

WESTVIEW SCHOOL CORPORATION
ADMINISTRATIVE GUIDELINES

8510- WELLNESS

The following guidelines are established by the Superintendent and in accordance to Policy 8510 in order to obtain the objectives of enhancing student health and well being, and reducing childhood obesity:

1. **Section 1: With regard to Nutrition Education and Promotion, the Corporation may encourage that :**
 - a. nutrition education be included in the health curriculum so that instruction is sequential, standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - b. the entire school environment, not just the classroom, be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
 - c. nutrition education provided reinforces a lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
 - d. nutrition education extend beyond the school by engaging and involving families and the community.
 - e. students increase their consumption of healthful foods during the school day.
2. **Section 2: With regard to the Standards for the USDA Child Nutrition Programs and School Meals, the Corporation should:**
 - a. make every effort to offer school breakfast.
 - b. ensure all foods sold/served on campus to be consumed during the school day meet the current USDA guidelines.
 - c. consider whether additional steps should be taken to ensure that students qualifying for free or reduced meals are not overtly identified in any way.
 - d. abide by the USDA National School Lunch and Breakfast Program standards provided in the following link: <https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf> or updates.
 - e. to the extent possible, design school and transportation schedules to encourage participation in school meal programs.
 - f. have a closed campus lunchtime. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.
 - g. encourage schools to permit all full-day students a daily lunch period of not less than 20 minutes.
 - h. ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff according to The USDA Professional Standards for State and Local Nutrition Programs.
 - i. provide attractive, clean environments in which the students eat.
 - j. provide nutrition information to parents upon request.
 - k. provide that applications for free/reduced priced meals are sent home to families at the beginning of the school year. The application is also available on the district website.
 - l. encourage schools to schedule recess before the lunch period.
 - m. provide drinking water in the cafeteria or students will be given permission to leave the cafeteria during meals to obtain water from a nearby drinking fountain.

- n. ensure the food service program provides all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

3. **Section 3: With regard to Nutrition Standards for Competitive and Other Foods and Beverages the Corporation should:**

- a. ensure all food sold to students during the school day; outside of school meals, as well as during afterschool programming meet USDA nutrition standards.
- b. ensure all beverages sold in vending machines, school stores, etc. during the school day as well as during afterschool programming meet USDA nutrition standards for allowable beverages.
- c. encourage schools to limit the sale of beverages to water, 100% juice and milk.
- d. abide by the USDA Smart Snacks Standards provided in the following link:
http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf or updates.
- e. have water accessible during hours of school operation through choices such as drinking fountains or vending machines.
- f. strive to support healthy eating and wellness during school-day fundraising activities that include food items.

4. **Section 4: With regard to Physical Education and Activity, the Corporation should:**

- a. Physical Education
 - i. provide for students a sequential, comprehensive physical education program that is in accordance with the standards and benchmarks established by the State.
 - ii. provide a physical education curriculum with sequential instruction to the knowledge, attitudes, and skills necessary in lifelong, health-enhancing physical activity.
 - iii. stress the importance of remaining physically active for life through the sequential, comprehensive physical education curriculum.
 - iv. encourage schools to maintain student/teacher ratios for physical education classes similar to those used in other classes.
 - v. have physical education taught by a licensed teacher.
 - vi. provide all staff opportunities for professional development whom are involved in the teaching of physical education.
 - vii. ensure all students fulfill the state mandated physical education requirements for the current school year. The district reserves the right to apply for a state waiver for future school years.
 - viii. be aware that exemptions from physical education class time or credit are allowed but discouraged.
 - ix. not allow students to substitute school or community activities for required physical education class time or credit.
- b. Physical Activity
 - i. ensure physical education classes provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
 - ii. encourage schools to create a culture of physical activity.
 - iii. encourage schools to promote walking or biking to school when traffic patterns allow for safe passage.
 - iv. encourage schools to develop programs wherein students have the opportunity to be physically active before and after school.
 - v. encourage elementary schools to provide students with opportunities for play.
 - vi. encourages daily physical activity breaks for students.
 - vii. encourage each school to provide physical activity opportunities at the school to all students and staff.

- viii. to the extent possible, provide physical activity opportunities and develop facility rental agreements for families and community members at the school.
- ix. encourage all staff to participate in opportunities for personal development concerning physical activity.

5. **Section 5: With regard to Wellness Promotion and Marketing the Corporation should:**

- a. have an organized wellness program available to all staff.
- b. encourage staff to model healthy behaviors for students, including healthy eating and physical activity.
- c. discourage the use of food or beverage as a reward or punishment.
- d. encourage teachers to use non-food alternatives as rewards. For example, extra recess may be provided when time allows.
- e. discourage staff from assigning physical activity or withholding recess or other physical activities as a student punishment.
- f. encourage marketing strategies, such as taste tests and signage in the cafeteria, to be used to promote healthy food and beverages throughout the school.
- g. promote opportunities for physical activity throughout the school year.
- h. encourage schools to include families and the wider community in school sponsored wellness activities.
- i. recommend that schools limit food and beverage marketing to the promotion of items that meet the USDA Smart Snacks Nutrition standards.
- j. discourage the use of materials depicting food brands or logos.
- k. make an effort to remove unhealthy product advertising from the cafeteria.
- l. attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.
- m. recommend that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

Furthermore, as an effort to keep policy 8510 and the accompanying guidelines current the School Health Advisory Council will regularly use WellSAT (Wellness School Assessment Tool) as their evaluation tool.

Created 03/16/2016

Revised 03/22/2016