

# Shoals School Corporation Wellness Policy On Physical Activity and Nutrition Updated May 2023



## **Chapter 1: Wellness Policy on Physical Activity and Nutrition**

**Philosophy:** The Board of School Trustees of Shoals School Corporation supports the health and well-being of the school corporation's students 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 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**

The Shoals Community School will engage students, parents/guardians, teachers, food service professionals, health professionals 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:

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

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\*Other potential members of the Council include teachers, school nurses, teaching assistants, and community representatives.

B. The Advisory Council shall meet at least 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 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.

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

## **Chapter 2: Nutrition Education**

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to curriculum standards of Indiana Department of Education. Nutrition education will be incorporated as part of the Family and Consumer Sciences curriculum at junior and high school level according to standards of Indiana Department of Education.

1. Health education will be taught by a licensed health education instructor.
2. The school corporation will provide nutrition education materials to teachers and staff at all grade levels.
3. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
4. School staff will collaborate with community groups and organizations to provide opportunities for classroom activities and student projects related to nutrition.
5. Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, and other appropriate means available to reach parents/guardians.

The Healthy Hunger Free Kids ACT of 2010 to all foods and beverages sold to students for consumption during the school day, including foods sold through school fundraisers The school day is midnight to 3:30 pm.

### **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
  - o be appealing and appetizing to children and staff;
  - o meet, at a minimum, the nutritional requirements established by the USDA for federally funded programs;
  - o offer a variety of fruits and vegetables;

- include whole grains

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2. All cooked foods will be baked or steamed. Purchasing procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in foods.
3. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
4. The food service department shall provide periodic food promotions that will allow for tasting of new healthier foods being introduced on the menu.
5. Special dietary needs of students will be considered and alternative options will be provided.
6. The food service department will share and publicize information about required nutritional changes in the school lunch and breakfast with students and parents/guardians. The information will be available in a variety of forms that include handouts, the school website, and school newsletters.

## **B. School Meal Preparation**

1. To the extent possible, the school will provide the USDA School Breakfast Program to all students.
2. To the extent possible, the school will utilize methods to serve school breakfasts that encourage participation.
3. The school corporation will inform families of the availability of breakfast and lunch for all students at the beginning of each school year.

## **C. Mealtimes and Scheduling**

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

be consistently enforced.

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#### **D. Professional Development**

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

#### **Nutrition Standards for Competitive and Other Food and Beverages**

Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulation for:

1. School meal nutrition standards

2. Smart Snacks in School Nutrition standards.

Cafeteria a la carte items, school stores, schools food stores, and fundraisers (food sold to students) must be consistent with Federal school meals and Smart Snacks nutrition standards.

- 3.

#### **A. Approved Nutrition Standards, based on the nutrition standards of the USDA**

1. K-12 a la carte, and other food outside of school meals will be healthy choices low in sugar, fat, sodium, fruit, fruit juice, and water. All beverages other than water or juice shall be no larger than 12 ounces.

#### **B. Availability**

1. In accordance with Indiana Code [20-26-9-19](#), a vending machine at the elementary school that dispenses food or beverage items may not be accessible to students.
2. Vending machines in the high school
  - o Vending machines will not be turned on until 30 minutes after the departure bell for students.
3. Vending machines for school staff will not be accessible to students.
4. Students and staff will have free drinking water for consumption available in water fountains throughout the school building.

### **C. Classroom Celebrations**

1. Classroom celebrations will focus on activities rather than on food.
2. Classroom celebrations that include food will be limited. Parents will be encouraged to bring healthy beverages and foods or can be ordered through the cafeteria. Parents can call the cafeteria one week in advance to the celebration and order healthy snacks for parties in the classroom.
3. The school will inform parents/guardians of the classroom celebration guidelines.

### **Fundraising**

1. Fundraising done on school premises and has food that students can purchase and eat will be Smart Snake approved.
2. State of Indiana allows each building (3 for us) to have 2 exemptions per year, for fundraisers involving the sale of foods and / beverages **not** meeting the nutrition standard for Smart Snacks and occurring during the school day. The maximum duration of an exempted fundraiser is one day. Exemptions have to be approved by the Wellness Committee.
3. The Smart Snack Standard do not apply to foods and beverages sold at events held 30 minutes after the school day ends (3:30 pm), off campus , or on weekends, such as school plays, or sporting events.
4. There are no limits to fundraisers that meet the nutrition of standard and any non food/beverage items.

### **Questions Regarding the Smart Snack Nutrition**

Speak with the Food Director of the school corporation.

## Chapter 3: Physical Activity

### Policy Recommendations - Physical Activity and Physical Education

#### A. Physical Education K-12

1. Students in grades K-9 will participate in physical education in order to meet the Physical Education Standards. Also, high school will encourage students to take more than the required courses of physical education required for all Indiana diplomas.
2. The Physical Education Waiver allows students who participate in school sponsored athletics to gain credit in order to fulfill the state's physical education requirement. Any student who completes a high school sports season in good standing will receive a semester of credit for physical education. Students will follow the guidelines and rules established by the IDOE and approved by the Shoals Community School Corporation to meet the Physical Education Waiver.
3. Physical education classes will have the same student/teacher ratio used in other classes if possible. In Indiana, the ratio for a single school shall not exceed an average of 30 – 1.
4. Whenever possible physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.

#### 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 one 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 if possible. If outdoor recess is not possible due to inclement weather, teachers will try to 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 and implement strategies of learning while moving.
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. School will offer interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. When feasible the high school will offer intramural sports during lunch. Physical education teachers and lunch supervisors will supervise intramural activities at a level that encourages all students to participate.
3. After-school enrichment providers may include activity in their programs, to the extent space and equipment allow.

### **D. Physical Activity and Remedial Activities/Punishment.**

1. When possible students will not be removed or excused from physical education class to receive instruction in other content areas.

### **E. Use of School Facilities Outside of School Hours.**

1. School spaces and facilities, such as the playground, gym, soccer field, and track may be made available to students, staff and community members before, during and after the school day; on weekends; and during school vacations. School policies concerning safety, liability, and availability will apply at all times.



## **Chapter 4: Staff Wellness**

Shoals School Corporation 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 Shoals School Corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. Shoals Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use based on safety, liability, and availability.
3. Staff will be encouraged to participate in community walking, bicycling or running events.
4. Shoals Schools will provide a private location for employees to express breast milk, in accordance with Indiana Code 22-2-14-2.

## **Chapter 5: Evaluation**

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

### **A. Implementation and Data Collection**

1. Shoals School Corporation may use a tool to track the collective health of students over time by collecting pertinent health and nutrition-related data and keep it in a portfolio.
2. Principals shall monitor their school's compliance with the corporation's wellness policy by assessing wellness implementation strategies. The principals shall then report to the superintendent who will provide a report to the school board.
4. Policy language will be assessed each year and revised as needed.

**Goals: Physical Activity**

**Overall Goal/Objective:** Shoals Community Schools promotes the health and well-being of its students by providing physical activities during and after school hours.

Goal	Date to be completed Strategies/Activities to achieve goal	Responsible Party
Students will walk during recess instead of sitting on the wall.	December 2023 Walk along the fence in a designated area.	Teachers on recess duty.
<p>Replace broken and damaged equipment.</p> <p>High school and Middle School students will participate, wear proper attire/footwear, and pass Physical Education with fewer than 5 students not achieving this goal.</p> <p>Fully implement Fitness gram assessment and communicate with parents.</p>	<p>December 2023 Apply for a grant</p> <p>December 2023 Parent contact</p> <p>December 2023 Test and record</p>	<p>Physical Education teachers and Administration.</p> <p>Physical Education teachers and parents.</p> <p>JH and HS Physical Education teachers.</p> <p>Fitness gram program 3x year for freshmen and 2x year for Jr. High PE students.</p>

**Intermediate Goals**

Goal	Date to be completed Strategies/Activities to achieve goal	Responsible Party
<p>High school and Middle school students will participate, wear proper attire/footwear, and pass Physical Education with fewer than 4 students not achieving this goal.</p>	<p>May 2024 Raise standards.</p>	<p>Physical Education teachers, Administration, and parents.</p>
<p>More than 50% of students will pass the Fitness gram.</p> <p>Replace physical education equipment as possible.</p>	<p>May 2024 Increase fitness activities and expectations.</p> <p>May 2024 Apply for grant</p>	<p>Physical Education and Health teachers.</p> <p>Physical Education teachers and Administration.</p>

**Long-Term Goals**

Goal	Date to be completed Strategies/Activities to achieve goal	Responsible Party

<p>More than 60% of the high school students will pass the Fitness gram assessment.</p>	<p>December 2024 Incorporate daily fitness activity including sports. Offer incentives.</p> <p>Physical Education teachers.</p>
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<p>High school and Middle School students will participate, wear proper attire/footwear, and pass Physical Education.</p>	<p>December 2024 Keep high expectations.</p> <p>Physical Education teachers, Administration, and parents.</p>
<p>Apply for grant for activity cart for indoor recess</p>	<p>December 2024 Apply for grant Physical Education teachers, Administration, and parents.</p>

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## Goals: Nutrition

### Action Plan

**Overall objective:** The food service department will share and publicize updated information on nutritional standards for the National School Breakfast and Lunch Programs and Smart Snacks in Schools to the school community and the general public. The information will be available through printed materials and the school website.

### Short Term Goals

Goal	Date to be	Strategies/Activities	Responsible Party
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	<b>Completed</b>	<b>to achieve goal</b>
Provide updated information on nutritional standards for breakfast and lunch programs, and Smart Snacks in School.	December 2023	Compile two files, one for each office of the Food Service Department, containing updated information for viewing.

**Intermediate Goals**

<b>Goal</b>	<b>Date to be Completed</b>	<b>Strategies/Activities to achieve goal</b>	<b>Responsible Party</b>
Printed copies of updated information on nutritional standards for breakfast and lunch programs, and Smart Snacks in School to be available in both offices of the Food Service Department to hand out upon request.	May 2024	Print several copies of updated and place in both offices.	Food Service Department Elementary and High School staff

**Long-term Goals**

<b>Goal</b>	<b>Date to be Completed</b>	<b>Strategies/Activities to achieve goal</b>	<b>Responsible Party</b>

<p>Have a link on the school website which provides the updated information on nutritional standards for breakfast and lunch programs and Smart Snacks in School.</p>	<p>December 2024 Consult with Technology Department to set up Food Service Link</p> <p>Food Service Department Technology Coordinator</p>
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Reduce food waste December 2024 Consult with Food Service Department, Administration and Teachers.  
 Educate students about share box.  
 Have bins available during meals to place uneaten food from students trays . Recycle food wast into feed for live stock. Educate the students on how left over food from tray is going to feed the livestock.  
 Food Service Department, Administration, Teachers and Parents, Agriculture students .

**Goals: Staff Wellness**

**Short-Term Goals**

Goal	Date to be completed Strategies/Activities to Responsible Party
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	achieve goal
Develop yearly calendar of monthly or seasonal wellness themes	December 2023 Wellness committee will develop calendar MHHCC activity calendar is placed online and e-mailed to staff members. Wellness Committee

Health competition during the school year

December 2023 Staff weigh-in Wellness Committee

**Intermediate Goals**

Goal	Date to be completed Strategies/Activities to achieve goal	Responsible Party
Explore fitness programs held on site after school hours	May 2024 Actively seek ideas for fitness programs on the internet	Wellness Committee

**Long-term Goals**

Goal	Date to be completed Strategies/Activities to achieve goal	Responsible Party
Continue construction of phase 2 walking trail around the school grounds	December 2024 Mr. Kent and students to continue working with funding from Hoosier Uplands, and other possible sources.	Mr. Kent and Students that he assigns from his class. Administration and Wellness Committee.

