

The Metropolitan School District of Warren Township promotes healthy schools, students and employees by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. A healthy environment allows children to learn and participate in positive dietary and life style practices. By facilitating learning through the support and promotion of good nutrition, physical education and physical activity, schools contribute to the basic health status of children. We believe the potential of student performance is improved when a child's health is optimized. This wellness policy was developed and will be monitored by parents, students, food service personnel, school board members, school administrators, and the public.

**A. General Standards**

The following general wellness practices will be put into place to promote activity, good health and a healthy lifestyle.

1. For privacy and FERPA rules and regulations, the Food Service Department will implement plans to protect student's privacy of Free and Reduced meal assistance. Such procedures are, but not limited to, a point of sale system that does not state the meal assistance on the monitor, sell competitive foods in all lines and promote positive accounts for full pay students to reduced cash handling.
2. The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff.
3. Free and Reduced Meal Applications are available in various ways to Warren parents. Such ways are at each school, at the Warren administration office, on the Food Service Department web page, mailed home to anyone who requests one and at a food service table during registration.
4. The Superintendent shall appoint a Corporation wellness committee that meets at least four times per year and includes parents, students, representatives of the school food authority, nutritionists or certified dietitians, education staff (including health and physical education teachers), mental health and social services staff, school health professionals, the School Board, school administrators, and members of the public to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.
5. The Food Service Department encourages principals to assemble school level wellness committees to work on implementation issues that may be unique to their schools. The Food Service Department management staff will assist the principals in the development and implementation.
6. The Food Service Department and wellness committee will discuss ways to present their progress to the Superintendent and School Board. All presentations to the School Board and other documents will be shared to the public on Board Docs and the Food Service Department website.
7. The Food Service Department will present an annual progress report to the Superintendent and Board of Education with information about each school's wellness related activities. All

presentations to the Superintendent and School Board will be shared to the public on Board Docs and the Food Service Department website.

8. The Corporation shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the Corporation are in compliance with the Corporation policy compares to model wellness policies, and the progress made in attaining the goals of the Corporation Wellness Policy. To ensure continuing progress, the Corporation will evaluate implementation efforts and their impact on students and staff using the following tool:

<https://www.cdc.gov/healthyschools/shi/index.htm>

In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations. The assessment shall be made available to the public in the School Corporation's Annual Report to the public and on the School Corporations website.

9. The School Wellness Policy will be presented and approved by the Board of Education when any modifications are necessary. The School Wellness Policy will be available to view on Warren Township's Board Docs and Food Service Department's website.

10. Nutrition education, particularly as it relates to the new nutrition standards, will be provided to anyone in the form of Nutrislice. This program will be on the Food Service Department website. The Food Service Department will also present nutrition and healthy lifestyles throughout the year to the students and public in various ways. Food Service managers and staff will be available to speak with parents during Warren Township's registration day or anytime at the Education and Community Center.

## **B. Nutrition Education**

Students will have the opportunity to participate in a variety of nutrition education learning experiences that include the following characteristics:

Classroom lessons will be designed to help students learn:

1. Nutritional knowledge-including but not limited to the benefits of health eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe preparation, handling and storage.
2. Nutrition related skills-including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising; and
3. Assessment of personal eating habits-setting goals for improvement, and planning to achieve those goals.

Nutrition lessons will be designed for possible integration into other areas of the curriculum such as math, science, language arts and social studies; will be integrated within the sequential, comprehensive health education program; will incorporate physical activity lessons and will be based upon the most recent Dietary Guidelines for Americans. Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers. A Registered Dietitian through the food service department will be available for classroom nutrition lessons, demonstrations, and food tastings.

The nutrition education program will engage families as partners in their children's education.

**C. Nutrition Standards**

1. The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Indiana. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members and other school personnel and should take into account students; cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.
2. Students will be encouraged to start each day with a healthy breakfast and after consultation with their family physician, take a multi-vitamin.
3. All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive and high quality.
4. School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.
5. Competitive foods
  - a. Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores is readily available to students, parents and the school community.
  - b. Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day.
  - c. All a la carte snacks and beverages offered for sale to students during the school day comply with USDA Smart Snacks regulations. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
  - d. The sale to students of foods and beverages that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited. Competitive foods available for purchase by students a la carte in the dining area, foods or beverages sold from vending machines, and foods and beverages provided by the school or school staff for classroom parties or holiday celebrations are subject to this prohibition.

Snacks-Grade Pre-K to 4<sup>th</sup>:

1. A la carte and/or competitive food items are discouraged from being sold or offered to students during school hours.
2. Vending machines will not be available for students to purchase a la carte and/or competitive foods during school hours.
3. Excludes fruits, vegetables, nuts, seed and nut butters.

Snacks-Grade 5<sup>th</sup>-12<sup>th</sup>

**Foods must meet *one* of the following:**

**Foods must meet *all* of the following:**

Be a "whole grain-rich" grain product	Snack items: $\leq 200$ calories Entrée items: $\leq 350$ calories
Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food	Sodium limits on snack items: $\leq 200$ mg Sodium limits on entrée items: $\leq 480$ mg
Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable	Total fat limit: $\leq 35\%$ of calories Saturated fat limit: $< 10\%$ of calories Trans fat=zero grams
	Sugar limit: $\leq 35\%$ of weight from total sugars in foods

Beverages-Pre-K:

1. Only offer 8 ounce servings of fat-free or 1% white milk with a breakfast or lunch meal.
2. Only offer soy milk alternative for allergy reasons with proper doctor documentation.

Beverages-Grade K to 4<sup>th</sup>:

1. Only offer 8 ounce servings of fat-free white or flavored milk with a breakfast or lunch meal.
2. Only offer soy milk alternative for allergy reasons with proper doctor documentation.
3. Only allow noncarbonated, caffeine free unflavored bottled water-up to 20 ounces

Beverages-Grade 5<sup>th</sup> to 8<sup>th</sup>:

1. Only offer 8 ounce servings of fat-free white or flavored milk with a breakfast or lunch meal.
2. Only offer soy milk as an alternative for allergy reasons for a breakfast or lunch meal, with proper doctor documentation.
3. Only allow carbonated or noncarbonated, caffeine free unflavored bottled water-up to 20 ounces
4. Allow up to 12 oz bottles of 100% juice as a competitive beverage

Beverages-Grades 9<sup>th</sup> to 12<sup>th</sup>:

1. Only offer 8 ounce servings of fat-free white or flavored milk with a breakfast or lunch meal.
2. Only offer soy milk as a milk alternative for allergy reasons for a breakfast or lunch meal, with proper doctor documentation.
3. Up to 12 ounce servings of milk as a competitive beverage.
4. Up to 12 ounce 100% juice with no added sweeteners.
5. Up to 12 ounce zero calorie carbonated beverages.

6. Only offer flavored and/or carbonated beverages that contain:
  - A)  $\leq 40$  calories per 8 ounces or  $\leq 60$  calories per 12 ounces
  - B)  $< 5$  calories per 8 ounces or  $\leq 10$  calories per 20 ounces
6. Eating as a Positive Experience
  - a. MSD of Warren Township will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled near the middle of school day as possible.
  - b. Recess for elementary grades will be scheduled before lunch when feasible so that children will come to lunch less distracted and ready to eat.
  - c. Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.
  - d. Adequate seating will be available to accommodate all students served during each meal period.
  - e. Adequate supervision will be provided in the dining area.
  - f. The dining area will be clean, orderly and inviting.
7. Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law-108-265), Warren Township will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

8. Free drinking water is available for self-service in the cafeteria. Students will be made aware of the location of the free water.
9. Snacks in aftercare are served via the Child and Adult Care Food Program and National School Lunch Program.
10. To protect student privacy, the school cafeteria register system does not advertise the meal assistance status on the register screen. Cafeteria staff members are trained to properly ring up the food and taught how to determine if any students owe for their meal. Also, competitive foods are sold from the same line as reimbursable meals.

#### **D. Physical Activities**

Goal: To encourage creative programming at all grade levels via curriculum and instruction in order to maximize acquisition of the standards.

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for physical activities, maintain physical fitness and to regularly participate in physical activity that is individualized to meet the needs of all students. Students should also understand the short-and long-term benefits of a healthy

lifestyle. In addition, staff and family are encouraged to participate in and model physical activity as a valuable part of daily life.

### 1. Physical Education

Generally, students in the elementary grades participate in physical education for at least 120 minutes every ten days. Students in the middle schools shall participate in physical education at a minimum for one semester and high school students shall be required to take two semesters of physical education. School authorities shall minimize the use of physical education facilities for non-instructional purposes, such as using the gymnasium for school assemblies during times scheduled for physical education classes.

### 2. Physical Education (standards/requirements based):

Goal: To encourage our students to maximize their participation in fitness activities and electives throughout their four years of high school.

Schools shall establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives. The physical education program shall emphasize knowledge and skills for a lifetime of regular physical activity. Devote at least fifty percent of class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity. Provide many different physical activity choices such as cooperative and teach cooperation, fair play and responsible participation in physical activity. Be consistent with Indiana State standards for physical education and with national standards that define what students should know and be able to do.

All students will fulfill the state mandated physical education requirements for the current school year. To promote good health, exemptions from physical education class time or credit are allowed but highly discouraged. Warren Township discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education. Also, schools are encouraged to create a culture of physical activity.

### 3. Physical Education (staff training/certification)

Goal: To emphasize professional development opportunities and activities.

Preparation and professional development activities shall provide basic knowledge of the physical development of children and adolescents combined with skill practice in program-specific activities and other appropriate instructional techniques and strategies designed to promote lifelong habits of physical activity.

A least one district wide professional development conference should be organized for elementary and secondary physical education teachers. This conference will allow physical education teachers to collaborate and share information on lesson plans, ways to motivate students, doing student assessments and other methods of teaching physical education.

#### 4. Physical Activity as part of the school day.

Goal: To provide step counters to all Warren Township students for use in physical education class.

a. Goals for all students will be 10,000 to 15,000 steps or 60 minutes of physical activity daily.

b. Classroom teachers should provide physical activity opportunities and physical activity breaks when necessary. The physical education teacher should provide the classroom teachers a variety of age-appropriate physical activities that can be integrated into the academic standards. The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curriculum areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development and physiology in science classes and with instruction about personal health behaviors in health education class.

c. Warren Township will attempt to maintain appropriate student/teacher ratios for physical education classes, similar to those used in other classes.

#### 5. Physical activity outside the school day.

Goal: Schools shall provide each student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs, interests and abilities.

a. Intramural program, physical activity and health clubs, and interscholastic athletics are valuable supplements to a student's education.

b. A diverse selection of competitive and noncompetitive, structured and unstructured activities shall be offered to the extent that staffing permits. The primary focus of extracurricular physical activity programs will be on facilitating participation by all interested students, regardless of their athletic ability. All intramural programs, physical activity clubs, and athletic teams shall be supervised by qualified staff, which may or may not be certified teachers.

#### 6. Recess to promote physical activity

Goal: Schools should provide daily recess periods of at least fifteen to twenty minutes for all elementary school students.

a. Administrative: Recess for elementary grades will be scheduled before lunch when feasible so that children will come to lunch less distracted and ready to eat. Recess provides opportunities for physical activity, which helps students stay alert and attentive in class and provides other educational and social benefits. School authorities shall encourage and develop schedules that provide time within every school day for elementary school students to enjoy supervised recess. Every school shall have playgrounds, other facilities, and equipment available for free play. It is recommended that recess shall not substitute for physical education classes. It is also recommended that staff shall not deny a student's participation in recess or other physical activity as a form of discipline or punishment, nor should they cancel it for instructional makeup time.

b. Walking and running incentive recess programs will be required for schools and offered to all elementary students.

7. Suggested activities that promote physical activity within Warren Township for families and community members:

- Ace Day
- Family fitness night
- Family fun night
- Open gym night
- Walk with teacher night
- Walking and running clubs
- Hoop/jump rope for Heart
- Wellness Extravaganza\*
- Heart rate monitors
- Teacher vs. student activities
- Will Power Walk/Run
- HomeFest Run
- Competitive sports/tournaments
- Cold feet club
- Community Runs

\*Wellness Extravaganza invites Warren families each year to participate in physical activity and learn about healthy eating, all to promote good health. Physical Education teachers demonstrate physical activities, while registered dietitians and chefs will demonstrate healthy eating and recipes. These same activities and healthy eating will be used throughout the school year to the students.

#### **E. Setting Goals for Other School-Based Activities**

1. Encourage school fundraising activities to sell healthy food offerings, when possible.
2. Encourage family fitness activities like skating, walking, basketball or swimming. Consider a family wellness night at school.
3. Explore the idea of recess first, then lunch.
4. Encourage healthier food choices in vending machines, paying careful attention to sugar and caffeine content.
5. Consider staff wellness after school activities like aerobics, jazzercise, exercise, yoga, etc.
6. Model school-based activities that promote health and wellness, such as use of pedometers on a school-wide basis.
7. Have children create a personal exercise plan/monthly fitness goal.

Lastly, MSD of Warren Township's food service department has established a plan to consistently measure, monitor and enforce this wellness policy. Any corrections, changes and overall monitoring will be conducted by the food service director at least every three years with guidance from the IDOE's Wellness Policy Checklist and School Health Index.

#### **F. Promoting and Marketing Wellness**

The following will be used and practiced by Warren Township's Food Service Departments and other various departments and staff in the attempt to promote and market wellness and the School's Wellness Policy:

1. Warren Township staff will make all efforts necessary to model wellness and healthy lifestyles by creating a Warren Wellness Committee, with the partnership of Community Hospital. This committee will promote health by offering free exercise activities, fitness events, free health screenings, wellness newsletter, etc.
2. If Warren staff should snack during working hours, principals should encourage their staff to have healthy snack and beverage, to promote healthy eating. As a result, this will model healthy eating and drinking to Warren students.
3. It is strongly discouraged to use foods and/or beverages as a reward or punishment.
4. Students shall not be required to engage in physical activity as a punishment. For example, students may not be singled out to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavioral consequence. Also, recess shall not be withheld from a student as punishment of poor behavior or to make up class work.
5. The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.
6. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards. All marketing and advertising will be approved prior to publication by Warren administration. Additionally, the Corporation shall require students to select a fruit or vegetable as part of a complete reimbursable meal.

#### **Celebrations and Rewards**

7. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).

8. Rewards and incentives. The District 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**

All food items and beverages available for sale to students for consumption on campus between midnight and 30 minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans, including but not limited to, competitive foods that are available to students a la carte in the dining area, as well as food items and beverages from vending machines, school stores, or fund-raisers by student clubs and organizations, parent groups, or booster clubs. Nonetheless, USDA and Indiana Department of Education allows each school building two exemptions per school year for food items that do not meet Smart Snacks in Schools nutrition standards. The maximum duration of one exemption is one day. The Corporation requires that all foods and beverages sold as fundraisers on the school campus during the school day shall meet the USDA Competitive Food regulations.