

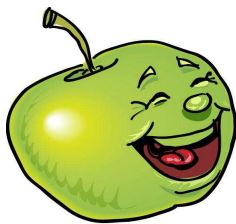
Federal law requires that public schools adopt wellness policies. Eastern Local Wellness policy can be found here by typing the word *Wellness* in the search box <http://www.neola.com/easternlsd-oh/>

Our district Wellness team meets periodically throughout the school year and is made up of staff, volunteers and students who are interested in wellness for employees, students and families. The team works together to set annual wellness goals, evaluate activities and identify ways to promote health and wellness in the school district. Kristin Dettwiller is currently serving as chairperson of our team.

We also have a Jr. Health Team which is led by Mary Anne Moore, RN, BSN, School Nurse. Each grade level kindergarten through twelfth grade has 2-3 students representing their classes with ideas. The goal is to use their voices to speak out on behalf of their student body. They attend the wellness district meetings monthly. The Jr. team meet together as a group monthly to assess wellness projects, provide interventions, evaluate goals, and motivate one another.

*\*The mission statement of the Jr. Health Team: To strive to promote the life long physical and emotional well being of our peers through educational outreach while in the pursuit of our academic goals.*

### *What's New?*



#### **Healthy Choices for Healthy Children Act**

Ohio Senate Bill 210 was signed into law on June 18, 2010. This law is aimed at reducing childhood obesity by ensuring that students have access to healthy meals and beverages at school and by providing students and parents with information about student health.

One of the first requirements of the law is that schools must begin BMI (Body Mass Index) screenings for all students in kgt, 3<sup>rd</sup>, 5<sup>th</sup> and 9<sup>th</sup> grades. Parents have the option to tell schools in writing that they do not wish to have their child participate in the BMI screenings.



In June, 2011, First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the the federal government's new food icon, *MyPlate*, to serve as a reminder to help consumers make healthier food choices. *MyPlate* is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)