

**KENT CITY SCHOOL DISTRICT
INTEROFFICE MEMO**

TO: All Kent Employees
FROM: Joe Giancola
DATE: August 3, 2006
RE: New Wellness Policy

In 2004, the Child Nutrition Act was reauthorized by Congress. This Act required that any public school district participating in the National School Lunch Act program must establish a local school wellness policy by June 30, 2006. Goals for such policy included: nutrition guidelines, nutrition education, physical activity, and other school-based activities.

Throughout 2005-2006, a committee of Kent staff members, parents, Kent State experts, and one school board member met to develop Kent's new Wellness Policy. We extend our gratitude to these people who gave generously of their time: Connie Collier, Sue Cudworth, Linda Ferlito, John Flynn, Joan Hogrefe, Chuck Kegley, Roger Sidoti, Carissa Sims, Meilani Snellenberger, Cathy Spicer, and Anne Wood.

Among many different policy provisions, several items may have great impact on how we deal with our students. For example, one provision on physical activity states:

"All students in grades Pre-K-8 shall be provided with a daily recess period that:

- Is preferably outdoors,
- Encourages moderate to vigorous physical activity,
- Discourages extended periods of inactivity."

This provision asks us to re-examine our practices of withholding extended periods of recess time for disciplinary purposes.

Another important example relates to nutrition and related school-based activities. The overall intent of the following policy statement is to reduce sugar intake and to curtail the use of food and candy as a regular practice of rewarding behavior in the classroom. The provision states:

(OVER FOR CONTINUATION OF POLICY STATEMENT)

"School activities in the classroom:

- In an attempt to provide an environment to promote healthy nutritional development, schools should not routinely use food to reward behavior.
- Except for special events, no foods with minimum nutritional value or candy shall be consumed by students in the classroom.
- Except for special events, student consumption of carbonated beverages (excluding carbonated water) shall be prohibited in the classroom.
- Schools should limit the number of celebrations involving serving food during the school day. Teachers and parents will be encouraged to include healthy options for all celebrations."

This provision asks us to re-examine our practices of using food, candy, and soft drinks as a regular part of our instructional activities or reward systems.

In the coming semester, members of the Wellness Committee will be attending all building staff meetings in order to answer questions about the new Wellness Policy. In addition, building-level activities which promote nutrition and healthy physical activities for students and staff members alike will be discussed.

If you have questions or concerns about this new board policy, please feel free to contact me at the board office (extension #7611). Have a healthy school year! Thank you.