



MDS of Pike Township Policy 8510: Wellness

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 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 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 Board 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 shall 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.
2. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
4. Nutrition education standards and benchmarks shall be age- appropriate and culturally relevant.
5. The standards and benchmarks for nutrition education shall be behavior focused.



MDS of Pike Township

Policy 8510: Wellness

6. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
7. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
8. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
9. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
10. 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.
11. Nutrition education shall extend beyond the school by engaging and involving families and the community.
12. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
13. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
14. 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.
15. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
16. 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.
17. The District's Wellness Committee and the Assistant Superintendent for Curriculum will periodically review the nutrition education curriculum and materials for the various grade levels for accuracy, completeness, and consistency with both the District's educational goals and wellness policy goals.



MDS of Pike Township

Policy 8510: Wellness

18. Each school within the District will register as a USDA Team Nutrition school, encouraging participation from students, staff, parents and the community.
19. School Wellness Committees will meet four (4) times per year to monitor progress toward goals.

B. With regard to physical activity:

1. Physical Education

- 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.
- b. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least seventy-five percent (75%) of scheduled class time.
- c. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
- d. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- e. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- f. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- g. Planned instruction in physical education shall take into account gender and cultural differences.
- h. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

2. Physical Activity

- a. Physical activity shall not be employed as a form of discipline or punishment.



MDS of Pike Township Policy 8510: Wellness

- b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 - c. 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.
 - d. All students in grades K- 5 shall be provided with a daily recess period at least (30) minutes in duration. Recess shall not be used as a reward or punishment.
 - e. Recess should not be used as a reward or punishment.
 - f. Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.
 - g. Schools shall discourage extended periods of student inactivity, defined as ninety (90) minutes or more without some physical activity. This could include but is not limited to walking to/from class, stretch breaks and restroom breaks.
 - h. Students will be provided with adequate time for physical education classes. Students in elementary school will participate in a physical education class at least once a week for a minimum of forty-five (45) minutes. Middle school students will participate in a physical education class for fifty (50) minutes a day over a twelve (12) week health instruction for six (6) weeks. High school students will participate in a minimum of two (2) semesters of physical education classes, as well as, a semester of health.
- C. With regard to other school-based activities:
- 1. The schools shall provide at least 15 minutes for eating breakfast and a 30 minute lunch period.
 - 2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
 - 3. The school shall provide attractive, clean environments in which the students eat.



MDS of Pike Township Policy 8510: Wellness

4. Students at all schools are permitted to have bottled water in the classroom.
5. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
6. Schools should limit the number of celebrations involving serving food during the school day to no more than two (2) party(ies) per class per school year. Any exception must be approved by the Building Wellness Committee. See Appendix A for healthy celebration ideas.
7. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day as schedules permit.
8. A building level organized wellness program may be available to all staff.
9. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
10. 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.
11. The schools shall demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
12. 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.
13. 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.
14. Schools shall encourage organizations to use non-food items or foods designed for delivery and consumption after school hours as fund raisers.
15. Teachers and other staff should not withhold food as a punishment for students.
16. Teachers and other staff should not use foods of minimal nutritional value as a reward. See Attachment B for alternatives to using food as a reward.



MDS of Pike Township Policy 8510: Wellness

17. School shall promote healthy food choices and will not allow advertising that promotes foods of minimal nutritional value.

- D. With regard to nutrition promotion, 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.

Additionally, the Corporation shall:

1. encourage students to increase their consumption of healthful foods during the school day;
2. require students to select a fruit or vegetable as part of a complete reimbursable meal;
3. provide opportunities for students to develop the knowledge and skills for consuming healthful foods;
4. require that all foods and beverages sold as fundraisers on the school campus during the school day shall meet the USDA Competitive Food regulations.

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. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. 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).
- E. 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.



MDS of Pike Township Policy 8510: Wellness

- F. 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.
- G. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom parties, or at holiday celebrations.
- H. Beginning with 2007 - 2008 school year, all foods available to students on campus during the school day and outside school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including foods available to students as classroom snacks, from vending machines for fund raisers, for classroom parties, or at holiday celebrations.
- I. The school food service program shall involve school officials in the selection of competitive food items to be sold in the schools
- J. Nutrition information for all foods available during the school day shall be readily available to students, parents and the school community.
- K. All foods available to student in Corporation programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- L. Any food items sold on campus as a fundraiser shall meet the current USDA Dietary Guidelines for Americans.
- M. 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 Guidelines for Americans.
- N. Each classroom party held during the school day may include no more than one (1) food or beverage that does not meet the current USDA Guidelines for Americans.
- O. The food service program shall be administered by a qualified nutrition professional.
- P. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.



MDS of Pike Township Policy 8510: Wellness

- Q. All food service personnel shall receive pre-service training in food service operations.
- R. Continuing professional development shall be provided for all staff of the food service program.
- S. Professional development opportunities in healthy lifestyles, nutrition, and physical activity may be offered to District faculty and staff.

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 'a la carte in the dining area, as well as food items and beverages from vending machines, school stores, or fund-raisers b student clubs and organizations, parent groups, or boosters clubs.

A minimum of fifty percent (50%) of snack foods sold in vending machines, school stores, and concession stands, as well as a la carte offerings that are not part of the school meals program, will meet the criteria outlined below. This fifty percent (50%) level represents a required minimum standard. The percentage of foods and beverages meeting these parameters may be increased at any time as the individual school or entire district is prepared to make changes to their a la carte product profile.

Only food and beverage marketing and advertising that meet the Smart Snacks in School nutrition standards will be permitted.

Snacks:

- No more than 200 total calories per package
- No more than thirty percent (30%) calories from fat
- No more than ten percent (10%) calories from saturated fat
- No more than 480 mg sodium
- No more than thirty-five percent (35%) sugar by weight
- Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages:



MDS of Pike Township Policy 8510: Wellness

- 100% fruit and vegetable juice, not to exceed 12 oz. portion size
- Fat-free and 1% milk, 8-16 oz. portion size
- Water and flavored water without added sugar, unlimited portion size
- Caffeine free except flavored milk
- Carbonated water and carbonated 100% fruit juice with USDA approval

Food and beverages sold from vending machines will not be available to students one-half (½) hour prior to the start of the school day and during the school day. Food and beverages sold from vending machines that are accessible to students during the school day shall meet the guidelines established for snacks and beverages by the Wellness Policy and State of Indiana Law.

Food and beverages sold from vending machines or school stores that are not under the management of the schools' food service programs, must meet the nutrition requirements of the USDA's school lunch program and the nutritional environment requirements set forth in this policy

The Board designates the Superintendent and the building principals 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 meets at least four (4) times per year and includes parents, students, representatives of the school food authority, nutritionists or certified dietitians, educational staff (including health and physical education teachers), mental health and social services staff, 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 annually.

The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

The wellness committee shall:



MDS of Pike Township Policy 8510: Wellness

- 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 appropriate; and
- E. present the wellness policy, with any recommended revisions, to the Board for approval or re-adoption if revisions are recommended.

Before the end of each school year the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the Corporation's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent shall report when requested to do so by 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 committee also shall report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

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. To ensure continuing progress, the Corporation will evaluate implementation efforts and their impact on students and staff using the following tool.

<https://schools.healthiergeneration.org/>

The assessment shall be made available to the public in the School Corporation's Annual Report to the public. Food and beverage marketing and advertising that meet the Smart Snacks in School nutrition standards.

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MDS of Pike Township

Policy 8510: Wellness

I.C. 20-26-9-18

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