

The **Ovid-Elsie Area Schools Wellness Committee** remains committed to creating a supportive environment that prioritizes the health and well-being of our students and staff.

Our mission: *To promote overall health and wellness for students and staff by facilitating healthy food choices, encouraging an active lifestyle, and providing continuous wellness education.*

Following the completion of our **2025 Triennial Assessment**, we are proud to share the progress we've made in strengthening our wellness policy. Our previous policy scores reflected a **Total Comprehensiveness of 60** and **Total Strength of 20**. After thoughtful revision and collaboration, our updated policy now scores **92 in Total Comprehensiveness** and **66 in Total Strength**. This marks significant progress toward ensuring that our wellness practices are both comprehensive and actionable.

While our policy now better aligns with current practices and goals, we recognize that some practices already in place are not yet fully reflected in our policy language. These will be reviewed and addressed in future updates.

To build on the progress outlined in the Triennial Assessment, the following Practice Implementation Plan outlines our district's key wellness goals for the upcoming year, along with specific actions, timelines, and responsible parties. These priorities reflect both current needs and opportunities for continued improvement.

Ovid-Elsie Area Schools Wellness Policy Practice Implementation Plan

[Triennial Assessment](#) Response | 2025–2028

Goal 1: Strengthen Nutrition Education Across All Grade Levels

Purpose: Improve the consistency, quality, and impact of nutrition education across K–12.

Assessment Areas Addressed:

- FR1 – Goals for nutrition education
- NE1–NE4 – Sequential, comprehensive nutrition instruction
- NE5 – Integration into other subjects
- NE6 – Collaboration between nutrition staff and teachers
- NE7 – Agriculture and food system education
- EW2 – Staff modeling of healthy behaviors

Key Actions:

- Evaluate and revise, as needed, health curriculum to include sequential, skills-based nutrition education across all grade levels.
- Integrate nutrition education into core subjects (e.g., science, social studies).

- Train educators in interactive, behavior-focused teaching methods.
- Facilitate collaboration between nutrition services and teachers.
- Include topics on agriculture, food systems, and sustainability.
- Highlight staff wellness and healthy role modeling through professional development and recognition.

Timeline:

- Curriculum update: Fall 2025
- Staff training: Ongoing through 2026–2027

Responsible Parties:

Curriculum Director, Health/PE Staff, Building Principals

Measurement:

- Documented curriculum revisions
- % of teachers trained
- Student and staff surveys
- Nutrition staff-teacher collaboration logs

Goal 2: Improve Smart Snack Compliance and Healthy Food Practices

Purpose: Ensure all foods and beverages sold or served during the school day meet Smart Snack or federal nutrition standards.

Assessment Areas Addressed:

- FR6, FR9, FR10 – Competitive food and school store compliance
- FR11 – Class party/celebration foods
- FR12 – Food/beverage marketing
- NES5 – Healthy food marketing strategies
- NES9 – Smart Snack exemption awareness
- NES10–NES13 – After-school food sales/serving, caffeine use, food rewards

Key Actions:

- Develop and share Smart Snack–compliant lists for vending, stores, and fundraisers.
- Create celebration guidelines promoting healthy and non-food options.
- Audit food marketing and eliminate non-compliant advertising.
- Educate stakeholders on Smart Snack exemptions and compliance.
- Prohibit caffeine products and food rewards in all settings.

Timeline:

- Smart Snack policy rollout: Fall 2025
- Full compliance: End of 2026–2027 school year

Responsible Parties:

Food Services Director, District Nurse, SOS (Parent/Teacher groups), Athletic/Club Advisors, Building Principals

Measurement:

- Compliance audits
 - Healthy marketing materials distributed
 - Reduction in non-compliant practices
 - Stakeholder feedback
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Goal 3: Expand Physical Education and Activity Promotion

Purpose: Increase PE quality and encourage daily physical activity through curriculum, access and culture.

Assessment Areas Addressed:

- PEPA1–PEPA4, PEPA5–PEPA6 – PE curriculum, frequency, alignment
- PEPA8 – Ongoing professional development for PE staff
- PEPA10 – PE exemptions/substitutions
- PEPA11 – Family/community physical activity opportunities
- PEPA14–PEPA16 – Activity breaks, shared-use, active transportation
- PEPA17–PEPA19 – Use of activity as reward/punishment

Key Actions:

- Align PE curriculum with state/national standards and implement district-wide.
- Increase PE minutes where below recommendations (especially middle and high school).
- Provide annual PE-specific professional development.
- Minimize PE substitutions and track student participation.
- Offer physical activity opportunities for families (e.g., walk/run nights, open gym).
- Promote active classroom breaks and active transportation (walking/biking programs).
- Eliminate withholding physical activity as punishment and misuse as reward.

Timeline:

- Curriculum alignment and PD: Fall 2026
- Culture campaigns: Winter 2026–2027

Responsible Parties:

PE Teachers, Building Principals, Curriculum Team, Community Engagement Coordinator

Measurement:

- Revised PE schedules and policies
 - PD attendance records
 - Family event participation logs
 - Student activity surveys
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Goal 4: Strengthen School & District Wellness Leadership

Purpose: Improve wellness policy implementation through clear roles and inclusive structures.

Assessment Areas Addressed:

- FR13 – Wellness committee representation
- FR14 – Building-level wellness leads
- IC2 – Active school-level wellness committees

Key Actions:

- Recruit diverse members for the district wellness committee (students, staff, families, community partners).
- Designate a wellness lead in each building and provide training.
- Establish active wellness committees in every school.
- Promote participation through events, surveys, and recognition.

Timeline:

- Wellness leads appointed: Fall 2025
- Committee engagement campaigns: Ongoing

Responsible Parties:

Superintendent Designee(s), Wellness Coordinators, Principals

Measurement:

- Roster of wellness reps and meeting logs
 - Committee minutes
 - Surveyed participation levels
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Goal 5: Encourage Whole-School Engagement in Wellness Culture

Purpose: Foster a school-wide climate that promotes wellness through leadership, modeling, and visibility.

Assessment Areas Addressed:

- EW2 – Staff modeling
- NES7 – Local food sourcing
- Supports cross-cutting goals through communications and cultural change

Key Actions:

- Launch a district wellness communication campaign: “Healthy Habits Start Here.”
- Encourage staff participation in wellness initiatives and model healthy behaviors.
- Collaborate with local farmers and vendors to explore local food procurement.
- Celebrate successes (Healthy Classroom Awards, Staff Wellness Spotlights).
- Incorporate wellness goals into school improvement plans.

Timeline:

- Campaign launch: Spring 2026
- Celebrations and engagement: Ongoing

Responsible Parties:

Communications Team, Building Principals, Food Services Director, Wellness Committee

Measurement:

- Staff participation rates
- Newsletter/social media reach
- Local food tracking reports
- Qualitative feedback from students and families

The Ovid-Elsie Area Schools Wellness Committee remains committed to fostering a school culture that prioritizes health, learning, and lifelong well-being. The goals outlined in this plan reflect both our current priorities and a broader vision for ongoing growth. While this year’s initiatives focus on targeted improvements, we recognize wellness as an evolving process and will continue to review and refine our practices and policies in the years to come. We are grateful for the support and collaboration of staff, students, families, and community partners as we work together to create a healthier school environment for all.