

TORONTO CITY SCHOOL DISTRICT WELLNESS IMPLEMENTATION PLAN

Roles	Responsibilities	Actions/Timelines
Superintendent or designee	Designated Official for Oversight	Convenes DWC on a quarterly basis and facilitate development and updates to the wellness policy. Ensures compliance with the School Wellness Policy. Assists in the evaluation of the wellness policy implementation. Maintains documentation to show compliance with policy. Completes annual notification of policy.
Director of Special Programs	Assists in the evaluation and implementation of the wellness policy.	Maintains documentation to show compliance with policy. Completes annual notification of policy.
Elementary Principal and Jr.-Sr. High School Principal	School Wellness Coordinator	Invites representatives from the community to participate in DWC/SWC. Assists in the evaluation and implementation of the wellness policy. Maintains documentation to show compliance with policy. Completes annual notification of policy.
School Nurse	Manages triennial assessment, assists with wellness policy implementation.	Conducts Triennial Progress Assessment at least once every 3 years.
Food Service Director	Assists in the evaluation and implementation of the wellness policy.	Completes annual notification of policy.
DWC (District Wellness Committee)	Recordkeeping	Implements and evaluates district/school wellness plan. Convenes DWC on a quarterly basis.
SWC (School Wellness Committee)	Recordkeeping	Implements and evaluates district/school wellness plan. Convenes DWC on a quarterly basis

The committee goals in each area contribute to the DWC/SWC that is required under law and District policy. The plan will be evaluated and revised (if necessary) annually.

TORONTO CITY SCHOOLS WELLNESS PROGRAM GOALS AND OBJECTIVES

Nutrition Standards Goals and Objectives

Goal: To promote guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the goal of promoting student health and reducing childhood obesity.

Objectives:

1. Food with minimal nutritional value will be excluded from the food service lunch and à la carte menu following federal and state requirements.
2. Healthy food and beverage choices will be promoted using Smarter Lunchroom techniques.
3. All advertising and marketing is to be directed to items deemed as nutritiously healthy. Guidelines for foods deemed nutritious, offerings, and advertising/marketing efforts will be reviewed annually by the Wellness Committee and recommendations will be made for the upcoming school year.
4. It is strongly recommended that snacks consumed during the school day (provided by home or school) should align with the guidelines of USDA "All Food Sold in Schools" Standards such as fruits, vegetables, water. Snack policy for the classroom(s) will be communicated to parents by the classroom teacher and/or building administrator.
5. For classroom snacks brought by parents, the district will provide a list of foods and beverages that meet Smart Snack nutritional standards.
6. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
7. The district will provide teachers and other relevant school staff a list of alternative ways to reward children.

*Definition of Foods of Minimal Nutritional Value: The United States Department of Agriculture (USDA) defines foods of minimal nutritional value (FMNV) as those foods which provide LESS than 5 percent of the United States Recommended Daily Allowance (USRDA) for each of the eight specified nutrients per 100 calories AND less than 5 percent of the USRDA for each of eight specified nutrients per serving. The eight specified nutrients to be evaluated are protein, vitamin A, vitamin C (ascorbic acid), niacin, riboflavin, thiamin, calcium, and iron. In the case of artificially sweetened foods, only the per serving measure would apply.

Nutrition Promotion and Education Goal and Objectives

Goal: To promote nutrition education with the objective of improving students' health and reducing childhood obesity.

Objectives:

1. Nutrition Promotion shall be implemented using Smarter Lunchroom techniques.
2. Nutrition Education shall be included in the health curriculum so that instruction is sequential and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
3. Nutrition Education shall be integrated into other content areas of the curriculum, when appropriate, to compliment the health education program.
4. It is encouraged that Nutrition Education include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
5. Nutrition Education posters, such as My Plate, will be displayed in the cafeteria. Ongoing efforts will be made to provide details as to the nutritious value of specific foods served during the school day.

6. Nutrition Education will include the posting of nutrition updates/information; lunchroom snack schedules/options, healthy snack and lunch suggestions for families in home communications regularly throughout the year (i.e. school newsletter section, school menus, school/district websites).

Physical Activity and Physical Education Goal and Objectives

Goal: To promote physical activity with the objective of improving students' health and reducing childhood obesity.

Objectives:

1. Physical activity during the school day will not be withheld as punishment for any reason.
2. All students in grades K-5, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the students' IEPs), receive physical education weekly for a minimum of 40 minutes per week.
3. The Physical Education curriculum shall provide sequential instruction related to knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical education. Curriculum will be aligned with the Ohio Physical Education Academic Content Standards and will be assessed through the use of the Ohio PE Evaluation Tool across the K-2, 3-5, 6-8 and 9-12 grade bands.
4. The Physical Education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge. The focus areas will be life-long fitness, "personal best" and other habits to promote healthy choices.
5. Physical activity can improve student learning through increased focus. Students will have the opportunity to engage in school-wide events promoting physical activity throughout the school year.
6. All students in grades 7-12 shall have the opportunity and be strongly encouraged to participate in interscholastic sports programs within the district and physical activity programs outside of the school day.
7. The district will evaluate and consider curricular programming options (high school/middle school electives, K-12 Physical Education course of study) to promote fitness as a life-long activity.
8. Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.

Wellness Goal and Objectives

Goal: To promote the health and wellness of students and staff.

Objectives:

1. All wellness programs shall be reviewed on an ongoing basis. The committee will make recommendations annually.
2. The Toronto City Schools will provide at least 20 minutes daily for students to eat their lunches. Elementary students (K-5) will also be provided a minimum of 20 minutes each day for recess.
3. Activities such as tutoring, test make-ups, and club meetings, shall only be scheduled at meal times if students are able and encouraged to eat a nutritious lunch during this time.
4. Recess and physical education classes will not be routinely used for make-up work or testing without parent notification. Loss of recess and physical education class will not be used as a student consequence by classroom teachers. For documented medical reasons, recess may be temporarily replaced with an alternative activity.

5. The Toronto City Schools encourage staff, parents, and community members to serve as role models for students by practicing healthy habits, such as eating nutritious meals and being physically active.
6. Students, staff, parents, and other community members shall have access to the schools' outdoor physical activity facilities for their intended use when school is not in session.
7. Staff and students will have access to wellness information throughout the school year with the goal of increasing awareness of both healthy eating and increased physical activity.
8. School Wellness Committees will continue to review building practices and develop appropriate educational and movement activities. Initiatives developed in individual buildings will be communicated to the other buildings, to either invite them to participate or encourage program development in other buildings.

A subcommittee will annually evaluate and measure progress toward these goals and objectives, and make recommendations to the Superintendent. The Superintendent will consider these recommendations when setting administrative guidelines for teaching, practicing, supporting, and promoting wellness.