

Book	Policy Manual
Section	5000 Students
Title	WELLNESS
Code	po5370
Status	Active
Adopted	March 14, 2023

**5370 - WELLNESS****COORDINATED SCHOOL HEALTH ADVISORY COUNCIL AND COMMUNICATION**

- A. In accordance with the Indiana Code, the school corporation will form and maintain a corporation-level District Wellness Advisory Council that includes at least the following required members: parent/guardian, food service director/professional, teacher of physical education, student, school health care professional/school nurse, school board member, school administrator, any interested member of the public, and representatives of interested community organizations.
- B. The Advisory Council shall meet at least once every three years to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet during the school year to discuss implementation activities and address any barriers and challenges.
- C. The District Wellness Advisory Council shall report annually to the superintendent on the implementation of the wellness policy and include any recommended changes or revisions.
- D. The District Wellness Policy will be made available to students and families by means of school registration, the student handbook, and/or the corporation's website.
- E. The school board will consider the recommendation from the superintendent and District Wellness Advisory Council for the adoption of a new or revised wellness policy.
- F. For the purposes of the wellness policy, a school day is defined as midnight the night before to thirty (30) minutes after the end of the student's school day.

**NUTRITION EDUCATION AND PROMOTION****A. Nutrition Education**

1. Health education will be provided as part of a comprehensive health education program and taught by a licensed health education instructor.
2. The school corporation will provide nutrition education training opportunities to teachers and staff, as needed.
3. As appropriate, school staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels, and maintaining a caloric balance between food intake and physical activity/exercise).
4. If practical, nutrition educators will partner with the school staff of the school food service program to use the cafeteria as a learning lab.
5. Upon request, nutrition labels will be available to allow students to easily identify healthier foods.

**B. Nutrition Promotion**

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

2. Nutrition promotion resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, or any other appropriate means available to reach parents/guardians.
3. Healthy items, such as salads and fruits, will be displayed in an appealing manner.
4. To the degree possible, foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.
5. Information concerning the benefits of food choices will be promoted by health courses, the corporation nurse, and/or the food service department.

## **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:
  - a. Be appealing and appetizing to children;
  - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
  - c. Contain zero percent (0%) trans fats;
  - d. Offer a variety of fruits and vegetables;
  - e. 100 percent 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, calorie, and sodium levels in food.
3. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
4. The food services department will be supported to provide periodic food promotions that will allow for taste-testing of new, healthier foods being introduced on the menu.
5. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
6. Upon request, the food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the school website, articles, school newsletters, and presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

### **B. School Meal Participation.**

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving "grab-and-go" breakfasts, and arranging transportation schedules that allow for earlier arrival times.
3. Schools will inform families of the availability and location of the Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010.
4. Schools in which more than fifty percent (50) of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program, when feasible.

### **C. Mealtimes and Scheduling**

1. Adequate time will be provided to students to eat lunch (at least twenty (20) minutes after being served) and breakfast (at least ten (10) minutes after being served).
2. Elementary schools will make every effort to schedule recess before lunch.

3. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to hand-washing.
5. Potable (drinking) water must be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria, and procedures for safe behavior shall be consistently enforced.

**D. Professional Development**

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.

**NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES****A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007):**

1. K-12 à la carte, school vending machines, and other foods outside of school meals shall be limited to:
  - a. No more than thirty percent (30%) of total calories from fat,
  - b. Less than ten percent (10%) of total calories from saturated fats,
  - c. 0 percent trans fats,
  - d. No more than thirty-five percent (35%) of calories from total sugars,
  - e. No more than 200 milligrams of sodium per portion as packaged,
  - f. No more than 200 calories per package, and
  - g. 100 percent of the grains offered are whole grain-rich.
2. K-12 à la carte, school vending machines, and other beverages outside of school meals shall be limited to:
  1. Water without flavoring, additives, or carbonation,
  2. Low-fat and nonfat milk (in eight (8)- to twelve (12)- ounce portions),
  3. 100% fruit juice in four (4)-ounce portions as packaged for elementary/middle school and eight (8) ounces (two (2) portions) for high school, and
  4. All beverages other than water, white milk, or juice shall be no larger than twelve (12) ounces.
  5. 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 à la cart 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.

**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 and high schools:
  - a. Will contain items that meet the approved nutrition standards.
  - b. Vending machines for school staff will not be accessible to students.
  - c. Food and beverages will not be sold in school stores

3. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

#### **C. Concession Stands**

The District will recommend that concession items for school-sponsored events, sold to participants, fans, and visitors will include healthy beverages and foods, according to the approved nutrition standards.

#### **D. Classroom Celebrations**

1. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music, and reading time) rather than on food.
2. Classroom celebrations that include food will be limited to one per month. The school will inform parents/guardians that food items must comply with federal nutrition standards.
3. Schools shall inform parents/guardians of the classroom celebration guidelines at the beginning of the school year and as needed.

#### **E. Food as a Reward or Punishment**

1. The district will discourage the use of food as a reward.
2. School staff will not withhold food or drink at mealtimes as punishment.

#### **F. Fundraisers**

1. 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 (see number two (2)). Fundraisers subject to this rule are those sold during the school day on school grounds. The school day is defined as from midnight the night before to thirty (30) minutes after the end of school.
2. Fundraisers selling food items that do not meet the federal nutrition standards are limited to two (2) such fundraisers **per school building** per year.

### **PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

#### **A. Physical Education K-12**

1. All students will participate in physical education in order to meet the physical education standards. Also, high schools will encourage students to take more than the courses of physical education required for all Indiana diplomas.
2. Physical education classes will have the same student/teacher ratio used in other classes.
3. The physical education program will be provided with adequate space and equipment to ensure quality physical education classes for students.

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

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All elementary school students will have at least one (1) period of active recess per day. This recess period will be outdoors, when possible. If outdoor recess is not possible, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
4. Schools should discourage extended periods of inactivity (two (2) or more hours). During events, such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

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

1. When feasible, schools will offer intramurals, clubs, interscholastic sports, and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. After-school enrichment providers will include physical activity in their programs, to the extent that time, space, and equipment allow.

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

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**OTHER SCHOOL-BASED ACTIVITIES****A. Walking and Bicycling to School**

1. Where appropriate, schools will allow safe walking and bicycling to school.
2. To the extent possible, the school corporation will make improvements so it is safer, easier, and more enjoyable for students to walk and bicycle to school.
3. The school corporation will explore the availability of both local and federal funding (e.g., Safe Routes to School funds administered by the Indiana Department of Transportation) to finance such improvements.
4. Schools will promote walking and bicycling to school, including the promotion of International Walk to School Day, which falls on the first Wednesday of October each year.

**B. Use of School Facilities Outside of School Hours**

Upon request and by district approval, school spaces, and facilities, such as the playground, gym, and track, will be made available to students, staff, and community members before and after the school day, on weekends, and during school vacations. School use and policies concerning safety will apply at all times.

**EVALUATION OF WELLNESS POLICY****A. Implementation and Data Collection**

1. School Principals shall report their compliance with the school wellness policy annually to the superintendent and District Wellness Advisory Council. The Council will consider the reports and determine if a review is necessary more often than every three (3) years.
2. The superintendent is responsible for retaining all documentation of compliance with this policy and its regulations, but the Principals shall ensure that their individual schools are in compliance with the corporation's wellness policy every three school years by assessing wellness implementation strategies. The District Wellness Advisory Council shall complete the Local School Wellness Policy: Triennial Assessment, provided by the IDOE, and provide a report to the superintendent, who will provide the report to the school board. The Triennial Assessment report shall contain the following information: the school's progress toward meeting the wellness goals over the previous three school years; the website address for the wellness policy and how the public can receive a copy of the policy; a description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the school official coordinating the District Wellness Advisory Council and information on how individuals and the public can get involved with the team District Wellness Advisory Council.
3. The evaluation of the wellness policy and implementation will be directed by the District Wellness Advisory Council which will be responsible for the three-year assessment of each school's compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent to which each school is in compliance with the policy; the extent this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. As a result of this assessment and evaluation, the policy and regulations will be revised as needed.
4. The three-year assessment and evaluation report will be made available to the public by the Board minutes and will be located on the school website.

