

WELLNESS

As required by law, the School Board establishes the following wellness policy for the Anderson Community 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 student's 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, the Corporation should:
1. Nutrition education should 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 in accordance with the curriculum standards and benchmarks established by the state.
  2. Nutrition education may be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
  3. Nutrition education should extend beyond the classroom by engaging and involving the school's food service staff and by displaying educational materials in the cafeteria such as "My Plate".
  4. Nutrition education may extend beyond the school by engaging and involving families and the community, and should include enjoyable developmentally appropriate and culturally relevant participatory activities reinforcing lifelong balance by emphasizing the link between caloric intake

(eating) and exercise in ways that are age-appropriate.

5. 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.
6. Instruction related to the standards and benchmarks for nutrition education should be provided.
7. The Corporation may provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
8. The Corporation encourages parents not participating in the national school lunch program to pack lunches and snacks that align with the US Dietary Guidelines for Americans and to refrain from including foods and beverages that do not meet nutritional standards.

B. With regard to physical activity, the Corporation should:

1. Physical Education

- a. A sequential, comprehensive physical education program will be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State of Indiana.
- b. The sequential, comprehensive physical education curriculum will 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. The K-12 program may include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- d. Planned instruction in physical education should meet the needs of all students, including those who are not athletically gifted, and will teach cooperation, fair play, and responsible participation.
- e. Planned instruction in physical education should be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.

2. Physical Activity
  - a. Physical activity and movement may be integrated, when possible, across the curricula and throughout the school day.
  - b. Schools should 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.
  - c. The school should provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
  - d. The school should encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.
  - e. All teachers should be encouraged to use physical activity breaks during classroom time as often as possible.
  - f. Students should not be removed or excused from physical education for makeup work in other content areas.
  
- C. With regard to other school-based activities the Corporation shall:
  1. The schools will provide at least 20 minutes daily for students to eat lunch.
  2. The schools will schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
  3. The school should provide attractive, clean environments in which the students eat.
  4. Activities, such as tutoring or club meetings, may not be scheduled during mealtimes, unless students may eat during those meetings.
  5. The school's outdoor physical activity facility is available for students, parents, and other community members.

6. With approval from the foodservice department, schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
7. The schools shall provide opportunities for staff, parents, to model healthy eating habits by dining with students in the school dining areas.
8. 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.
9. ACSC may use rewards and incentives in a school environment that reinforce healthy eating habits. Non-food rewards and incentives will be used as a preferred choice to encourage positive behavior.
10. ACSC will highly encourage parents/guardians to reinforce healthy eating by providing handouts with information and examples of meals and snacks that meet the districts standards.

D. With regard to nutrition promotion, the District should:

1. encourage students to increase their consumption of healthful foods during the school day;
2. Create an environment that reinforces the development of Healthy eating habits, including offering foods that meet the National School Lunch and Breakfast guidelines.
3. 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.

Nutrition Marketing includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate

replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)

- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
  - Advertisements in school publications or school mailings.
  - Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.
4. All foods provided, but not sold during the school day will be compliant with the current USDA Dietary Guidelines for Americans eating pattern. A wide variety of alternative non food rewards can be used to provide positive reinforcement for children's behavior and academic performance.

Non-Sold foods include, but are not limited to the following:

- Classroom celebrations and parties.
- Classroom snacks brought in by parents.
- Rewards and incentives used in the classroom.

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 will 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).
- C. The food service program will strive to be financially self-supporting through the sale of school meals and smart snacks. It will not be through the sale of foods with minimal nutritious value.
- D. 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.

- E. All foods and beverages available for sale to students during the school day will comply with the current USDA minimum nutrition standards (Smart Snacks), including competitive foods available to student a la carte or from vending machines.  
<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

  - School day is defined as the period from the midnight before to 30 minutes after the end of the official school day.

- F. All foods available to students in Corporation programs, other than the food service program, should be served with consideration for promoting student health and well-being.
- G. It is encouraged that any food items sold on campus as a fund raiser meet the current USDA Dietary Guidelines for Americans.
- H. The school may 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.
- I. The food service program will be administered by a director who is properly qualified, certified, licensed, or credentialed, according to
- J. current professional standards.
- K. All food service personnel will receive pre-service training in food service operations as well as continuing professional development.

The Superintendent and Designee shall develop administrative guidelines necessary to implement this policy.

The Superintendent or Designee shall appoint the District Wellness Committee (DWC) 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 Superintendent or Designee will be an ex officio member of the committee.

The appointed DWC will 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. present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary

### **Annual Notification of Policy**

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or student handbook. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### **Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.
- The person(s) responsible for managing the triennial assessment are the building principals or their designees.

The DWC, in collaboration with LWC, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

### **Revisions and Updating the Policy**

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state

guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### **Recordkeeping**

The DWC will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC or LWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771

Adopted 10/24/17