



Dear Superintendent:

The Ohio Department of Health (ODH) in collaboration with the Ohio Educational Service Center Association (OESCA) respectfully requests your positive consideration of an effort to promote statewide policies in the development, promotion and training related to increased physical activity and tobacco free schools for Ohio's school districts.

Currently, the Ohio Revised Code requires Ohio's public school districts to adopt policies regarding 100% tobacco free campuses for the student population and school wellness plans with goals for physical activity and nutrition. Our primary efforts in this collaboration have been to assist districts in reaching compliance with statutory requirements, as well as promoting a healthy school environment that supports student achievement, by revising the *Healthy Ohio 100% Tobacco Free Schools Model Policy* and drafting a *Physical Activity Model Policy*.

In September 2010, stakeholders representing several education organizations and health advocacy organizations met to discuss the work of the grant and draft model policy language that can be adopted by local boards of education. We've included copies of the model policies as well as current policy evaluation tools, a sample news column and certificate to complete and submit to the Ohio Educational Service Center Association once your work is complete.

Our request for you is simple: please consider reviewing the model policies and slating the language for review as part of a regular school board meeting regarding current policy updates and send the enclosed Policy Reporting Certificate as part of our "Spring into Action: A Statewide School Wellness Initiative Promoting Tobacco Free Schools and Physical Activity".

We believe the policies will allow districts to make positive environmental changes at no cost. We encourage you to find portions of these policies that will best meet your district at its current state of wellness as well as allow the system to take a step forward towards a safe, supportive and healthier learning environment.

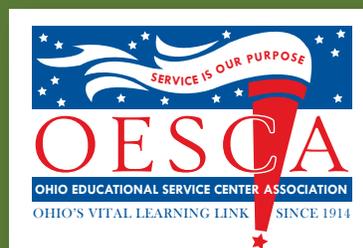
Evidence is clear and decisive. A healthy school environment supports optimal student achievement because: Healthy People are Productive People!

Respectfully,

Craig Burford  
Executive Director  
Ohio ESC Association  
OESCA

Mari-jean Siehl  
Chief, Tobacco Use Prevention  
& Cessation Program  
Ohio Department of Health

Laura Rooney  
Coordinated School Health  
Program Manager  
Ohio Department of Health





# Spring into Action

**A Statewide School Wellness Initiative Promoting Tobacco Free Schools and Physical Activity**



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# MODEL PHYSICAL ACTIVITY POLICY



## RATIONALE

In 2004, federal legislation (PL 108-265) was passed which required all districts with federally funded school meal programs to develop and implement wellness policies by the beginning of the 2006-07 school year.

The *Child Nutrition and WIC Reauthorization Act of 2004* directs school districts to set goals for physical activity, nutrition education, campus food provision, and other school-based activities designed to encourage student wellness. Furthermore, districts are required to engage a wide range of individuals in policy development and to have a plan for measuring policy implementation. Implementation of these wellness plans should result in an increase in school-based opportunities for physical activity.

The Board of Education has a duty to protect and promote the health and well-being of all students and staff. The Board recognizes that regular physical activity affects the health and well-being of the District's students and has a direct relation to student achievement and a student's ability to learn. The Board believes this duty is shared between schools, families and communities. The following physical activity policy reflects a commitment within the school environment and school day as well as a commitment to partner to promote, support and model active lifestyles behaviors. The Physical Activity Policy will be included as part of the District Wellness Policy.

## DEFINITIONS

School **physical education** programs offer the opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors.

**Physical activity** is bodily movement of any type and may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves. Similar health benefits to those received during a physical education class are possible during physical activity bouts when the participant is active at an intensity that increases heart rate and produces heavier than normal breathing. NASPE recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day while avoiding prolonged periods of inactivity.

Opportunities to accumulate **physical activity** during the school day include time spent in **physical education** class, classroom-based movement, recess, walking or biking to school, and recreational sport and play that occurs before, during, and after school.

## PHYSICAL ACTIVITY GOALS

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- A sequential, comprehensive **physical education program** shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State Board of Education of Ohio.
- **Physical activity opportunities** shall be integrated, when possible, across the curricula and throughout the school day.
- All schools under the control of this district shall discourage extended periods of student inactivity without some form of **physical activity**.
- All students shall be provided with daily **physical activities** (for example, recess).
- All before/after-school programs shall provide developmentally appropriate **physical activity** for the students who participate.
- Schools shall offer a wide range of **physical activities** outside the regular school day that meet the needs, interests and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.
- Neither **physical education** nor **physical activity** (including **recess**) shall be employed as a form of discipline and/or punishment.
- Schools shall encourage families to provide **physical activity** outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- The school shall provide information to families to encourage and assist them in their efforts to incorporate **physical activity** into their children's daily lives.
- The school district shall consider shared-use agreements that promote **physical activity** opportunities using public facilities beyond the school day and school year.

## POLICY IMPLEMENTATION AND MEASUREMENT

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The Board designates the Superintendent as the individual charged with measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

Review of this policy shall occur every \_\_\_\_ years, by a committee appointed by the Board, consisting of a representative of the Board, the administration, the parents, the students, the teachers and the public. The committee shall provide the Board with any recommended changes to the policy.

Child Nutrition and WIC Reauthoraization Act of 2004, Public Law 108-265, Section 204  
OHIO REV. CODE ANN. §§ 3313.60 A (6),

and

**3302.032 Measure of student success in meeting physical education benchmarks and school compliance with related provisions.**

(A) Not later than December 31, 2011, the state board of education shall establish a measure of the following:

- (1) Student success in meeting the benchmarks contained in the physical education standards adopted under division (A)(3) of section 3301.079 of the Revised Code;
- (2) Compliance with the requirements for local wellness policies prescribed by section 204 of the "Child Nutrition and WIC Reauthoriza-tion Act of 2004," 42 U.S.C. 1751 note;
- (3) Whether a school district or building is complying with section 3313.674 of the Revised Code instead of operating under a waiver from the requirements of that section;
- (4) Whether a school district or building is participating in the physical activity pilot program administered under section 3313.6016 of the Revised Code.

(B) The measure shall be included on the school district and building report cards issued under section 3302.03 of the Revised Code, beginning with the report cards issued for the 2012-2013 school year, but it shall not be a factor in the performance ratings issued under that section.

(C) The department of education may accept, receive, and expend gifts, devises, or bequests of money for the purpose of establishing the measure required by this section.

Added by 128th General Assembly File No. 49, SB 210, § 1, eff. 9/17/2010.  
Repealed by 128th General Assembly File No. 9, HB 1, § 105.01, eff. 10/16/2009.  
Effective Date: 04-04-2007



# 100% TOBACCO-FREE SCHOOLS MODEL POLICY



## *RATIONALE*

The Board of Education has a duty to protect and promote the health and well-being of all students and staff. The Board is acutely aware of the serious health risks associated with the use of tobacco products, both to the users and non-users, and that most tobacco use begins by the age of eighteen. The Board recognizes that district personnel and school visitors serve as role models to students and, therefore, adopts this 100% Tobacco-Free School Policy to endorse a healthy lifestyle and prevent tobacco use.

## *DEFINITION*

For the purpose of this policy "tobacco" is defined to include any lighted or unlighted cigarette, cigar, pipe, bidi, clove cigarette, and any other smoking products, and both spit and spitless tobacco, also known as smokeless, dip, chew, snus and snuff, in any form.

## *TOBACCO USE PROHIBITED*

No student, staff member, volunteer, or school visitor is permitted to smoke, inhale, dip, chew or use tobacco at any time, including non-school hours; in any building, facility or vehicle owned, leased, rented or chartered by the (school district); or on school grounds, athletic grounds or parking lots.

No student, staff member, or volunteer is permitted to smoke, inhale, dip, chew or use tobacco at any time, including non-school hours, at any school-sponsored event off campus. Additionally, no student is permitted to possess cigarettes, other tobacco products, papers used to roll cigarettes, lighters or other paraphernalia at any time.

## *TOBACCO PROMOTION PROHIBITED*

Tobacco advertising is prohibited on school grounds, in all school-sponsored publications and at all school-sponsored events. Tobacco promotional items that promote the use of tobacco products, including clothing, bags, lighters and other personal articles, are not permitted on school grounds, in school vehicles or at school-sponsored events.

## **NOTICE**

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Appropriate signs will be posted throughout the district at entrances and other appropriate locations on all academic buildings, administrative spaces, and athletic fields indicating that tobacco use is not permitted. Students will be provided notice of this policy through student handbooks and district personnel will be provided notice of this policy through personnel handbooks. District vehicles will display the international “No Smoking” insignia. Announcements will be made during home athletic events both before the event and during intermission, as well as at all school functions where deemed appropriate. School programs will include a written reminder of the tobacco free school policy.

## **ENFORCEMENT**

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Disciplinary measures taken against students and staff for violations of this policy comply with the requirements of Ohio law and related district policies.

## **LEGAL REFERENCES**

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Pro-Children Act of 1994, 20 U.S.C. § 6081 Et seq. (1994)  
OHIO REV. CODE ANN. §§ 3313.20, 3313.47, , 3791.031, 3794.01

and

### **3313.751 Prohibition against tobacco possession or use.**

(A) As used in this section:

(1) “School district” means a city, local, exempted village, or joint vocational school district.

(2) “Smoke” means to burn any substance containing tobacco, including a lighted cigarette, cigar, or pipe, or to burn a clove cigarette.

(3) “Use tobacco” means to chew or maintain any substance containing tobacco, including smokeless tobacco, in the mouth to derive the effects of tobacco.

(B) No pupil shall smoke or use tobacco or possess any substance containing tobacco in any area under the control of a school district or an educational service center or at any activity supervised by any school operated by a school district or an educational service center.

(C) The board of education of each school district and the governing board of each educational service center shall adopt a policy providing for the enforcement of division (B) of this section and establishing disciplinary measures for a violation of division (B) of this section.

Effective Date: 09-29-1995

# PHYSICAL ACTIVITY

## School District Policy Assessment Tool

**SCHOOL DISTRICT:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### EXISTING PHYSICAL ACTIVITY (PA) POLICY EVALUATION

Within the current school wellness policy, is there a reference to Physical Activity? Y / N

Does the Physical Activity section of the current wellness policy have specific goals? Y / N

If so, list physical activity goals: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

| Components of a PA Policy  | In Place | Some Interest | No Interest |
|--|----------|---------------|-------------|
| A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State Board of Education of Ohio.                     |          |               |             |
| Physical activity opportunities shall be integrated, when possible, across the curricula and throughout the school day.  |          |               |             |
| All schools under the control of this district shall discourage extended periods of student inactivity without some form of physical activity.   |          |               |             |
| All students shall be provided with daily PA opportunities (ex. Recess).   |          |               |             |
| All before/after-school programs shall provide developmentally appropriate physical activity for the students who participate.   |          |               |             |
| Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs. |          |               |             |
| Neither physical education nor physical activity (including recess) shall be employed as a form of discipline and/or punishment.   |          |               |             |
| Schools shall encourage families to provide physical activity outside the regular school day.  |          |               |             |
| The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.   |          |               |             |
| The school district shall consider shared-use agreements that promote physical activity opportunities using public facilities beyond the school day and school year.   |          |               |             |

**How many minutes of PA do the students receive each week?**

\_\_\_\_ Elementary

\_\_\_\_ Middle

\_\_\_\_ High

**What changes need to be made to strengthen your school district's PA policy?**

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### **POLICY COMMUNICATION**

**How are staff, students and visitors presently made aware of your school district's PA use policy?**

\_\_\_\_ Signs/posters throughout school campus

\_\_\_\_ School website

\_\_\_\_ Information in student/staff handbooks

\_\_\_\_ Announcements

\_\_\_\_ Other written material

\_\_\_\_ None

**Do you feel this communication is effective?**

\_\_\_\_ Yes \_\_\_\_ No

### **COMMUNITY SUPPORT**

**How are the following community stakeholders likely to react to a Physical Activity Policy?**

| <b>Group</b>   | <b>Support</b> | <b>Oppose</b> | <b>No Opinion</b> | <b>Not sure</b> |
|--|----------------|---------------|-------------------|-----------------|
| School Staff   |                |               |                   |                 |
| Teachers   |                |               |                   |                 |
| Students   |                |               |                   |                 |
| School Board   |                |               |                   |                 |
| Student Health Advisory Council (SHAC)                           |                |               |                   |                 |
| Coordinated School Health Advisory Council (CSHAC)               |                |               |                   |                 |
| County Health Department   |                |               |                   |                 |
| Local PTA  |                |               |                   |                 |
| Public health groups (Asthma Coalition, Heart Association, etc.) |                |               |                   |                 |
| Local Media  |                |               |                   |                 |

**Who is charged with implementing the current school wellness policy?** \_\_\_\_\_

**How often is the policy reviewed?** \_\_\_\_\_

# 100% TOBACCO-FREE SCHOOLS

## School District Tobacco Policy Assessment Tool

**SCHOOL DISTRICT:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### **EXISTING TOBACCO POLICY EVALUATION**

| <b>Bans Smoking</b>                           | <b>Yes</b> | <b>No</b> |
|---|------------|-----------|
| By Students                                   |            |           |
| By Staff                                      |            |           |
| By Visitors                                   |            |           |
| At all times                                  |            |           |
| On all school property                        |            |           |
| All off-campus, school-sponsored events       |            |           |
| Includes an enforcement section in the policy |            |           |

| <b>Bans the use of other tobacco products</b> | <b>Yes</b> | <b>No</b> |
|---|------------|-----------|
| By Students                                   |            |           |
| By Staff                                      |            |           |
| By Visitors                                   |            |           |
| At all times                                  |            |           |
| On all school property                        |            |           |
| All off-campus, school-sponsored events       |            |           |
| Includes an enforcement section in the policy |            |           |

**Does your school district have an enforcement section as part of the policy that includes consequences for policy violation?** \_\_\_\_\_ Yes \_\_\_\_\_ No

### **POLICY COMMUNICATION**

**How are staff, students and visitors presently made aware of your school district's tobacco use policy?**

- |  |                              |            |
|--|------------------------------|------------|
| _____ Signs/posters throughout school campus | _____ School website         | _____ None |
| _____ Information in student/staff handbooks | _____ Announcements          |            |
| _____ Stipulations in contracts              | _____ Other written material |            |

**Do you feel this communication is effective?** \_\_\_\_\_ Yes \_\_\_\_\_ No

**Is someone at the school district level responsible for helping increase compliance with your school district's existing tobacco use policy?** \_\_\_\_\_ Yes \_\_\_\_\_ No

**TOBACCO PREVENTION AND CESSATION RESOURCES/EDUCATION**

**Is tobacco use prevention taught in your school district as part of a comprehensive school health curriculum?**

\_\_\_\_\_ Yes \_\_\_\_\_ No

**Does your school district have a tobacco use cessation program for staff?**

\_\_\_\_\_ Yes \_\_\_\_\_ No

**For students?**

\_\_\_\_\_ Yes \_\_\_\_\_ No

**COMMUNITY SUPPORT**

**How are the following community stakeholders likely to react to a 100% Tobacco Free Schools Policy?**

| <b>Group</b>   | <b>Support</b> | <b>Oppose</b> | <b>No Opinion</b> | <b>Not sure</b> |
|--|----------------|---------------|-------------------|-----------------|
| School Staff   |                |               |                   |                 |
| Teachers   |                |               |                   |                 |
| Students   |                |               |                   |                 |
| School Board   |                |               |                   |                 |
| Student Health Advisory Council (SHAC)                           |                |               |                   |                 |
| Coordinated School Health Advisory Council (CSHAC)               |                |               |                   |                 |
| County Health Department   |                |               |                   |                 |
| Local PTA  |                |               |                   |                 |
| Farmers  |                |               |                   |                 |
| Public health groups (Asthma Coalition, Heart Association, etc.) |                |               |                   |                 |
| Spectators at High School sporting events                        |                |               |                   |                 |
| Local Media  |                |               |                   |                 |

**What changes need to be made to strengthen your school district’s policy?**

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# SAMPLE SUPERINTENDENT'S COLUMN



As a school district, it is within our responsibility to protect and promote the health and well-being of our students and staff members by providing quality instruction in a safe and supportive learning environment. With this in mind, the district's school board and policy committee have taken a closer look at the health policies and practices of the districts, specifically as they pertain to tobacco use and physical activity on our school properties, before, during and after the school day.

In today's society, we have seen increasing and indisputable evidence connecting health behaviors to student achievement and overall productivity. We know that unhealthy behaviors are directly associated with the current obesity epidemic and chronic diseases. We also know that increased absenteeism and health care costs are directly related to unhealthy behaviors.

After much research and deliberation, the district has decided to make a significant change in our current practice and establish a 100% Tobacco Free School Policy for our school properties. Effective \_\_\_\_\_, all smoking and other tobacco use will be prohibited in all district-owned, leased or contracted buildings and vehicles, as well as on all school grounds, athletic facilities and parking lots. This ban includes the use of tobacco in any form including, but not limited to chewing tobacco, dip and snuff. This policy will be in effect both during and after school hours and at all district sponsored events.

Additionally, the district has revised and adopted a Model Physical Activity Policy that will increase physical activity opportunities before, during and after the school day including limiting long periods of inactivity, banning use of recess or physical education as punishment, and providing standards-based physical education instructions. This policy will be incorporated into the district Wellness Policy and will be effective \_\_\_\_\_.

As we move toward the goals of a 100% Tobacco Free School and a Model Physically Active District, we ask for your cooperation and compliance. Staff members and school visitors serve as role models for our students at a young and impressionable age. We hope these new policies will not only help provide our students with a safe and supportive learning environment, but also with a positive endorsement of living a healthy lifestyle.

**WE DID IT!**



The \_\_\_\_\_ School District Board of Education has  
**Model Physical Activity Policy**

Reviewed and heard the Model Physical Activity Policy as part of a public school board meeting  
on \_\_\_\_\_  
(date)

Adopted the Model Physical Activity Policy as part of the district Wellness Policy on \_\_\_\_\_  
(date)

## **100% Tobacco Free Schools Policy**

Reviewed and heard the 100% Tobacco Free Schools Policy as part of a public school board meeting  
on \_\_\_\_\_  
(date)

Adopted the 100% Tobacco Free Schools Policy on \_\_\_\_\_  
(date)

Please add our district to the Ohio Department of Health, Office of Healthy Ohio Map as another Ohio school district participating in the ["Spring into Action: A Statewide School Wellness Initiative Promoting Tobacco Free Schools and Physical Activity"](#).

Submitted by \_\_\_\_\_

Superintendent \_\_\_\_\_

School Board President \_\_\_\_\_

School District \_\_\_\_\_

Address \_\_\_\_\_

**Return completed form and policy assessments to:**

OESCA  
8050 North High Street, Suite 150  
Columbus, Ohio 43235

# FOR MORE INFORMATION

## **OESCA**

Grants Manager, Ohio Educational Service Center Association  
8050 North High Street, Suite 150  
Columbus, Ohio 43235  
614-846-3855

## **Coordinated School Health Program Manager**

Ohio Department of Health  
246 N. High Street  
Columbus, OH 43215  
614-466-1335

## **Tobacco Use Prevention and Cessation Program, Office for Healthy Ohio**

Ohio Department of Health  
246 N. High Street  
Columbus, Ohio 43215  
614-644-1113

## **Ohio Department of Education**

25 S. Front Street  
Columbus, Ohio 43215  
1-877-644-6338

## **Ohio Tobacco Quit Line:**

1-800 Quit-Now (1-800-784-8669)

## **Action for Healthy Kids:**

<http://www.actionforhealthykids.org>

1-800-416-5136

## **American Cancer Society**

<http://www.cancer.org>

1-800-227-2345

## **American Heart Association**

<http://www.heart.org>

1-800-AHA-USA-1 (1-800-242-8721)

## **American Lung Association**

<http://www.lungusa.org>

1-800-LUNGUSA (1-800-586-4872)

## **National Association for Sport and Physical Education**

<http://www.aahperd.org/naspe>

1-800-213-7193