

***Scioto County Career
Technical Center***

Wellness Program

Scioto County Career Technical Center

951 Verne Riffe Drive

Lucasville, OH 45648

Superintendent

Kyle Copley

Treasurer

Brett Butler

SCCTC Mission:

The mission of Scioto County Career Technical Center, the region's driving force for re-energizing the economy, is to provide a superior workforce through personalized training, new technologies, and community partnerships.

For over fifty years the Scioto County Career technical Center has provided business and industry with skilled and technically trained employees. We believe it is imperative that we maintain the highest quality of service to our community. We are confident that our staff will provide you with experience you can trust...results you can measure!

SCCTC Wellness Committee

Committee Member

Kyle Copley

Brett Butler

Josh Shoemaker

Derek Brown

Lowell Howard

Brenda Spires

Jay Miller

Bethany Lundy

Carla Munn

Kim McCray

Sarah Sand

Noel Franke

Jason Dunham

Christi Perkins

Title

Superintendent

Treasurer

Principal

Adult Education Director

School Board Member

Cafeteria Manager

Advanced PE Instructor

Allied Health Instructor

Allied Health Instructor

Culinary Arts Instructor

Guidance Counselor

Testing/EMIS

Central Office/Satellite Admin.

School Nurse

SCCTC Wellness Mission

Local wellness policies are an important tool for school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards (USDA 2014). The SCCTC will continuously work to develop lifelong habits that lead to more productive lives for our students and staff.

Beliefs:

The SCCTC Wellness Committee is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. We believe that good nutrition and physical activity promote the learning process. The school environment shall be aligned with healthy school goals to promote health and wellness, and meet the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the USDA federal school meal standards.

Rationale:

On June 30, 2004, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. The law recognized the important role schools play in promoting healthy lifestyles. The law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many

chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being.

*The above was obtained from the U.S. Department of Agriculture's Healthier US School Challenge

Program Goals and Objectives

Part 1: Nutrition Education

Goals:

- ☐ Special emphasis shall be placed on promoting nutritious food choices as health habits are established.
- ☐ Nutrition education will be offered to provide students with knowledge and skills necessary to promote and protect their health.
- ☐ Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices
- ☐ Promotes healthy choices through a variety of means of communication
- ☐ Student eating areas will have posters, banners, etc. that promote healthy eating habits.

Part 2: Physical Activity

Goals:

- ☐ Advanced Physical Education Class- Our career center serves junior and senior students. The SCCTC offers an Advanced PE class as an elective to all interested students.
- ☐ Special emphasis should be placed on promoting an active lifestyle. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.

- ❑ Extended lunch/recess- The SCCTC gives students extra time at lunch (40 minutes) for students to get out and move. We offer full-court basketball courts and large outdoor areas with grass for students to walk, exercise, or play sports.
- ❑ Intramural Sports – The SCCTC offers intramural sports such as flag football, basketball, etc. for all students to participate in during the school year.
- ❑ Extracurricular sports/activities- The SCCTC supports and encourages all students to participate in extracurricular sports and activities and accommodates all students the opportunity to participate.

Part 3: Other School-Based Activities that Promote Student Wellness

Goals:

- ❑ The SCCTC shall support parents' efforts to provide a healthy diet and physical activity for their children. This support shall begin during the school day and continue throughout the school year.
- ❑ Food service personnel shall take every measure to ensure that student access to foods and beverages on school campuses meet federal, state, and local laws and guidelines.
- ❑ School based organizations shall be encouraged to raise funds through the sale of items other than food.

- The school shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System such as fruits, vegetables, low-fat dairy foods and whole grain products.
- The school nurse will provide training on how to use medications, ensure proper documentation is provided to get students the resources they need during the school day, coordinate with the home schools to ensure all students have proper vaccinations, and provide hearing and vision screenings and appropriate instruction if the screenings show deficiencies.

Part 4: Nutrition Guidelines for All Foods Available on Campus

Goals:

- The Scioto County Career Technical Center will offer meals in accordance with the National School Lunch Program. It will provide meals that are appealing and healthy to students, be served in clean settings, and meet nutrition requirements established by state, local, and federal guidelines.
- The Scioto County Career Technical Center will endorse the availability of free or reduced-price meals to all students based upon application and approval
- Schedule breakfast and lunch periods at appropriate times as well as ensure that students have adequate time to consume their meals.

Part 5: Plan for Implementation

Goals:

- ☐ The SCCTC Wellness Committee will monitor compliance with established rules and regulations of the district as well as local, state, and federal laws and guidelines.
- ☐ The SCCTC Wellness Committee will meet annually (October unless otherwise specified by the committee) to review the Wellness Policy as well and adapt the policy as needed. The Wellness Committee will recruit parents & community members to serve on the Wellness Committee.
- ☐ The superintendent will designate an administrator to be responsible for implementation of the local wellness policy and will appoint members of the school and community to serve on the Wellness Committee.
- ☐ Continuously seek input from stakeholders in the community to meet the needs of our staff and students