



FORT WAYNE COMMUNITY SCHOOLS WELLNESS POLICY

The Fort Wayne Community Schools Board of School Trustees recognizes the important relationship of nutritional integrity, physical activity, and good health to student academic performance.

The Board supports and encourages efforts locally and nationally to reduce childhood obesity and the related health concerns of diabetes, elevated cholesterol levels, high blood pressure, asthma, joint problems, and others.

The Fort Wayne Community School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Fort Wayne Community School District that:

Nutrition Standards

1. FWCS lunch & breakfast meals will meet or exceed state & federal guidelines, offering a variety of fruits & vegetables, whole grains, and low fat milk choices.

Nutrition Services will provide information about the nutrition content of meals to parents and students, through menus, the FWCS website, and point-of-sale materials.

2. Foods of Minimal Nutritional Value (FMNV) cannot be sold and should be discouraged from being given to students whenever possible.
 - Examples of FMNV – soda water, water ices, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn
3. FWCS will meet or exceed state and USDA "Smart Snacks" guidelines, for selling a la carte foods.

Any food sold in schools must:

- Be a "whole grain-rich" grain product, or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit or vegetable, or
- Foods must also meet several nutrient requirements as spelled out below

Calorie limits

Snack Items: \leq 200 calories

Entrée items: \leq 350 calories

Sodium limits

Snack items: \leq 200 mg

Entrée items: \leq 480 mg

Fat limits
Total Fat: \leq 35% of calories
Saturated Fat: \leq 10% of calories
Trans Fat: zero grams

Sugar limit
 \leq 35% of weight from total sugars in foods

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Marketing of any foods and/or beverages not "Smart Snack" compliant is prohibited.

4. Vending machines that dispense food or beverage items will not be available to elementary students at any time. School operated vending machines will not be accessible to middle and high school students during school hours. Exception: **water** may be vended throughout the school day.

In accordance with the USDA "Smart Snacks" guidelines, FWCS will sell the following beverages:

Middle Schools:

- Bottled water (allowed to vend during the school day)
- Up to 12 ounce servings of milk and 100% juice
- Low fat and non fat regular and flavored milk
- 100% juice and 100% juice diluted with water and ~~with~~ no added sweeteners

High Schools:

- Bottled water
- Low or no calorie beverages with \leq 5 calories per 8 fl oz or up to 10 calories per 8 ounces
- Up to 12 ounce servings of milk, 100% juice, 100% juice diluted with water and no added sweeteners
- Low fat and non fat regular and flavored milk
- 100% juice and 100% juice diluted with water and no added sweeteners
- Other flavored and/or carbonated beverages (\leq 20 fl oz) that contain \leq 5 calories per 8 fl oz or \leq 10 calories per 20 fl oz
- Other flavored and/or carbonated beverages (\leq 12 fl oz) that are labeled to contain \leq 40 calories per 8 fl oz, or \leq 60 calories per 12 fl oz.

Offering beverages with untested herbal supplements is discouraged.

Qualified Health Professionals

1. Qualified nutrition professionals will administer the school meal programs.
2. FWCS will provide continuing professional development for health professionals.
3. Nutrition and nursing professionals will act as advisors to the Wellness Program.

Other School Based Activities

1. FWCS encourages all school community members to model healthy lifestyle behavior to students and enthusiastically promote wise food and physical activity choices.
2. To ensure that all children eat breakfast to meet their nutrition needs and enhance their ability to learn:
 - Nutrition Services will serve breakfast in all schools.
 - Students arriving late will be allowed to eat breakfast up until 10:00 am.
 - Schools will notify parents/students of the availability of the School Breakfast Program.
 - Schools will make nutrition education materials (provided by Nutrition Services or from approved sources) available to encourage parents to provide a healthy breakfast for their students if they do not participate in the School Breakfast Program.
3. To optimize the nutrition and educational benefits during meal times:
 - Schools will provide adequate time for all students to eat breakfast and lunch. The **goal** is to allow every student 20 minutes to sit down and eat.
 - Schools schedule recess before lunch, as much as possible. Studies show that when recess is before lunch, students eat more, waste less food and behave better in the lunchroom. Improved behavior carries over to the classroom and results in gained instructional time.
 - Schools will not schedule student meetings or activities during mealtimes, unless students are allowed to eat during the activities.
 - Food or drink prepared outside FWCS (except meals packed from home) will not be allowed without prior approval from the principal.
4. Recognizing concerns about food safety, allergies and other restrictions to some students' diets:
 - Home prepared foods will not be allowed for general student consumption at school. All food for classroom or school day meetings must be commercially prepared or provided by Nutrition Services.
 - Commercially prepared carry-out fast foods should be discouraged.
 - Schools will encourage students not to share their foods or beverages with one another during meal and snack times.

5. Schools will promote adequate hydration and will make water available to students throughout the school day through drinking fountains, vending machines, and parent provision.
6. School community members are encouraged to find alternatives to using food as a reward for academic performance or good behavior. Schools will not withhold food or beverages as a punishment.
7. School community members are encouraged to use healthy food choices in school celebrations. Schools are encouraged to celebrate events involving food after lunch.
 - Nutrition education materials regarding healthy school celebrations will be made available to school community members by Nutrition Services or other approved sources.
 - Healthy food choices are for sale through Nutrition Services.
8. To support students' health and school nutrition education efforts, foods of minimal nutritional value sold for fund raising will not be consumed by students during the school day.
 - School community members are encouraged to use alternatives to food as a means for fund raising.
 - Materials regarding fund raising alternatives will be made available to school community members.
9. Specific guidelines for Fundraisers as set forth by the USDA:
 - Food items must meet requirements listed in Item #3 and #4 under Nutrition Standards
 - Food items that meet requirements are not limited.
 - The requirements do not apply during non-school hours (defined as ½ hour after the closing bell until midnight), on weekends and at off-campus fundraising events
10. Schools are encouraged to participate in Farm to School activities through Tower Gardens or school gardens, the use of community partners, FWCS Nutrition Services and Health and Wellness Services.

NUTRITION EDUCATION GOALS

1. At least three times per year FWCS will provide nutrition information to parents that encourage them to provide nutritious foods to children.
 - Resources for nutrition education materials apart from existing curriculum will be evidence-based and medically reliable.
 - Use of untested nutritional supplements is discouraged.
 - The Nutrition Services department will serve as a resource for nutrition education in the classroom and to the community.
2. Nutrition education will reinforce lifelong balance by emphasizing the link between food habits and physical activity in an age appropriate manner.
3. Nutrition education will be included in health curriculum so that instruction is standards based, sequential from pre-k – grade 12, provides students with

the knowledge and skills to lead healthy lives and is in accordance with curriculum standards and benchmarks established by the state.

4. To reinforce nutrition concepts taught in health classes, nutrition education is expected to be integrated into other subject areas of curriculum when appropriate to complement, but not replace, the standards and benchmarks for health education.
 - FWCS dietitians, community dietitians, Center for Disease Control & Prevention, IDOE School Nutrition Program, Healthy Schools Campaign, and the American Heart Association are some suggested supplemental resource professionals.
5. Consideration will be given by Professional Development to offer staff responsible for nutrition education specific training.
6. Consistent nutrition messages from approved sources will be displayed throughout the school, classroom, and cafeteria.

PHYSICAL ACTIVITY GOALS

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 and Fort Wayne Community Schools.
2. Elementary and secondary physical education classes will be taught by licensed educators who meet state guideline.
 - All physical education teachers will be offered regular, updated Professional Development and communication.
 - Staff (all certified and non-certified in all buildings) are encouraged to model healthy lifestyle habits.
3. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives. Physical education should provide safe activity for all students, including those with special needs.
4. Schools should facilitate students' participation in moderate to vigorous physical activity (i.e. brain breaks) in accordance with state statute and nationally recommended guidelines. At least 30 minutes during the school day is encouraged.
5. The physical education curriculum should be coordinated with the health education curriculum.
 - Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to

maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

- Opportunities for physical activity are encouraged to be incorporated into other subject lessons.
 - Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
6. Whenever possible, elementary schools will provide daily recess that encourages physical activity. Recess should consist of at least 20 minutes of supervised activity, preferably outdoors.
 7. Schools will not use participation or non-participation in physical education classes or recess as a way to punish or discipline students.
 8. Schools will ensure that students have adequate space and equipment to participate in structured physical activity.
 9. Schools will ensure that physical activity facilities on school grounds are kept safe regarding equipment and environment.
 10. Schools are encouraged to allow for community use of facilities when possible following Facility Use Guideline.
 11. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives. Resources apart from existing curriculum will be data/research based and medically reliable. The Curriculum Department will serve as a resource.
 12. Schools are encouraged to have before or after school physical activity options (i.e. intramural or interscholastic opportunities).
 13. Schools will ensure that students are receiving instruction in mindfulness and well-being. Well-being Advisors and Mental Health Therapists will serve as a resource.

MEASUREMENT AND POLICY REVIEW

The FWCS Wellness Policy shall be distributed to all students, parents and staff. Principals are requested to post this policy in visible and accessible location(s) in their respective schools and to ensure that students and staff are aware of the policy.

The district shall conduct an annual evaluation of the effectiveness of this policy. A School Health Advisory Board with membership representing parents, food service director and staff, students, dietitians, health care professionals, school board members, school administrator, Physical Education Instructor and interested community organizations, will receive input into the on-going implementation of this policy.

Building principals will provide a Wellness Report annually on how each school is meeting the expectations and standards of the policy and a brief plan for the next year's implementation. Sources of evaluation data may include but are not limited to parent/student/staff surveys, random observations at the school level, School meal initiative (SMI) audits, individual school health indexes, etc. Both qualitative and quantitative data are to be reported.

The findings of this evaluation will be used to further improve wellness efforts and outcomes for all internal and external stakeholders, especially the students served.

RESOURCES

Nutrition content of meals:

<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>

Foods of Minimal Nutritional Value (FMNV):

<https://www.fns.usda.gov/cn/foods-minimal-nutritional-value>.

State Guidelines:

<https://www.in.gov/doe/nutrition/school-nutrition-programs/>

Healthy beverages:

<https://www.myplate.gov/tip-sheet/make-better-beverage-choices>

Healthy eating:

<https://www.fns.usda.gov/healthy-eating-index-hei>

Nutrition and education benefits at mealtime:

<http://teammnutrition.usda.gov/Resources/brochure.pdf>

Food safety:

<https://www.foodsafety.gov/>

Importance of water intake:

https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html#:~:text=Getting%20enough%20water%20every%20day,Keep%20a%20normal%20temperature

Alternatives to food as reward and punishment:

<https://www.actionforhealthykids.org/activity/healthy-active-non-food-rewards/>

https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Rewards_v2.pdf

Healthy food choices:

https://www.cdc.gov/healthyschools/features/eating_healthier.htm

<https://www.fns.usda.gov/cn/smart-snacks-school>

<https://www.actionforhealthykids.org/activity/healthy-active-parties/>

Fundraising:

<https://www.actionforhealthykids.org/activity/healthy-fundraising/>

https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Fundraising_v3.pdf

Nutrition education and physical activity:

<https://www.nutrition.gov/topics/nutrition-age/children/kids-corner>

<https://www.actionforhealthykids.org/activity/nutrition-education/>

<https://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/classroom-activities/>