

Wellness Policy Compliance Review 2019-2020

2019-2020 Wellness Committee

MEMBERS PRESENT:

Tonya Feider

Jodi Yancey

Joe Bronkella

Linda LaCour

Angie Vaughn

Heather Foy

Kirstie Stivers

3-Fully in place

2-Partially in place

1-Underdevelopment

0-Not in place

NUTRITION EDUCATION and PROMOTION GOALS:

___3___ A. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State

___3___ B. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant

___3___ C. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate

___3___ D. 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

___3___ E. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers

___0___ F. 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

___3___ G. Students shall have access to valid and useful nutrition and health information and nutrition and health promotion products and services

___2___ I. Create an environment that reinforces the development of healthy eating habits

___3___ J. Require students to select a fruit or vegetable as part of a complete reimbursable meal

IF YOU DECIDE TO SKIP ANY OF THE ITEMS, MAKE SURE YOU ADJUST THE DENOMINATOR FOR THE MODULE SCORE BY SUBTRACTING 3 FOR EACH QUESTION ELIMINATED. 1

3-Fully in place 2-Partially in place 1-Underdevelopment 0-Not in place

___1___ K. Designate wellness champions at each school that will promote resources through the Corporation's website for wellness for students, families, and the community

___2___ L. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods

___3___ M. Promote and encourage Farm to School efforts through its nutrition department in order to provide the healthy foods identified above

___3___ N. Require that all foods and beverages sold as fund raisers outside of the school meals program during the regular and extended school day shall meet the USDA Competitive Food regulations and the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines

___1___ O. Discourage rewarding children in the classroom with 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

___3___ P. Signage or similar media on the school campus during the school day may only advertise food and/or beverages provided and sold by the school that are complaint with USDA "Smart Snacks in Schools" Regulations

Total	36	points
Module	80%	Score= (total points /45) X 100

IF YOU DECIDE TO SKIP ANY OF THE ITEMS, MAKE SURE YOU ADJUST THE DENOMINATOR FOR THE MODULE SCORE BY SUBTRACTING 3 FOR EACH QUESTION ELIMINATED.

3-Fully in place 2-Partially in place 1-Underdevelopment 0-Not in place

PHYSICAL ACTIVITY and PHYSICAL EDUCATION GOALS

___2___ 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.

___3___ 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.

___3___ C. The sequential, comprehensive physical education curriculum shall stress the important of remaining active for life.

___3___ D. 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.

___3___ E. All students in grades K- 5 shall be provided with a daily recess period at least 1 daily, 20 minutes in duration.

___3___ F. 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..

Total	17	points
Module	94%	Score= (total points / 18) X 100

IF YOU DECIDE TO SKIP ANY OF THE ITEMS, MAKE SURE YOU ADJUST THE DENOMINATOR FOR THE MODULE SCORE BY SUBTRACTING 3 FOR EACH QUESTION ELIMINATED. 3

3-Fully in place 2-Partially in place 1-Underdevelopment 0-Not in place

OTHER SCHOOL BASED ACTIVITIES GOALS

___3___ A. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

___3___ B. The school shall provide attractive, clean environments in which the students eat.

___3___ C. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.

___3___ D. 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.

___3___ E. 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.

___3___ F. The School Corporation will ensure portable water is available in all schools.

Total	18	points
Module	100%	Score= (total points / 18) X 100

IF YOU DECIDE TO SKIP ANY OF THE ITEMS, MAKE SURE YOU ADJUST THE DENOMINATOR FOR THE MODULE SCORE BY SUBTRACTING 3 FOR EACH QUESTION ELIMINATED.

3-Fully in place 2-Partially in place 1-Underdevelopment 0-Not in place

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES SERVED ON CAMPUS DURING THE SCHOOL DAY GOALS/CHILD NURITION PROGRAM

___3___ 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.

___3___ B. The sales of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

___3___ 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).

___3___ 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.

___2___ 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.

___3___ G. 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.

___3___ H. Any food items 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 student clubs and organizations and Corporation support organizations shall meet the current USDA Dietary Guidelines for Americans.

___2___ I. 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.

___3___ J. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

IF YOU DECIDE TO SKIP ANY OF THE ITEMS, MAKE SURE YOU ADJUST THE DENOMINATOR FOR THE MODULE SCORE BY SUBTRACTING 3 FOR EACH QUESTION ELIMINATED.

___3___ K. Continuing professional development shall be provided for all staff of the food service program.

___3___ L. Food items supplies for the classroom celebrations must follow Indiana Retail Establishment Sanitation Requirements. Title 410 IAC 7-24-142 Food Sources. Sections 142(b). "Food prepared in a private home may not be used or offered for human consumption in a retail food establishment."

Total	31	points
Module	94%	Score= (total points /33) X 100

MONITORING AND COMPLIANCE GOALS

___2___ A. Assess the current environment in each of the Corporation's schools;

___2___ B. Measure the implementation of the Corporation's wellness policy in each of the Corporation's schools

___3___ C. Review the Corporation's current wellness policy

___3___ D. Recommend revision of the policy, as appropriate

___3___ E. Present the wellness policy, with any recommendation revisions, to the Board of approval or re-adoption if revisions are recommended.

___3___ F. 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 on MCS Food Service Website and post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

___3___ G. 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.

Total	19	points
Module	90%	Score= (total points / 21) X 100

IF YOU DECIDE TO SKIP ANY OF THE ITEMS, MAKE SURE YOU ADJUST THE DENOMINATOR FOR THE MODULE SCORE BY SUBTRACTING 3 FOR EACH QUESTION ELIMINATED.

3-Fully in place 2-Partially in place 1-Underdevelopment 0-Not in place

OVERALL SCORE CARD

	LOW 0-20%	21% - 40%	MEDI UM 41%- 60%	61%- 80%	HIGH 81%- 100%
NUTRITION EDUCATION and PROMOTION					80%
PHYSICAL ACTIVITY and PHYSICAL ACTIVITY					94%
OTHER SCHOOL BASED ACTIVITIES					100%
NUTRITION GUIDELINES and CHILD NUTRITION PROGRAM					94%
MONITORING AND COMPLIANCE GOALS					90%

Comments or suggestions to the Wellness Policy for the Wellness Policy Committee to review –

Information from this report will be used by the Wellness Policy Committee to evaluate the effectiveness of the Wellness Policy, and propose any necessary changes.

IF YOU DECIDE TO SKIP ANY OF THE ITEMS, MAKE SURE YOU ADJUST THE DENOMINATOR FOR THE MODULE SCORE BY SUBTRACTING 3 FOR EACH QUESTION ELIMINATED.

3-Fully in place 2-Partially in place 1-Underdevelopment 0-Not in place