

Union Township School Corporation

Bylaws & Policies

8510 - WELLNESS

As required by law, the School Board of Education establishes the following wellness policy for the Union Township School Corporation as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education:
 1. Students in grades K through 12 will receive interactive nutrition education that will teach students the skills they need to adopt health eating habits.
 2. Nutrition education will include a focus on media literacy as it relates to food marketing strategies.
 3. Students receive consistent healthy nutrition messages throughout the school, classroom, and cafeteria.
 4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
 5. District Health education curriculum standards and guidelines will include nutrition education and physical education

by a qualified teacher or health professional.

6. District FACS curriculum standards and guidelines will be taught by a qualified teacher.
7. Nutrition education will be integrated into the core curriculum, including, math, science, and language arts when appropriate.
8. Nutrition education standards and curriculum shall be age appropriate.
9. Nutrition education shall reinforce lifelong balance between caloric intake and exercise in ways that are age appropriate.
10. Staff responsible for providing instruction in nutrition education shall regularly participate in professional activities designed to better enable them to teach their curriculum.
11. The school shall provide information to parents designed to encourage them to reinforce at home the curriculum being taught in the classroom.
12. School menus are developed in accordance with State nutritional guidelines and are analyzed by the State.
13. School food service staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.
14. A registered dietician or other qualified health professional is consulted as needed for special diets and Individualized Educational Plans.
15. Nutritional guidelines are followed for a la carte, vending, and other foods available on the school campus during the school day.

B. With regard to physical activity:

1. **Physical Education**

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- b. All students, including those with disabilities and special health care needs, (to the extent consistent with the students' IEPs), shall receive physical education instruction according to the school curriculum and schedule.
- c. Qualified teachers shall provide all instruction in physical education.
- d. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- e. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

2. **Physical Activity**

- a. Physical activity shall not be employed as a form of discipline or punishment.
- b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- c. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical

activities like bowling, swimming, or tennis.

- d. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) for all students.

C. With regard to other school-based activities:

Support and improve academic performance by promoting the consumption of nutritious food and encouraging a physically active lifestyle.

1. The schools will continue to provide a clean and safe environment in which the students eat.
2. The school will provide enough space and serving areas to ensure all students have access to meals with minimum wait time.
3. All students are given at least twenty-five (25) minutes daily for lunch.
4. The School District encourages all students to participate in school meals program and protects the identity of students who eat free and reduced price meals.
5. Recess for elementary grade students will be scheduled before lunch when possible so students are less distracted and ready to eat.
6. The schools will not deny student participation in physical education classes as a form of discipline or for classroom make-up time. Extracurricular is not included.
7. Students are not permitted to have drinks (other than water) in the classroom. Water must be in a clear container or bottle.

8. The School District will encourage fundraising efforts that are supportive of student health.
9. Classroom parties will include commercially prepared, healthy food options and no more than one (1) food and one (1) beverage that does not meet the USDA Dietary Guidelines.
10. The School District will support student health by limiting the use of food and/or food celebrations as rewards. Such events must be pre-approved by administration.
11. The School District may provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
12. Students, parents, and other community members shall have access to, and be encouraged to use the school's physical activity facilities outside the school day.
13. An organized wellness program is available to all staff.
14. Schools may limit the number of celebrations involving serving food during the school day.
15. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
16. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
17. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health

insurance programs for which they may qualify.

- D. With regard to nutrition promotion, the Corporation shall:
1. encourage students to increase their consumption of healthful foods during the school day;
 2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 - a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
 - b. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 - c. require students to select a fruit or vegetable as part of a complete reimbursable meal

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

- D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. All foods available to students, other than the food service program, shall be served with consideration for promoting student health and well-being.
- F. The school shall prepare and distribute to staff and parents, a list of snack items considered as a healthy food options.
- G. Each classroom party or celebration held during the school day may include no more than one (1) food or beverage that does not comply with the healthy foods options or the current USDA Dietary Guidelines for Americans.
- H. All foods brought into the school and served during the school day must be commercially prepared with the exception of curriculum-related food projects.
- I. All food service personnel shall receive pre-service training in food service operations.
- J. Continuing professional development shall be provided for all staff of the food service program.
- K. All food items and beverages available for sale to students for consumption on campus between 12:01 am and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA's Smart Snacks in Schools regulations, including, but not limited to, competitive foods that are available to students à 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 boosters clubs.
- L. The school food service program may involve students, parents, staff, school officials in the selection of competitive food items to be sold in the schools.

- M. Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.
- N. All foods available to students in Corporation programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- O. Any food items sold for consumption on campus from thirty (30) minutes after the end of the last lunch period until sixty (60) minutes after the school day ends in a fund raiser by approved student clubs and organizations and Corporation support organizations shall meet the current USDA Dietary Guidelines for Americans. As permitted by the State of Indiana, the Superintendent may approve two (2) exemptions per school per school year for the purposes of fundraising.
- P. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
- Q. Each classroom party held during the school day may include no more than one (1) food or beverage that does not meet the current USDA Dietary Guidelines for Americans.
- R. The food service program shall be administered by a qualified nutrition professional.
- S. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

The Board designates the building principals as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.

The Superintendent shall appoint the Corporation wellness committee that includes parents, students, representatives of the school food authority, nutritionists or certified dieticians, educational staff (including physical education teachers), 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.

The wellness committee shall be an ad hoc committee of the Board with members recruited and appointed annually.

The wellness committee shall:

- A. assess the current environment in each of the Corporation's schools
- B. measure the implementation of the Corporation's wellness policy in each of the Corporation's schools;
- C. review the Corporation's current wellness policy;
- D. recommend revision of the policy, as appropriate; and
- E. present the wellness policy, with any recommended revisions, to the Board for approval or re-adoption if revisions are recommended.

Before the end of each school year the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the Corporation's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.

The Superintendent shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified. The committee also shall report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

I.C. 20-26-9-18
42 U.S.C. 1751 et seq.
42 U.S.C. 1758b
42 U.S.C. 1771 et seq.
7 C.F.R. Parts 210 and 220

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