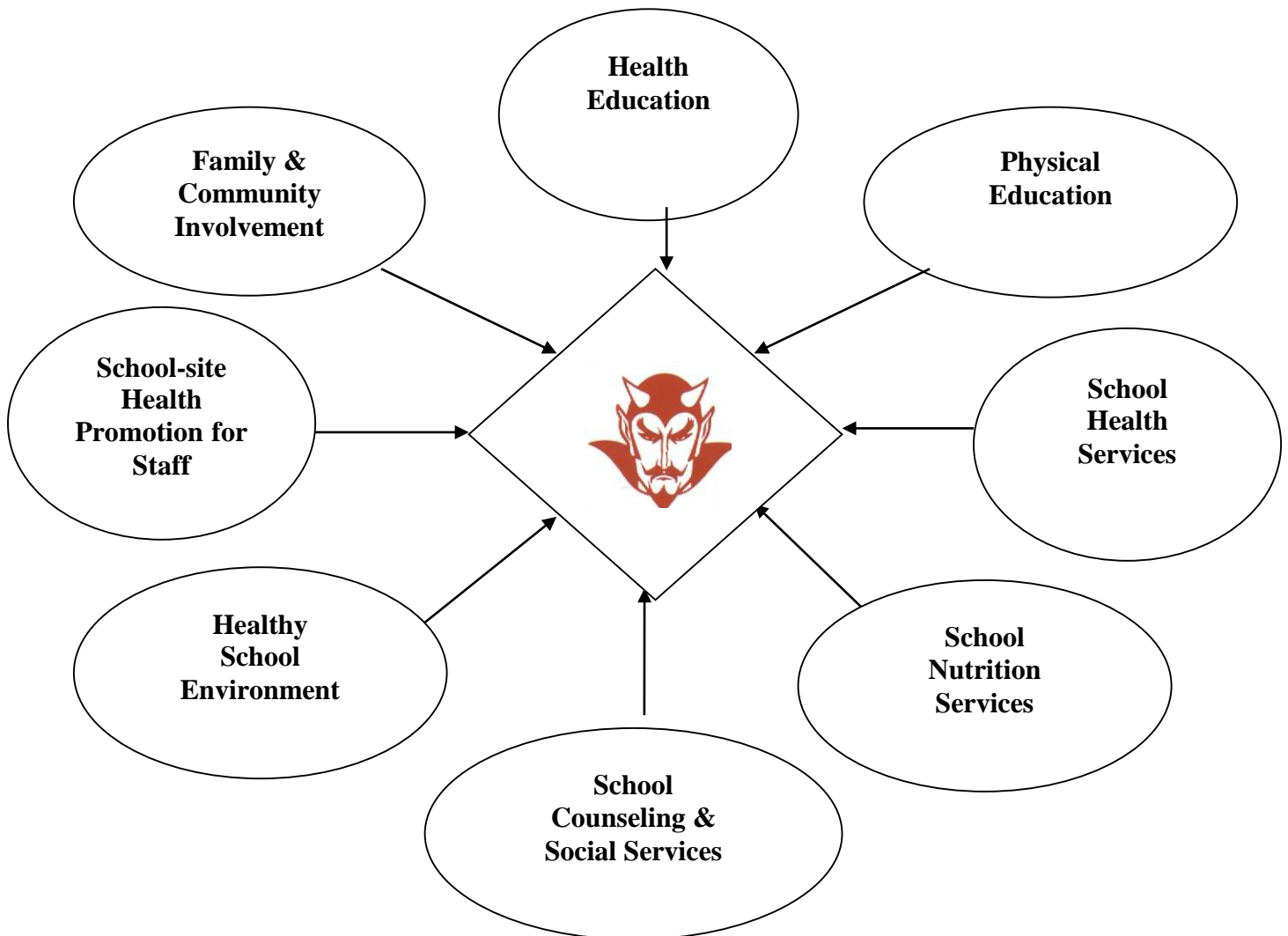


Arlington School's Wellness Program



School Wellness Team Members

Board of Education
High School Administrator
Elementary Administrator
District Nurse
Elementary Guidance Counselor
JH/HS Guidance Counselor
Community Members

Physical Education/Health Education/Athletic Director/Coach
Food Service Director
High School Student
Jr. High School Student
Elementary School Student
Parent

School Wellness Policy
Arlington Local School

The School Wellness Team recognizes the importance of promoting student health and reducing childhood obesity. Offering nutritious meals and snacks is an important component to the health and well-being of all students, staff, and community members. The School Wellness Team assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture. The School Wellness Team understands the importance of regular physical exercise for students and staff. Also, the committee recognizes that the school environment needs to be not only conducive to learning, but likewise must be safe and accessible for use by all interested parties.

The School Wellness Team has established goals for the Arlington Local School District. The goals set forth by the Arlington Local School Wellness Team are as follows:

Maintain a safe school environment by conducting building safety checks at least twice yearly.

Insure that all hazardous materials and chemicals are stored properly and in locked areas.

Provide Health Education Professional Development opportunities for all teachers in grades K-12.

Gather student input on nutritional food preferences regarding the school's food service program.

Provide recess prior to lunch.

Eliminate physical activity as discipline.

Promote community physical activity through distribution of information and programs.

Teachers provide opportunities for student activity within the classroom.

Implement a breakfast program available by a vending machine accessible each day for students in all grade levels.

Increase promotion of nutritional eating. This will be improved initially by supplying all cafeterias and kitchens with posters depicting nutritional and health promoting information.

Replace vending machines containing soda and juices with little nutritional value and low percentage of fruit juice with 100% fruit juice, flavored and regular water, diet sodas, and sports drinks.

Reduce ice cream treats as an a la carte item for students to purchase and replace them with low fat snacks.

Limit the amount of fried foods served in the cafeteria.

Reduce the sale of fried snacks, such as chips and Doritos with baked, low-fat snacks.

Provide professional development opportunities for cafeteria staff.

Provide health improvement by providing a mobile dentist program in the fall and the spring for students in grades pre-K through 6 and make referrals as needed.

Provide educational information and opportunities to students, staff, and the community on a variety of health related topics (i.e.-nutrition, physical activity, eating disorders, etc.)

Offer smoking prevention education beginning in the fourth grade.

Collaborate with staff and community resources/agencies on student health related issues.

Improve school climate by providing positive messages daily to students in grades preschool-12.
Improve staff awareness on community and local fitness and wellness programs.

Collaborate with county health department, local hospitals, and other community agencies to sponsor/host screenings/awareness opportunities for staff.

Provide parents and community members with more health/wellness related information to promote an overall healthy school district environment.

The School Wellness Team will meet as needed to evaluate the effectiveness of the policy and make any revisions deemed necessary. The School Wellness Team invites staff, students, and community members to provide input at any time which they feel would be instrumental in improving the overall wellness of the Arlington Local School District. All input provided will be taken into consideration by the School Wellness Team. Determination will then be made if goals need to be modified, added, or deleted.