



Southern Wells Community Schools Wellness Policy on Physical Activity and Nutrition

Wellness Policy on Physical Activity and Nutrition

Philosophy: The Board of School Trustees of Southern Wells Community Schools supports the health and well-being of the school corporation's students and staff by promoting nutrition and physical activity at all grade levels.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act it is the policy of the Board of School Trustees to:

Statement of Purpose: Provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

I. Coordinated School Health Advisory Council

Southern Wells Community Schools will engage students, parents/guardians, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, reviewing corporation-wide nutrition, and physical activity policies. A Coordinated School Health Advisory Council will be formed and maintained at the corporation level to oversee the development implementation and evaluation of the corporation's wellness policy.

A. In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes as many as possible of the following:

- Parents/Guardians
- Food service directors and staff
- Students
- Health care professionals/Registered dietitians
- School board members
- School administrators
- Any interested members of the general public
- Representatives of interested community organizations

B. The Advisory Council shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation of activities and address barriers and challenges.

C. The Advisory Council shall report annually to the School Wellness Committee on the implementation of the wellness policy and include any recommended changes or revisions.

D. The School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council and the School Wellness Committee.

E. The School Wellness Policy shall be made available to students and families by means of the student handbook and the corporation's website.

II. Nutrition Education

Nutrition topics shall be integrated into the comprehensive health education curriculum and taught in grades K-8 and 10 according to the standards of the Indiana Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

A. Nutrition education will be provided as part of a Comprehensive Health Education Program.

1. Health education will be taught by a licensed health education instructor.

2. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options, and portion control.

3. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels, and maintaining a caloric balance between food intake and physical activity/exercise).

4. Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, and any other appropriate means available to reach parents/guardians.

5. Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.

6. Nutrition labels will be made available upon request on all foods to allow students to easily identify healthier foods.

7. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

III. Standards for USDA Child Nutrition Programs and School Meals

A. School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and appetizing to children;
- Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
- Contain 0 percent trans fats;
- Offer a variety of fruits and vegetables;
- Include whole grains for all grains served.

2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie, and sodium levels in food.

3. Students will have the opportunity to provide input on local cultural and ethnic favorites.

4. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.

5. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.

6. The food services department will upon request make available information about the nutritional content of meals to students and parents/guardians.

B. School Meal Participation

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.

2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving “grab-and-go” breakfasts, and arranging transportation schedules to allow for earlier arrival times.

C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. Elementary school will schedule recess before lunch if the schedule permits.
3. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to hand-washing and sanitizing stations.
5. Potable (drinking water) must be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

D. Professional Development

1. Professional development and training will be provided at least annually to foodservice managers and staff on proper food handling techniques and healthy cooking practices.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

Southern Wells Community Schools will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores, concession stands, or as school fundraisers and classroom celebrations.

A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007).

1. Any food sold in schools must:

- Be a whole grain-rich grain product or;
- Have as the first ingredient a fruit, vegetable, a dairy product, or a protein or;
- Be a combination food that contains at least 1/4 cup of fruit and or vegetable.

2. Nutrient requirements:

- Calorie Limits
 - i. Snack item: <200 calories
 - ii. Entree item: <350 calories
- Sodium Limits
 - i. Snack item: <200 mg
 - ii. Entree item: <480 mg
- Fat Limits
 - i. Total fat: <35% of calories
 - ii. Saturated fat: <10% of calories
 - iii. Trans fat: zero grams
- Sugar Limits
 - i. <35% of weight from total sugars in foods
- Accompaniments
 - i. Ketchup, mustard, salad dressings and butter must be included in the nutrient profile as a part of the food item sold. This helps to control the amount of calories, fat, sugar and sodium added to foods.

3. Nutrition Standards for Beverages

- Elementary Schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk or juice. There is no portion limit for plain water.
 - i. Plain water (with or without carbonation)
 - ii. Unflavored low-fat milk
 - iii. Unflavored or flavored fat-free milk and milk alternates permitted by NSLP/SBP
 - iv. 100% fruit or vegetable juice
 - v. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
- The standards allow high school students additional “no calorie” and “lower calorie” beverage options
 - i. No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid Ounces or <10 calories per 20 fluid ounces.
 - ii. No more than 12-ounce portions of beverages with <40 calories per 8 fluid ounces or <60 calories per 12 fluid ounces.

B. Availability

1. In accordance with Indiana Code 20-26-9-19, a vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
2. Vending machines in middle and high schools:
 - Food items and beverages available for sale to students in vending machines for consumption on campus from 12:01 am until thirty (30) minutes after the end of the regular school day shall comply with the current USDA's *Dietary Guidelines for Americans* and the USDA's *Smart Snacks in Schools* regulations.
 - Food items and beverages that do NOT meet the USDA's *Dietary Guidelines for Americans* and the USDA's *Smart Snacks in Schools* regulations will not be available for students to purchase until thirty (30) minutes after the end of the regular school day.
3. Vending machines for school staff will not be accessible to students.
4. Food and beverages will not be sold in school stores.
5. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

C. Concession Stands

1. The concession items sold at school-sponsored events to participants, fans, and visitors shall include at least 15 percent healthy beverages and foods, according to the approved nutrition standards.

D. Classroom Celebrations

1. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music, and reading time) rather than on food.
2. School shall inform parents/guardians of the classroom celebration guidelines.

E. Food as a Reward or Punishment

1. Teachers and staff will limit food use as a reward.
2. School staff will not withhold food or drink at mealtimes as punishment.

F. Fundraisers

1. Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising.
2. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards and is not limited in frequency. Standards do not apply during non-school hours, weekends, and at off-campus fundraising events. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. These fundraisers must be pre-approved through the School Wellness Committee.

V. Physical Activity and Physical Education

Southern Wells Community Schools supports the health and well-being of students by promoting physical activity through physical education, recess, and other physical activity breaks; and before-and-after-school activities. Additionally, Southern Wells Community Schools supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

A. Physical Education K-12

1. All students in grades K-9 will participate in physical education in order to meet the Physical Education Standards. Students in grades 10-12 will be given the option to participate in physical education. Also, high schools will encourage students to take more than the courses of physical education required for all Indiana diplomas.
2. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 30 to 1.
3. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
4. Physical education will be taught by a licensed physical education instructor.
5. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

B. Daily Recess and Physical Activity Breaks

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5
2. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity Opportunities Before and After School

1. Schools will offer intramurals, clubs, interscholastic sports and voluntary activities to

increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.

D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education to receive instruction in other content areas.

VI. Staff Wellness

Southern Wells Community Schools supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

A. Nutrition and Physical Activity

1. The school corporation will promote programs to increase knowledge of the physical activity and healthy eating for faculty and staff.
2. The school corporation will promote local fitness center offers.
3. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.
4. Staff will be encouraged to participate in school activities. Staff will promote community walking, bicycling, or running events.
5. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk, in accordance with Indiana Code 22-2-14-2.

VII. Evaluation

Southern Wells Community Schools is committed to enforcing the policies and guidelines included in this document. Through the implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff.

A. Implementation and Data Collection

1. The school corporation will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance, and flexibility.
2. The Coordinated School Health Advisory Council shall ensure that their schools are in compliance with the corporation's wellness policy halfway through the school year by assessing wellness implementation strategies.
3. The evaluation of the wellness policy and implementation will be directed by the School Wellness Committee with the advice of the Coordinated School Health Advisory Council.
4. Policy language will be assessed each year and revised as needed.