellness policies. In each school, the campus designee or Principal will ensure compliance with those policies in their school and will report on the school's compliance to the school Board of Directors.

GIA will develop a summary report every three years on compliance with GIA's established wellness policies based on input from all GIA school. That report will be provided to the Board of Directors and distributed to school health councils, parent/teacher organizations, school principals, and school health services personnel.

**Policy Review.** GIA shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, GIA compliance with the wellness policy shall be assessed at least once every three years. The evaluation will consider the extent to which each GIA school is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. GIA will use measures aligned with Alliance for a Healthier Generation's Healthy School Award to track school' compliance and progress.

GIA must annually inform and update the public about the content and implementation of the Wellness Policy, and make the policy and any updates, along with the wellness plan and program assessments, available to the public.

#### **Non-Discrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339.

To file a program discrimination complaint, a complainant should complete Form AD-3027, USDA Program Discrimination Complaint Form, from any USDA office, by calling 866-632-9992 or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or  
Fax: 833-256-1665 or 202-690-7442; or  
Email: [USDA Program Intake@usda.gov](mailto:USDA Program Intake@usda.gov)

This Institution is an equal opportunity provider.

# Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name

Reviewer

*Tracy Adams*

School Name

*Green Inspiration Academy*

Date

*2/11/25*

Select all grades:

PK  K  1  2  3  4  5  6  7  8  9  10  11  12

**I. Public Involvement**

Yes  No  We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

Administrators       School Food Service Staff       P.E. Teachers       Parents

School Board Members       School Health Professionals       Students       Public

Yes  No  We have a designee in charge of compliance.

Name/Title: *Shannon Beller - Lunch Director*

Yes  No  We make our policy available to the public.

Please describe: *posted w/in the school and digitally*

Yes  No  We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Yes  No  Our district reviews the wellness policy at least annually.

**II. Nutrition Education**

Yes  No  Our district's written wellness policy includes measurable goals for nutrition education.

Yes  No  We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes  No  We offer nutrition education to students in:  Elementary School       Middle School       High School

**III. Nutrition Promotion**

Yes  No  Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes  No  We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes  No  We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes  No  We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes  No  We ensure students have access to hand-washing facilities prior to meals.

Yes  No  We annually evaluate how to market and promote our school meal program(s).

Yes  No  We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes  No  We offer taste testing or menu planning opportunities to our students.

Yes  No  We participate in Farm to School activities and/or have a school garden.

Yes  No  We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

N/A  N/A  We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes  No  We offer fruits or non-fried vegetables in:  Vending Machines       School Stores       Snack Bars       à La Carte

Yes  No  We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes  No  We provide teachers with samples of alternative reward options other than food or beverages.

Yes  No  We prohibit the use of food and beverages as a reward.

**IV. Nutrition Guidelines** (Cont. from page 1)

Yes  No  Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.

Yes  No  We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go

Yes  No  We follow all nutrition regulations for the National School Lunch Program (NSLP).

Yes  No  We operate an Afterschool Snack Program.

Yes  No  We operate the Fresh Fruit and Vegetable Program.

Yes  No  We have a Certified Food Handler as our Food Service Manager.

Yes  No  We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
 as à La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers

**V. Physical Activity**

Yes  No  Our district's written wellness policy includes measurable goals for physical activity.

Yes  No  We provide physical education for elementary students on a weekly basis.

Yes  No  We provide physical education for middle school during a term or semester.

Yes  No  We require physical education classes for graduation (high schools only).

Yes  No  We provide recess for elementary students on a daily basis.

Yes  No  We provide opportunities for physical activity integrated throughout the day.

Yes  No  We prohibit staff and teachers from keeping kids in from recess for punitive reasons.

Yes  No  Teachers are allowed to offer physical activity as a reward for students.

Yes  No  We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

**VI. Other School Based Wellness Activities**

Yes  No  Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.

Yes  No  We provide training to staff on the importance of modeling healthy behaviors.

Yes  No  We provide annual training to all staff on:  Nutrition  Physical Activity

Yes  No  We have a staff wellness program.

Yes  No  We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).

Yes  No  We actively promote walk or bike to school for students with Safe Routes to School or other related programs.

Yes  No  We have a recycling/environmental stewardship program.

Yes  No  We have a recognition /reward program for students who exhibit healthy behaviors.

Yes  No  We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name:  Position/Title:

Email:  Phone: