

## **Wellness Policy on Physical Activity and Nutrition**

**Philosophy:** The Board of Trustees of the School City of Whiting supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

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:

**Statement of purpose:** Provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the School City of Whiting meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

### **I. Coordinated School Health Advisory Council**

The School City of Whiting will engage students, parents/guardians, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing corporation-wide nutrition and physical activity policies. The council will also oversee the development, implementation and evaluation of the School City of Whiting Wellness Policy.

**A.** In accordance with Indiana Code 20-26-9-18, and the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), the School City of Whiting will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- . Parents/Guardians
- . Food Service Director and Staff
- . Students
- . School Health Professionals/Registered dietician
- . Physical Education Teachers
- . School Board Members
- . School Administrators
- . Representatives of Interested Community Organizations

**B.** The Advisory Council shall meet to discuss nutrition and physical activities and to develop an action plan for the coming year. The council shall meet as needed during the school year to discuss implementation activities and challenges.

**C.** The Advisory Council shall report annually to the Superintendent and the School Board on the implementation of the wellness policy and include any recommended changes or revisions.

**D.** The School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.

**E.** The School City of Whiting Wellness policy shall be made available to students and families by means of registration, the student handbook and our corporation's website.

## **II. Nutrition Education and Promotion**

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to the standards of the Indiana Department of Education. Schools will link nutrition education and promotion activities with existing coordinated school health programs or other comparable comprehensive school health promotions.

**A.** Nutrition education and promotion will be provided as part of a Comprehensive Health Education Program.

- Health education will be taught by a licensed health education instructor.
- The School City of Whiting will provide nutrition education training opportunities to Teachers and staff for all grade levels.
- Nutrition education will include lessons that cover topics such as how to read and use Food labels, choosing healthy options, and portion control.
- School staff will encourage and support opportunities for student projects related to Nutrition.
- Nutrition education resources will be provided to students and parents/guardians through handouts, school website, and links to websites
- Nutrition educators will use the cafeteria as a learning lab. Healthy items will be displayed prominently to make healthy choices more appealing
- Nutrition labels will be available on all foods
- Foods of minimal nutritional value will not be advertised in educational materials

## **III. Standards for USDA Child Nutrition Programs and School Meals**

**A.** School meal content

1. Meals served through the National School Lunch and Breakfast Programs will:
  - Be appealing and appetizing to the children
  - Meet, at a minimum, the nutritional requirements established by the USDA for federally funded programs;
  - Contain 0 percent trans fats
  - Offer a variety of fruit and vegetables
  - 100 % of the grains offered are whole grain-rich
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, sodium and calories in food.
3. Taste testing will be provided periodically for new healthier foods that are added to the menu.

4. Students may provide ethnic, local, and cultural input on their favorites.
5. Special dietary needs will be considered when planning meals.
6. The food service department will share and publicize the nutritional content of meals with the students and parents/guardians.

**B. School Meal Participation**

1. The School City of Whiting will provide the USDA School Breakfast Program to all students.
2. The School City of Whiting will serve grab-and-go breakfasts and will arrange transportation to allow for time for breakfast.
3. The School City of Whiting will inform families of the Summer Food Service Program meals in accordance with the Healthy, Hunger-Free Kids Act of 2010. The School City of Whiting will sponsor the Summer Food Service Food Program when feasible.

**C. Mealtimes and scheduling**

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. Nathan Hale will schedule recess before lunch.
3. School meals will be served in a clean and pleasant setting.
4. Students will have access to hand-washing and sanitizing stations.
5. Potable (drinking) water will be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

**D. Professional Development**

1. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

**IV. Nutritional Standards for Competitive and Other Foods and Beverages**

The School City of Whiting will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores, school fundraisers, and classroom celebrations.

**A. Approved Nutritional Standards based on the standards of the USDA Smart Snacks**

1. K-12 a la carte, school vending machines and other foods outside of school meals shall be limited to:

- No more than 30 % of total calories from fat
- Less than 10% of total calories from saturated fats
- 0 % trans fat
- No more than 35% of calories from total sugars
- No more than 200 milligrams of sodium per portion as packaged
- No more than 200 calories per package
- 100% of the grains offered are whole grain-rich

2. K-12 ala carte, school vending machines and other beverages outside of school meals shall be limited to:

- Water without flavoring, additives, or carbonation
- Low-fat and nonfat milk (in 8 oz. portions)
- 100% juice in 4 ounce portions
- All beverages other than water, shall be no larger than 12 ounce

**B. Availability**

1. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.

2. Vending machines in middle school and high school:

- Will not be available during mealtimes

Will contain items that meet the approved nutrition standards

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

4. Food and beverages will not be sold in school stores

5. Students and staff will have free potable drinking water available in water fountains throughout the buildings.

**C. Concession stands**

1. The concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50% healthy beverages and foods according to the nutrition standards.

**D. Classroom celebrations**

1. Classroom celebrations will focus on activities rather than on food

2. Classroom celebrations that include food will be limited to one per month. Food items must meet the approved nutritional standards

3. Teachers will inform parents/guardians of the classroom celebration guidelines

**E. Food as a reward or punishment**

1. Teachers and staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward is not appropriate.

2. School staff will not withhold food or drink at mealtimes as punishment.

**F. Fundraisers**

1. Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards.

## **V. Physical Activity and Physical Education**

The School City of Whiting supports the health and well-being of students by promoting physical activity through physical education, recess and before and after school activities, and walking and bicycling to school. The School City of Whiting supports physical activity among elementary students by providing them with 30 minutes of physical activity per day.

### **A. Physical Activity and Physical Education**

1. All students, grades K-12, will participate in physical education in order to meet the Physical Education Standards.
2. Waivers will not apply towards the physical education courses required for a diploma. Credit flexibility will be limited to elective physical education courses.
3. Physical education classes will have the same student/teacher ratio used in other classes, In Indiana, the ratio is 30 to 1.
4. The physical education program will be taught in adequate space with adequate equipment to ensure quality classes for students.
5. Physical education will be taught by a licensed physical education instructor.
6. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health, and wellness.

### **B. Daily Recess and Physical Activity Breaks**

1. Nathan Hale elementary will provide daily physical activity in accordance with Indiana Code 20-30-5-7.5
2. All elementary students will have 20 minutes of active recess per day as recommended by the National Association for Sport and Physical Education. (NASPE). This recess Period will be outdoors when possible. If outdoor recess is not possible due to inclement weather,

### **C. Physical activity Opportunities Before and After School**

1. The School City of Whiting will offer intramurals, clubs, and interscholastic sports to increase opportunities for physical activity.

### **D. Physical Activities and Remedial Activities/Punishment**

1. School staff will not use physical activity (e.g. running laps, doing pushups) as punishment

### **E. Walking and Bicycling to School**

1. The School City of Whiting allows walking and bicycling to school.

## **VI. Staff Wellness**

The School City of Whiting supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

1. The School City of Whiting will promote healthy eating and fitness for our staff and faculty by providing presentations twice a year.
2. Staff vending machines will contain at least 50 percent healthy choices as outlined in the approved nutrition standards.
3. At least 50 percent of the food options at staff meetings will the approved nutrition standards.

## **VII. Evaluation**

The School City of Whiting is committed to the policies included in this document. Through implementation of the School Wellness Policy, The School City of Whiting will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff.

### **A. Implementation and Data Collection**

1. The School City of Whiting will collect data such as body composition (height and weight).
2. The Food Service Director will ensure that the schools are in compliance with the corporation's wellness policy by assessing wellness implementation strategies. The principals shall report to the superintendent, who will provide a report to the School Board,
3. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council.
4. Policy language will be evaluated and revised as needed.