



Book Policy Manual

Section 8000 Operations

Title WELLNESS

Code po8510

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#### 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 Corporation 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 Corporation 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 standards and benchmarks shall be age-appropriate and culturally relevant.
2. The standards and benchmarks for nutrition education shall be behavior focused.
3. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
4. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.

B. With regard to physical activity:

**Physical Education**

1. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn and practice, developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health enhancing physical activity.
2. Physical education classes shall provide students with opportunities to learn and practice, developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

3. The physical education curriculum shall expose students to the importance of remaining physically active for life.
4. Planned instruction in physical education shall meet the needs of all students and shall be presented in an environment free of embarrassment and humiliation.

C. With regard to other school-based activities

1. The school shall provide an attractive clean environment in which the students eat.
2. The schools may use environmentally friendly practices, such as the use of non-disposable tableware and dishes.
3. Schools in our system shall utilize electronic identification and payment systems to protect the privacy of individual students.

D. With regard to nutrition promotion, the Corporation shall:

1. Encourage students to increase their consumption of healthful foods during the school day and decrease their consumption of processed foods and sugar-sweetened beverages;
2. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
  - a. Free drinking water shall be available to students during designated meal times and may be available throughout the school day.
  - b. A variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
  - c. A variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
  - d. Whole grain products will meet the requirements as set forth by the USDA. ~~Half of all grains need to be whole grain-rich~~
  - e. Fluid milk that is fat-free (unflavored and flavored) and low fat (unflavored)
  - f. Meals designed to meet specific calorie ranges for age/grade groups
3. Eliminate trans-fat from school meals;
4. Require students to select a fruit or vegetables as part of a complete reimbursable meal;
5. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance. Rewarding children in the classroom with candy and sweets will be discouraged;

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. 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 provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. 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 fundraisers by student clubs and organizations, parent groups,



or booster clubs.

- E. The school food service program may involve students, parents, staff, school officials in the selection of competitive food items to be sold in the schools.
- F. 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.
- G. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- H. Continuing professional development shall be provided for all staff of the food service program.
- I. Only foods and beverages that meet the Smart Snack nutrition standards will be marketed.

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 Superintendent shall appoint a Corporation wellness committee that may include parents, students, representatives of the school food authority, nutritionists or certified dieticians, educational staff (including physical education teachers), 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 Superintendent shall be an ex officio member of the committee.

The wellness committee shall be an ad hoc committee of the Board with members recruited and appointed as needed. The wellness committee shall:

- A. review the Corporation's current wellness policy;
- B. recommend revision of the policy, as appropriate; and
- C. present the wellness policy, with any recommended revisions, to the Board for approval or re-adoption if revisions are recommended.

As needed the wellness committee shall review updates to this policy and provide recommendations to the Superintendent.

The Superintendent shall report as needed 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 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.

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- 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