

Griffith Public Schools Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Griffith Public School Corporation.

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, school can play an important role in the development 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.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. 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. Specific Goals for 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 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 standards and benchmarks shall be age-appropriate.
4. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and other.
5. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
6. Nutrition education shall extend beyond the classroom by encouraging the involvement of school staff.
7. Nutrition education posters, such as the Food Pyramid Guide and nutritional facts will be displayed in the cafeteria.
8. The school cafeteria shall serve as a learning lab by allowing students to apply knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
9. Nutrition education shall extend beyond the school by engaging and involving families and the community.

10. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
11. 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.
12. 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.
13. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
14. 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.
15. Explore the concept of adding hydration (water) opportunities for students throughout the day. This will be discussed by each building principal.
16. All schools shall serve breakfast to students and so notify parents and students of the availability of the School Breakfast Plan.
17. Schools should engage students and parents through taste-tests of new entrees and surveys in selecting foods sold through the school meal programs in order to identify new nutritional and appealing food choices.

B. Specific Goals for Physical Activity:

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
2. All students in grades K-6, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for the following amount of minutes: Kindergarten for twenty-five (25) minutes, grade 1,2,3 for thirty-five (35) minutes and grades 4,5,6 for forty (40) minutes one (1) day per week for the entire school year.
4. All students, including those with disabilities, special health care needs and in alternative educational setting (to the extent consistent with the students' IEPs), shall receive instruction in physical education for grades 9-12 for fifty (50) minutes five (5) days per week for at least two (2) semesters in grades 9-12.
5. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
6. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
7. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

8. The sequential, comprehensive physical education curriculum shall 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.
9. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
10. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
11. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
12. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
13. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
14. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
15. Planned instruction in physical education shall include cooperative as well as competitive games.
16. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
17. Opportunities for students in grades 5-6 to participate in after school physical activities shall be offered throughout the school year.
18. Physical activity should not be employed as a form of discipline or punishment.
19. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
20. 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.
21. All students in grades 1-6 shall be provided with a daily recess period at least fifteen (15) minutes in duration.
22. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
23. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.
24. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

25. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.
26. Schools shall discourage extended periods of student inactivity, defined as two (2) hours or more without some physical activity.

C. Specific Goals for Nutrition Guidelines:

1. School dining areas have sufficient space for student to sit and consume meals.
2. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
3. Meals are scheduled near the middle of the day.
4. Students are given adequate time to enjoy eating healthy meals with friends.
5. Only foods and beverages meeting District nutrient standards are sold in vending machines throughout the school campus.
6. School menus are followed and analyzed using USDA-approved software
7. School foodservice staff are trained in the appropriate substitutions of foods in order to meet the nutritional goals of the program.
8. Students are offered a variety of milk, including fat-free, low fat, flavored and unflavored, on a daily basis.
9. Students are offered a variety of meats/poultry, fresh fruits, vegetables and whole grains on a daily basis.
10. A registered dietician or other qualified health professional is consulted as needed for special diets and individualized Education Plans.
11. Nutritional guidelines are established for the a la carte, vending and other foods available on the school campus.
12. All school sponsored events and celebrations of special occasions shall include healthy beverages and/or food among the choices available to participants.

D. Griffith Public Schools Foodservice Department Ala Carte Standards for Griffith Middle/High Schools

1. Recommended Snacks
Single serve size snacks will meet at least two (2), and preferably three (3), or four (4), of the following criteria:
 - a. Contain 300 or fewer calories

- b. Six (6) grams or less of fat
 - c. One (1) or more grams of fiber
 - d. At least ten percent (10%) of Calcium, Iron, Vitamin A or Vitamin C
2. Recommended Beverages
- a. Bottle Water
 - b. Flavored Waters
 - c. Nonfat, low fat, or plain and/or flavored milks in sixteen (16) ounce or less
 - d. Sports drinks, such as Gatorade
 - e. Teas, Lemonade
 - f. 100% juice
3. Recommended Ala Carte Offerings
- a. Nonfat and low fat yogurt
 - b. String cheese
 - c. Baked chips
 - d. Pretzels
 - e. Pop Tarts
 - f. Nutri-grain bars
 - g. Rice Krispie treats
 - h. Fruit Rollups
 - i. Fruit snacks
 - j. Slim Jims
 - k. Twix bars
 - i. Chex Mix
 - j. Muffins
 - k. Combos

- I. Milk and Cereal bars
- m. Calcium fortified slushies

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 in ala carte in the dining area, as classroom snacks from vending machines, for classroom parties, or at holiday celebrations.

E. Vending Machine Standards:

1. Vending machines dispensing products of which at least fifty percent (50%) are considered healthy choices (i.e. bottled water, fruit juice, milk) may be made available throughout the school day, after school and at extra-curricular activities.
2. Vending machines that dispense products of which less than fifty percent (50%) are considered healthy choices (i.e. carbonated sodas, gum, candy, etc.) shall not be made available during the school day.
3. Majority of chips sold in vending machines will be of the baked variety.
4. Majority of cookie and cracker selections shall be low fat.

F. Specific Goals for Other School-Based Activities Designed to Promote Student Wellness:

1. The schools shall provide at least fifteen (15) minutes daily for students to eat.
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, safe and pleasant environments in which the students eat.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. 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.
6. A staff wellness program, which includes, but not limited to, health screenings, availability to seasonal walking programs and opportunities for reduced rates at local health clubs shall be maintained.
7. 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.

Monitoring

The Superintendent or designee will ensure compliance with district wide nutrition and physical activity policy. In each school the principal or designee will ensure compliance with policy or administrative guidelines and will report such to the Superintendent of Griffith Public School.

School food service staff at the school or district level will ensure compliance with nutrition guidelines within food service areas and will report on this matter to the Superintendent. In addition, Food Service Director will report on the most recent USDA School Meals Initiative review findings and any resulting changes.

The Superintendent of the Griffith Public Schools or designee will develop a summative report to be distributed to the Board of Education every three (3) years on district wide compliance with the district's established nutrition and physical activity policy. The report will be based on input from schools within the district.

Review

Every three (3) years the school district will review the nutrition and physical activity policy and guidelines; the provisions of an environment that supports healthy eating and physical activity and the nutrition and physical education policies and guidelines. The district, and individual schools within the district, will, as necessary review the wellness policies and develop work plans to facilitate their implementation.

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

42 U.S.C. 1771

Adopted 6/22/06