

## **Wellness Policy on Physical Activity and Nutrition**

The Board of School Trustees of LOOGOOTEE COMMUNITY SCHOOLS support the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of the Board to 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.

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

### **I. Coordinated School Health Advisory Council**

The board will engage parents/guardians, food service professionals, teachers of physical education, students, school health care professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring and 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 school corporation's wellness policy.

A) In accordance with state and federal law, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- i) Parents/Guardians
- ii) Food Service Director and / or staff
- iii) Teachers of Physical Education
- iv) Students
- v) School health care professionals/Registered Dietitians/School Nurse
- vi) School board members
- vii) School administrators
- viii) Any interested member of the public
- ix) Representatives of interested community organizations

B) The Advisory Council shall meet twice annually to review nutrition and physical activity policies. The goals of these annual meetings will be:

- a. The Fall Meeting will be to review goals for the year and to ensure that all procedures and goals for the year are in place in accordance with the Wellness Policy.
- b. The Spring Meeting will be to assess the strengths and weaknesses of the district regarding this policy and to develop goals for the future to enhance the wellness of

our students and staff. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

- C) The Advisory Council shall report annually to the Superintendent and the School Board 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.

## **II. Nutrition Education and Nutrition Promotion**

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to 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.

## **III. Standards for USDA Child Nutrition Programs and School Meals**

The board will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

## **IV. Nutrition Standards for Competitive and Other Foods and Beverages**

The Board will provide and allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines, school stores and concession stands. This also includes food and beverages made available in schools during the school day for such events as school fundraisers and food and beverages brought into the schools by students or other person for such events as birthdays and classroom celebrations.

*Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.*

## **V. Physical Activity and Physical Education**

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

## **VI. Other Activities that Promote Student Wellness**

The board supports the health and well-being of our students and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

## **VII. Evaluation**

Through implementation and enforcement of this 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 at least every three years. The board will notify the public of the results of the three-year assessment and evaluation.

The board designates the superintendent to ensure compliance with this policy and its administrative regulations. The superintendent is responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The superintendent will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the corporation's three-year assessment and evaluation.

LEGAL REFERENCE:     42 U.S.C. 1758b  
                              7 CFR Part 210  
                              I.C. 20-26-9-18.5