

Our Lady of Perpetual Help School

Wellness Policy

February 2017

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Our Lady of Perpetual Help School Wellness Policy

Preamble

Our Lady of Perpetual Help School (hereto referred to as OLPH) is committed to the optimal development of every student. OLPH believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. Less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{1,2,3} Students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{4,5,6,7} Specifically, this policy establishes goals and procedures to ensure that:

- Students at OLPH have access to healthy foods throughout the school day- through reimbursable school meals in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- OLPH staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of OLPH in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- OLPH establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at Our Lady of Perpetual Help School.

I. School Wellness Committee

Committee Role and Membership

Our Lady of Perpetual Help School will assemble a representative school wellness committee (hereto referred to as the SWC or work within an existing school health committee) that meets at least once a year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy.

The SWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will reflect the diversity of the community.

- OLPH will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues.

Leadership

The Principal or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

| Name | Title | Email address | Role |
|------------------|-----------------------|--|-------------------------------------|
| Jane Nevers | Principal | jnevers@olphtoledo.org | Principal |
| Vicki Jagielski | Office Manager | vjagielski@toledotoledo.org | Chair/School Lunch Program Director |
| Jill Eroh | Teacher/VicePrincipal | ljeroh@olphtoledo.org | Faculty/Staff |
| Mary Ellen Copic | School Nurse | mcopic@olphtoledo.org | School Nurse |
| Samantha Lewis | Admin Asst | slewis@olphtoledo.org | Asst Lunch |

| | | | |
|-------------|-----------------|-----------------------|-------------|
| Ellen Fudaz | Phys Ed Teacher | efudaz@olphtoledo.org | Faculty |
| Jane Hunter | Parishioner | | Parishioner |

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

OLPH will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to the school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that OLPH, use the Healthy Schools Program online tools to complete a school level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at: <http://www.olphtoledo.org>

Recordkeeping

OLPH will retain records to document compliance with the requirements of the wellness policy in the OLPH School Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation of an annual policy progress report; and
- Documentation of the triennial assessment of the policy;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

OLPH will compile and publish an annual report to share basic information about the wellness policy. This annual report will be published around the same time each year, in the month of May. This report may include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;

- A summary of the school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated school policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the SWC.

The annual report will be available on the School website.

The School will actively notify households/families of the availability of the annual report.

The SWC, will establish and monitor goals and objectives for the school, specific and appropriate for each instructional unit for each of the content-specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, the OLPH Wellness Committee will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy;
- The extent to which the school's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Vicki Jagielski, phone: 419-392-5696, email: vjagielski@olphtoledo.org

The SWC will monitor OLPH's compliance with this wellness policy.

Revisions and Updating the Policy

The SWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as the school's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach, and Communications

OLPH is committed to being responsive to community input, which begins with awareness of the wellness policy. OLPH will actively communicate ways in which representatives of SWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. The School will use electronic mechanisms, such as email or displaying notices on the school's website to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy. The School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to

other ways that the district and individual schools are communicating other important school information with parents.

Nutrition

School Meals

OLPH is committed to serving healthy meals to children, with required fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating special dietary needs.

OLPH participates in USDA child nutrition program, which includes the National School Lunch Program (NSLP). (And during the Covid pandemic the Seamless Summer Program.) Our Lady of Perpetual Help School is committed to offering school meals through the NSLP program that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet current nutrition requirements established by local, state, and Federal statutes and regulations. (OLPH serves reimbursable school lunches that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed attractively.
 - Whole, sliced or cut fruit is served daily
 - Whole, sliced, cut, or bagged vegetables are served daily
 - Daily fruit is displayed in a location in the line of students
 - White milk is placed in front of other beverages in all coolers
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote menu options
- Menus are posted on the OLPH website. Nutrient content and ingredient information is available on the lunch menu.
- School meals are administered by a team of child nutrition professionals.
- The OLPH child nutrition program will accommodate students with special dietary needs.
- Students have at least 20 minutes for lunch.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition program will be promoted among students and families to help ensure that families know that the lunch program is available in their children's school.

Unpaid Meal Balances

OLPH school will never refuse to serve a child lunch because of an unpaid lunch balance. Any and all students in need of a lunch will be served one. We will work with the parent/family when there is a balance due on the family's lunch account. When a families lunch balance is left unpaid, a source outside the lunch program revenue will be used to pay the balance.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

At the beginning of each school year employees will be trained using Civil Rights training from the Ohio Department of Education.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout the school campus* ("school campus" and "school day" are defined in the glossary). OLPH has two drinking fountains available in the school cafeteria, where school lunches are served. There are drinking fountains placed throughout the building.

In addition, students are allowed to bring and carry water bottles filled with only water in them throughout the day. The school office and nurse's office has water bottles and cups available for student's needs,

- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.
- During the pandemic, all water fountains were shut down and water stations set up for students to fill water bottles or cups.

Competitive Foods and Beverages

OLPH is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students during the school day will meet or exceed the USDA Smart Snacks nutrition standards.

At this time the only ala cart item sold at OLPH is milk.

Celebrations and Rewards

All foods offered here at the school will meet or exceed the USDA Smart Snacks in School nutrition including through:

1. Celebrations and parties. The school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas can be found at the USDA website.
2. Classroom snacks brought by parents. The school will provide to parents a **list of foods and beverages that meet Smart Snacks** nutrition standards; and
3. Rewards and incentives. The School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers during the school day. The School will make available to parents and teachers a list of healthy fundraising ideas.

- Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).
- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

OLPH will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

OLPH will aim to teach, model, encourage, and support healthy eating to students.

OLPH will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teach media literacy with an emphasis on food and beverage marketing.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

OLPH is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. OLPH will strive to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on school property that contains messages inconsistent with the health information the school is imparting through nutrition education and health promotion efforts. It is the intent of OLPH to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note to all shareholders: immediate replacement of these items are not required; however, schools will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

III. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities. OLPH is committed to providing these

opportunities. OLPH will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason, OLPH will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection).

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year

The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.*
- *All physical education teachers at OLPH will be required to participate in at least once a year professional development in education.*
- *All physical education classes at OLPH are taught by licensed teachers who are certified or endorsed to teach physical education.*
- *Waivers, exemptions, or substitutions for physical education classes are not granted.*

Essential Physical Activity Topics in Health Education

The District will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight

- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. *Students will be allowed outside for recess except when outdoor temperature or wind chill is at or below 22 degrees. District-set temperature, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.*

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks

OLPH recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These

physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

OLPH will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

OLPH offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. OLPH encourages students to be physically active before and after school by such as clubs, physical activity in aftercare, or sports.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designation of safe or preferred routes to school
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Crossing guards are used
- Crosswalks exist on streets leading to schools
- Walking school buses are used
- Documentation of number of children walking and or biking to and from school
- Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

IV. Other Activities that Promote Student Wellness

OLPH will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. OLPH will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Community Health Promotion and Engagement

OLPH will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, OLPH will use electronic mechanisms (such as email or displaying notices on the school website), as well as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

OLPH will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness.

OLPH will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, OLPH will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Appendix A: School Level Contacts

| School | Name | Title | Email Address | Role |
|---------------|-----------------|----------------|---------------------------|-------------------------|
| OLPH | Vicki Jagielski | Office Manager | vjagielski@olphtoledo.org | Lunch Program Director |
| OLPH | Jane Nevers | Principal | jnevers@olphtoledo.org | Principal |
| OLPH | Samantha Lewis | Acct. Manager | slewis@olphtoledo.org | Bookkeeping, Asst lunch |
