

**SOUTHWEST PARKE COMMUNITY SCHOOL CORPORATION**  
**WELLNESS POLICY**

The Board of School Trustees of Southwest Parke Community School Corporation supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well being of the school corporation's students.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the policy of the Board to:

- Provide students access to nutritious food and beverages;
- Provide opportunities for physical activity and developmentally appropriate exercise;
- Require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture.

**COORDINATED SCHOOL HEALTH ADVISORY COUNCIL**

SWPCSC has formed a Coordinated School Health Advisory Council to oversee these activities.

The Council shall meet once a year during the school year to discuss implementation activities and address challenges.

The School Wellness Policy shall be made available to students and families by means of the corporation's website.

**NUTRITION EDUCATION**

Nutrition Education will be provided as part of a Comprehensive Health Education Program.

Nutrition education resources will be provided to parents/guardians through website links, school newsletters and any other appropriate means available.

Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.

**STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS**

Meals served through the National School Lunch and Breakfast programs will meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs.

Food Service staff will provide access to quality nutritious meals in a customer friendly atmosphere in order to enhance and support our students and staff in their request for academic excellence and forming lifelong healthy eating habits.

Meals will contain 0 percent Trans fats; offer a variety of fruits and vegetables; 100% of the grains offered are whole grain rich.

All cooked foods will be baked or steamed.

School meals will be served in clean and pleasant settings.

Students will have access to hand-washing and sanitizing stations.

Drinking water will be readily available at all mealtimes.

Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

Free/Reduced students are identified on the registers with an asterisk-protecting the privacy of the student.

Cafeteria promotions are often offered to increase participation.

SWPCSC operates a closed campus. Students are not allowed to leave.

Students are given ample amount of time to eat breakfast/lunch.

Food Service staff are required to do annual training.

Nutritional information is posted daily for students.

Parents are notified verbally or by mail of their free/reduced eligibility.

Recess is currently being offered after lunch.

## **NUTRITION STANDARDS FOR COMPETITIVE FOODS AND BEVERAGES**

USDA Smart Snacks standards will be utilized to provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines and classroom celebrations.

Vending machines dispensing nutritionally acceptable drinks may be made available throughout the school day at the jr/sr high school.

Minimally nutritious snacks and drinks may not be sold throughout the school day: (i.e. lunch lines, fundraisers, as special treats and/or as rewards)

Vending machines for school staff will not be accessible to students.

Students and staff will have free drinking water available in water fountains throughout the school building.

Teachers and staff will not use food as a reward.

Staff will not withhold food or drink at mealtimes as punishment.

Foods offered to students of the district during the day as a snack, an incentive, or in school offices is strongly encouraged to be consistent with the goals of the policy.

Foods used during classes as part of the learning process, for fundraisers that take place at school, or for at-school-parties, are strongly encouraged to follow the nutrition guidelines for snacks at school, and should be healthy and safe. Pre-packaged items are encouraged.

Parent letters are sent home with before/after school daycare students regarding snacks that are being offered.

Foods and beverages containing non-nutritive sweeteners are labeled on the packages.

No caffeine is offered to elementary or jr. high students. High school beverages are 2/3 caffeine free.

USDA Smart Snack standards:

[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

## **PHYSICAL ACTIVITY AND EDUCATION**

Each school shall incorporate several minutes of physical activity or exercise as determined at each building level in addition to the physical education curriculum.

Physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health.

If a child does not come prepared for physical education he or she must walk instead of sitting out.

Physical Education will be taught by a licensed physical education instructor.

The school district will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

Each elementary school shall provide daily physical activity in accordance with the Indiana code 20-30-5-7.5.

Schools will offer interscholastic sporting activities to increase opportunities for physical activity.

Where appropriate and safe, schools will allow walking and bicycling to school.

All elementary school students shall receive 150 minutes per week of physical activity activities throughout the school year.

All middle school students shall receive 150 minutes per week of physical education (P.E. plus Free-time frolic)

All high school students are offered physical education throughout their entire high school career.

Physical education classes will have the same student/teacher ratios used in other classes.

Physical education teachers are encouraged to attend yearly professional development classes.

Students who cannot fully participate in physical education are given modifications with assistance.

Schools will not allow students to be exempted from required physical education unless medical documentation is provided.

Schools will not allow students to substitute other school activities for required physical education class time or credit.

Elementary schools offer after school physical activity clubs. High school offers many kinds of sports programs throughout the school year.

Community engagement in physical activity opportunities are provided at each school. (open gym, track)

All staff should be provided with opportunities for professional development regarding physical activity.

Each school has a coordinated activity calendar.

## **STAFF WELLNESS**

SWPCSC has a “Wellness Coordinator” that supplies the staff with knowledge of upcoming activities in our community and encourages all to participate.

SWPCSC has a mobile clinic that visits each school twice monthly. This service is available for students and staff.

SWPCSC offers yearly wellness checkups for employees who are on the corporation health insurance plan, free of charge, at any of our wellness clinics.

SWPCSC sends out quarterly wellness newsletters to staff, has weight room access for every employee and also has a wellness program in place.

## **WELLNESS PROMOTION AND MARKETING**

Staff is provided with break/lunch periods and are not required to eat with students.

Teachers model physical activity by participating in exercise breaks during class time with their students. They also are encouraged to participate in 5K's and our Wellness Program.

The use of food or candy as a classroom reward in any school is not encouraged.

We strongly recommend staff use physical activity as a reward when feasible.

Schools do not deny student physical activity for poor behavior.

Schools are encouraged to include families and the wider community in school sponsored wellness activities.

Busses, building exteriors, score boards, etc. on and around school property shall be free of brands and illustrations of unhealthful foods.

Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.

Advertising of any food or beverage that may not be sold on campus during the school day is prohibited.

Schools will attempt to limit advertising of unhealthy products in school publications.

## **EVALUTION**

SWPCSC is committed to enforcing the policies and guidelines included in this document.

The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council.

School principals will be responsible for ensuring the school is in compliance with the wellness policy and reporting to the superintendent.

Policy language will be assessed each year and revised as needed at an annual meeting.

Superintendent will update the school board annually. Board minutes published on website.