

Indiana Templates Bylaws & Policies

Revised 5/19/2015

8510 - WELLNESS

As required by law, the Board establishes the following wellness policy for the 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/promotion, the Corporation shall:

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.

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.

Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

Nutrition education posters, such as the MyPlate will be displayed in the cafeteria.

Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

B. With regard to physical activity/physical education, the Corporation shall:

1. **Physical Education**

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.

Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.

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.

Schools shall provide daily physical activity for students in elementary schools. The physical activity will be consistent with the curriculum and programs developed under 20-30-5-7-5 and may include the use of recess to meet such requirements.

2. **Physical Activity**

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

Schools shall discourage extended periods of student inactivity, defined as two (2) hours or more without some physical activity.

C. With regard to other school-based activities:

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

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

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.

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.

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.

- D. All other school based activities will promote student wellness.
 - a. No food based rewards in classrooms.
 - b. Schools shall limit the number of celebrations involving the serving of food during the school day.
 - c. The Corporation nutrition department shall follow all State, Local and Federal Child Nutrition Program guidelines.
 - d. Food/Beverages sold during the school day shall meet Smart Snack guidelines. See <https://foodplanner.healthiergeneration.org/calculator/>
 - e. The Corporation nutrition department will promote and encourage Farm to School efforts.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following goals 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).

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.

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 and school stores with regard to specific fundraisers in accordance with the Healthy Hunger Free Act of 2010, 7CFR §210.11(b)(4) and as established by state policy, schools are allowed 2 exempted fundraisers per school building, per school year, for fundraisers involving the sale of foods and/or beverages not meeting the nutrition standards for Smart Snacks and occurring during the school day. The maximum duration of an exempted fundraiser is one day.

There are no limits to fundraisers during the school day that meet nutrition standards or are non-food/beverage items.

Documentation of exempted fundraisers will be kept on file at each building.

Staff Wellness

D. With regard to Staff Wellness, the corporation shall:

- Support the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.
- The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
- School will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
- Staff will be encouraged to participate in community walking, bicycling or running events.

The Superintendent shall appoint a Corporation wellness committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The appointed Corporation wellness committee shall be responsible for accomplishing the following:

- 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 necessary and

E. Additionally, each building will have a Wellness Team consisting of foodservice, administration, nurse, PE, student, and teacher in order to assist with the implementation of the Wellness Policy.

The Healthy School Report Card, an assessment instrument created by the Association of Supervision and Curriculum Development (ASCD), will serve as an instrument for evaluation. The chain of command for monitoring and implementing the Wellness Policy is as follows:

Wellness Teams → Wellness Council;
Wellness Council → Superintendent; and
Superintendent → School Board

The Superintendent or designee 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.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

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