

Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
Code	po8510
Status	Active
Legal	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
Adopted	July 10, 2006
Last Revised	September 11, 2017

8510 - **WELLNESS**

As required by law, the School Board establishes the following wellness policy for the 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. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
4. Nutrition education standards and benchmarks shall be age- appropriate and culturally relevant.
5. The standards and benchmarks for nutrition education shall be behavior focused.

6. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
7. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
8. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
9. Nutrition education posters, such as the My Plate, will be displayed in the cafeteria.
10. The school cafeteria may serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime. Healthy items such as salads and fruits will be displayed prominently in cafeterias to make healthier choices more appealing.
11. Nutrition education shall extend beyond the school by engaging and involving families and the community.
12. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
13. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
14. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
15. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
16. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
17. The Corporation shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom. Through website links, school newsletters, presentations, and any other appropriate means available to reach parents and guardians.
18. Food of minimal nutritional value, including brands and illustrators, shall not be advertised or marketed in educational materials.
19. An effort will be made to remove advertising from the cafeteria. Existing vending machines and coolers with logos will be replaced when possible.
20. School will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.

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. Also high schools will encourage students to take more than the courses of physical education required for all Indiana

diplomas.

- b. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- c. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- d. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- e. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- f. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- g. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- h. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- i. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education in an adequate space using equipment to ensure quality physical education classes for students.
- j. Professional development opportunities should focus on the physical education content area.
- k. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
- l. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- m. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- n. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
- o. Planned instruction in physical education shall include cooperative as well as competitive games.
- p. Planned instruction in physical education shall take into account gender and cultural differences.
- q. Professional development opportunities should focus on the physical education content area and will be provided as needed.
- r. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

- S. Planned instruction in physical education shall be presented in an environment free of embarrassment humiliation shaming, taunting, bullying, or harassment of any kind.
- t. Planned instruction in physical education shall include cooperative as well as competitive games.
- U. Planned instruction in physical education shall take in account gender and cultural differences.
- V. Waivers will not apply towards the physical education courses required for a diploma, except as defined in the Indiana Code 20-36-5-1.
- W. Students will not be removed or excused from physical education to receive instruction in other content areas.
- X. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

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.

Schools should develop a plan that provides physical activity throughout the school day. Schools are encouraged to create a culture of physical activity.
- 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. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5
- e. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- f. The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.
- g. Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.
- h. Schools shall discourage extended periods of student inactivity without some physical activity, defined as two (2) hours or more without some physical activity.
- i. Schools will offer intramural, 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.
- j. 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.
- k. After school enrichment providers will include physical activity in their programs, to the extent space, time and equipment will allow.

- I. Where appropriate and safe, schools will allow walking and bicycling to school. 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. The school corporation will explore the availability of both local and federal funding (i.e., safe routes to schools funds; administered by the Indiana Department of Transportation to finance such improvements.

C. With regard to other school-based activities:

1. The schools shall provide at least twenty (20) minutes daily for students to eat. Lunch after obtaining food and breakfast at least ten (10) minutes after obtaining food.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. Elementary schools will schedule recess before lunch when possible.
4. The school shall provide attractive, clean environments in which the students eat and access to hand washing and sanitizing stations.
5. Students are permitted to have bottled water only in the classroom.
6. Potable drinking water must be readily available at all mealtimes.
7. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

The District has a closed campus policy. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.

8. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
9. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day and when appropriate will inform the community of the availability of such spaces and facilities through our website and hand outs

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

10. An organized wellness program shall be available to all staff.
11. The School Corporation will promote progress to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least twice each school year.
12. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
13. Staff will be encouraged to participate in community walking, bicycling, or running events.
14. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
15. 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.

16. 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.
17. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

Applications for free/reduced priced meals are available to all families at the beginning of the school year. The application is also available on the District website.

18. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
19. Schools will promote breast feeding by making reasonable efforts to provide a private location for employees to express milk in accordance with Indiana Code 22-2-14-2.
20. Environment Wellness: South Spencer County Corporation supports the health and well-being of our students and staff by promoting policies and environmental supports to provide healthier and cleaner schools.

Environment:

- a. All campuses are tobacco free.
 - b. All campuses will use "green" supplies when available.
 - c. All campuses will recycle as much as possible.
 - d. All campuses will enforce "No Idle Zones".
 - e. All campuses will enforce the "No Weapons, Alcohol and or drugs policy".
- D. 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.

Additionally, the Corporation shall:

1. encourage students to increase their consumption of healthful foods during the school day;
2. create an appealing and appetizing 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. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
 - c. whole grain products - and all grains must be whole grain- rich
 - d. fluid milk that is fat-free (unflavored and flavored) and low- fat (unflavored)
 - e. meals designed to meet specific calorie ranges for age/grade groups
3. eliminate trans-fat from school meals

4. 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.

5. provide opportunities for students to develop the knowledge and skills for consuming healthful foods
6. require that all foods and beverages sold as fundraisers on the school campus during the school day shall meet the USDA Competitive Food regulations;
7. high school principals are encouraged to limit the sale of beverages to those that meet USDA's Smart Snack Standards for Middle School.
8. promote and encourage Farm to School efforts through its nutrition department in order to provide the healthy foods identified above;
9. discourage rewarding children in the classroom with candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

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. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. 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).
- 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 à 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.
- E. All foods that are provided, not sold, on the school campus during the school day, including foods and beverages provided for classroom parties or holiday celebrations shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards and food and beverage standards approved by the Superintendent.
- F. 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.
- G. 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.
- H. All food items and beverages available for sale to students for consumption on campus between midnight and thirty (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 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.

- I. The school food service program may involve students, parents, staff, and/or school officials in the selection of competitive food items to be sold in the schools.
- J. 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.
- K. Any food items sold in a fund raiser by approved student clubs and organizations and Corporation support organizations shall meet the current USDA Dietary Guidelines for Americans.
- L. It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.
- M. Each classroom celebrations will focus on activities giving free time extra recess and music and reading time rather than on food. Classroom party held during the school day that includes food or beverage will be limited to one (1) per month. Food items must be approved nutrition standards.

Schools shall inform parents/guardians of the class room celebration guidelines as stated in the handbook or on the school website.

Food as a reward or punishment:

1. School staff will not use food as a reward. A wide variety of alternative rewards can be used to provide positive reinforcement.
2. The use of sugar sweetened beverages or candy as a classroom reward of any school is not appropriate.
3. School staff will not withhold food or drink at a mealtime as a punishment.

- N. The food service program shall be administered by a qualified nutrition professional.
- O. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- P. All food service personnel shall receive pre-service training in food service operations.
- Q. Continuing professional development shall be provided for all staff of the food service program.

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

The Superintendent shall appoint the Corporation Coordinated School Advisory Council that includes meeting at least four (4) times per year and includes parents, students, representatives of the school food authority, nutritionists or certified dieticians, educational 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. The Board designates the Superintendent to ensure compliance with this policy and it's administrative regulation. The Superintendent is responsible for retaining all documentation of compliance with this policy and its regulations, including, but not limited to, each school's annual report, the three (3) year assessment report and this wellness policy and plan.

The Superintendent shall be an ex officio member of the committee.

The Coordinated School Advisory Council 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;
- E. present the wellness policy, with any recommended revisions, to the Board for approval or re-adoption if revisions are recommended; and
- F. review the evaluation tools and procedures implemented by individual schools to assess the collective health of all students over time.

Principals shall ensure that their schools are in compliance with the Corporation's Wellness Policy halfway through the school year by assessing wellness implementation strategies. The principals will submit a written report to the Superintendent and the Coordinated Schools Advisory Council. The Superintendent will provide a report to the School Board.

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. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

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 review and report on the status of compliance by individual schools and progress made in attaining goals established in the policy annually.

The Superintendent also shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall distribute information at the beginning of the school year to families of school children, include information in the student handbook, and post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

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, the extent to which 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:
http://www.doe.in.gov/sites/default/files/nutrition/evaluation-checklist_0.pdf

The assessment shall be made available to the public on the School Corporation's website.

Food and beverage marketing that allow marketing and advertising on only those foods and beverages that meet the Smart Snacks in School nutrition standards.

Revised 12/12

Revised 5/12/14

Revised 4/13/15

Revised 6/13/16

Revised 7/11/16

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