

**Wellness Policy Evaluation and Compliance Report
Jennings County Schools
2018 – 19 School Year**

As required by law, the School Board has established a wellness policy for the School Corporation as a part of a comprehensive wellness initiative. Before the end of each school year the wellness committee at each school shall evaluate the implementation of the wellness policy in each school.

Provide written examples of how your school is working toward meeting each wellness policy goal.

Rate the school's compliance with the goal using a scale from 1 to 3 points, using the following:

- 1 = Not compliant with goal
- 2 = Working toward goal
- 3 = Fully compliant with goal
- Total the points for each section
- Divide the total points by the total number of points for each section, then multiply that by 100 to obtain your % of compliance for each section

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 skill necessary to lead healthy lives.

Examples of how schools are working toward this goal - GC-Nutrition & Health is discussed in class and PE but no set curriculum. BC, NVE, SE, SCE, JCMS & JCHS – follow IN State Standards for health curriculum. JCHS also has FACS courses.

2. Nutrition and healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to nutrition, health promotion and disease prevention.

Examples of how schools are working toward this goal – BC – school curriculum. GC – See above. NVE – Nutrition is taught however the practice of concepts is not always encouraged with healthy options. SE – See above and SE has a fitness club for students. SCE – fitness is taught throughout the year. JCHS – classes include Nutrition & Wellness, Health, Culinary Arts

<u>Nutrition Education</u>	BC	GC	H	NVE	SE	SCE	MS	HS
Goal 1	3	2	2	3	3	3	3	3
Goal 2	3	3	2	2	3	3	3	3
Total Points	6	5	4	5	6	6	6	6
Module Score	100%	83%	67%	83%	100%	100%	100%	100%

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.

Examples of how schools are working toward this goal – BC, GC, NVE, SE, SCE, JCMS & JCHS– have a licensed PE teacher that follows State Standards. JCHS – Freshman PE, Advanced PE, Strength/Conditioning classes.

b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

Examples of how schools are working toward this goal – BC - the curriculum promotes life-long learning skills. GC – PE teacher provides instruction 2x week. NVE – teachers strive to build on concepts and encourage at home adaptations to make physical activity a lifelong skill. SE – follows health curriculum SCE – follows state standards. JCHS – PE dept has been connecting their curriculum to lifetime wellness information.

c. 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.

Examples of how schools are working toward this goal – BC – offers basketball, volleyball, and archery. GC –offers various physical activities and sports programs to students. NVE – allows students to work with JCMS students and participate in their activities. SE - archery club, basketball, and fitness club. SCE - wrestling, archery & basketball. JCMS – athletics. JCHS – PE, several sports.

<u>Physical Education</u>	BC	GC	H	NVE	SE	SCE	MS	HS
Goal a	3	3	3	3	3	3	3	3
Goal b	3	3	3	3	3	3	3	3
Goal c	3	3	3	3	3	3	3	3
Total Points	9	9	9	9	9	9	9	9
Module Score	100%	100%	100%	100%	100%	100%	100%	100%

2. Physical Activity

a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

Examples of how schools are working toward this goal – BC – time is allotted for movement during recess. GC – students have PE 2x a week & 1-2 recesses each day. NVE – we need to incorporate more movement & rework the timing of movement opportunities. SE students have 40 minutes of recess each day, teachers build in brain breaks and movement throughout the day. SCE – mindfulness, brain breaks, sensory paths, recess, PE. JCMS – PE/Open gym. JCHS – PE.

b. The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.

Examples of how schools are working toward this goal – BC – a variety of organizations utilize our facilities. GC -info & newsletters are sent to families encouraging participation in various physical activities. NVE – our school could add community events on the back of our weekly newsletter to improve on this goal. SE –student council has an annual 5K.SCE – offers opportunities through after school activities to promote physical activities. JCHS – Kids athletic camps.

c. 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) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.

Examples of how schools are working toward this goal – BC – we offer a variety of clubs and teams to meet this goal. GC & SE – see above. NVE – provides recess & after school fitness club. SCE – school sports and clubs are provided for all students to participate. JCMS – athletics/open gym during lunches JCHS – unified track along with all sports programs.

d. Schools shall offer a wide range of physical activities outside the regular school day that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.

Examples of how schools are working toward this goal – BC – football, basketball, track, cross country, and volleyball. GC – offers a wide range of activities to all students regardless of gender and/or special needs. NVE – we need to offer more opportunities for those with disabilities, we would love to include local physicians on activities that take them completely out of physical activities. SE – clubs & sports mentioned above. SCE – school sports and after school activities/clubs provide these opportunities. JCHS – unified track, marching band.

<u>Physical Activity</u>	BC	GC	H	NVE	SE	SCE	MS	HS
Goal a	3	3	3	1	3	3	2	3
Goal b	3	3	2	1	3	2	2	3
Goal c	3	3	3	3	3	3	3	3
Goal d	3	3	2	1	3	3	3	3
Total Points	12	12	10	6	12	11	10	12
Module Score	100%	100%	83%	50%	100%	92%	83%	100%

C. With regard to other school-based activities:

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

Examples of how schools are working toward this goal – BC – we offer 3 lunch groups to prevent disruptions. GC – the lunch block schedule is in the middle of the day allowing all students ample time to eat without disruptions. NVE – there are no disruptions to mealtimes. SE lunch times are provided without distraction. SCE – lunch is provided to all student. JCHS – we do not interrupt student lunches.

2. The school shall provide attractive, clean environments in which the students eat.

Examples of how schools are working toward this goal – BC – our custodial and kitchen staff works hard and takes pride in our dining facilities. GC – janitors & lunchroom staff clean the lunch room area several times throughout the day. SE – cafeteria is cleaned every day & in between each lunch period. SCE – we clean tables after each meal, clean floors each day, follow sanitary guidelines. JCHS – artwork in cafeteria.

3. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.

Examples of how schools are working toward this goal – BC – this is followed. GC, NVE & SE – meetings are scheduled outside of the lunch block time. SCE – students may meet for clubs or meetings but are required to eat. JCMS – students may bring snacks.

4. 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.

Examples of how schools are working toward this goal – BC, GC, NVE & SE – the playground is accessible and used by the community after school hours. NVE – a new playground area has promoted more play after school. SCE – no restrictions to the playground. Being a rural school has an impact on use. JCHS – many of our facilities are open when able.

5. An organized wellness program shall be available to all staff.

Examples of how schools are working toward this goal – ALL SCHOOLS – JCSC has a wellness program/center available to all staff who take JCSC health insurance, including an annual health challenge. SCE – teachers were encouraged to participate in a school winter wellness challenge.

6. 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 priced meals.

Examples of how schools are working toward this goal - ALL SCHOOLS – all students enter their lunch account number into the electronic point of sale system via a keypad. NVE – screen privacy filters make this even more true now. SCE – Skyward has an online payment system to support parents and students.

7. 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.

Examples of how schools are working toward this goal - ALL SCHOOLS – students are instructed not to share their food at their table.

<u>Other School Based Activities</u>	BC	GC	H	NVE	SE	SCE	MS	HS
Goal 1	3	3	3	3	3	3	3	3
Goal 2	3	3	3	3	3	3	3	3
Goal 3	3	3	3	3	3	3	2	3
Goal 4	3	3	2	3	3	2	3	2
Goal 5	3	3	2	2	3	2	2	2
Goal 6	3	3	3	3	3	3	3	3
Goal 7	3	3	3	3	3	3	2	3
Total Points	21	21	19	20	21	19	17	19
Module Score	100%	100%	90%	95%	100%	90%	81%	90.5%

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 Schools nutrition standards.

Additionally, the Corporation shall:

1. Encourage students to increase their consumption of healthful food during the school day;

Examples of how schools are working toward this goal – BC – no student sales at our school. GC – we are working to provide healthy, nutritious snacks to students throughout the day. NVE –PE will provide challenges in the upcoming year. SE – students are allowed to bring healthy snacks from home, if not, teachers provide healthy snacks. SCE – teachers provide healthy snacks, water bottles for all students. JCMS – only healthy snacks during the school day.

2. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods.

Examples of how schools are working toward this goal – BC – nutrition club. GC & SE – students are exposed to opportunities for learning about the consumption healthy foods in our health curriculum. NVE – possibly encourage nutrition classes and/or include parents in the PE challenges next year. SCE – lessons are taught to each grade level. JCMS – health class.

<u>Nutrition guidelines for all foods and beverages marketed or promoted on campus during the school day</u>	BC	GC	H	NVE	SE	SCE	MS	HS
Goal 1	3	3	2	1	3	3	2	3
Goal 2	3	3	2	1	3	3	2	3
Total Points	6	6	4	2	6	6	4	6
Module Score	100%	100%	67%	33%	100%	100%	67%	100%

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.

Examples of how schools are working toward this goal - ALL SCHOOLS – all federal and state regulations are followed.

B. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

Examples of how schools are working toward this goal - ALL SCHOOLS – foods of minimal nutritional value are not sold during lunch periods.

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).

Examples of how schools are working toward this goal - ALL SCHOOLS – all USDA regulations are followed.

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 ala carte in the dining area, foods, or beverages sold from vending machines.

Examples of how schools are working toward this goal – BC – guidelines are followed. GC & SCE – no vending machines in the school or ala carte items. SE does not sell food during the school day.

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 food and beverage standards approved by the Superintendent.

Examples of how schools are working toward this goal – BC – in compliance. GC – parents are encouraged to bring healthy snacks for classroom parties, however candy is still an option. NVE – the policy has changed and students may bring in their own treats. SE – follows handbook regulations. SCE – all foods are approved items through the school.

F. 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 ala 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.

Examples of how schools are working toward this goal – GC – no vending machines in school. BC, NVE & SE do not sell food. SCE – we do not offer after school food or snack sales.

G. Any food items sold for consumption on campus from thirty (30) minutes after the end of the last lunch period until thirty (30) minutes after the school day ends in a fundraiser by approved students clubs and organizations and Corporation support organizations shall meet the current USDA Dietary Guidelines for Americans.

Examples of how schools are working toward this goal – BC, GC – USDA guidelines are met. NVE – does not offer this during the school day. SE – does not sell food.

H. The food service program shall be administered by a qualified nutrition professional.

Examples of how schools are working toward this goal – ALL SCHOOLS – Food Service Director and Cafeteria Manager are qualified.

I. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

Examples of how schools are working toward this goal – ALL SCHOOLS – Food Service Director is Credentialed by the national School Nutrition Association as a School Nutrition Specialist, holds a SNA Level 4 Certificate, and is a ServSafe Certified Food Handler, and meets all other USDA Professional Standards requirements.

J. All food service personnel shall receive pre-service training in food service operations.

Examples of how schools are working toward this goal – ALL SCHOOLS – all food service employees are trained properly. Food Service Director, Cafeteria Managers, Assistant Managers, and many cooks are ServSafe Certified Food Handlers. All Food Service employees are required to take the ServSafe Certified Food Handler class and exam.

K. Continuing professional development shall be provided for all staff of the food service program.

Examples of how schools are working toward this goal – ALL SCHOOLS – all food service personnel receive ongoing professional development training hours each school year as required by USDA Professional Standards. Monthly Manager meetings are conducted by the Food Service Director.

<u>Enhancing student health and well-being, and reducing childhood obesity guidelines</u>	BC	GC	H	NVE	SE	SCE	MS	HS
Goal A	3	3	3	3	3	3	3	3
Goal B	3	3	3	3	3	3	3	3
Goal C	3	3	3	3	3	3	3	3
Goal D	3	3	3	3	3	3	3	3
Goal E	3	2	2	1	3	3	2	2
Goal F	3	3	2	3	3	3	3	2
Goal G	3	3	2	3	3	3	2	3
Goal H	3	3	3	3	3	3	3	3
Goal I	3	3	3	3	3	3	3	3
Goal J	3	3	3	3	3	3	3	3
Goal K	3	3	2	3	3	3	3	3
Total Points	33	33	29	31	33	33	28	29
Module Score	100%	91%	88%	94%	100%	100%	85%	88%

Monitoring and Compliance:

The Board designates the Superintendent as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this 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. 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 report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

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 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.

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.

Examples of how schools are working toward this goal – ALL SCHOOLS – JCSC Wellness Policy compliance is evaluated each year. NVE – our dissemination of information is not easily accessible on the website and isn't easily understood by a majority of parents. ALL SCHOOLS - Marketing and advertising follows requirements.

<u>Monitoring and Compliance</u>	BC	GC	H	NVE	SE	SCE	MS	HS
Overall Assessment of goals	3	3	3	2	3	3	3	3
Total Points	3	3	3	2	3	3	3	3
Module Score	100%	100%	100%	67%	100%	100%	100%	100%

<u>Overall Score Card</u>	BC	GC	H	NVE	SE	SCE	MS	HS
Nutrition Education goals	100%	83%	67%	83%	100%	100%	100%	100%
Physical Education goals	100%	100%	100%	100%	100%	100%	100%	100%
Physical Activity goals	100%	100%	83%	50%	100%	92%	83%	100%
Other school based activities goals	100%	100%	90%	95%	100%	90%	81%	90.5%
Nutrition guidelines for all foods and beverages marketed or promoted on campus during the school day goals.	100%	100%	67%	33%	100	67%	100%	100%
Enhancing student health and well-being, and reducing childhood obesity goals	100%	91%	88%	94%	100%	100%	85%	88%

Monitoring and compliance goals	100%	100%	100%	67%	100%	100%	100%	100%
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Best Practices: NVE – works to teach the standards & students are encourage through various programs. In moving forward, we would like to see fresh produce continued in the food service program & more emphasis placed on encouraging healthy lifestyles & more opportunities for movement.