

Wellness Policy on Physical Activity and Nutrition SBP 2280- Replacement

The Board of School Trustees of Danville Community School Corporation supports 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 may include the following:

- Parents/Guardians
- Food Service Director/Professionals
- Teachers of Physical Education
- Students
- School health care professionals/Registered Dietitians/School Nurse
- School board members
- School administrators
- Any interested member of the public
- Representatives of interested community organizations

Other potential members of the Council may include teachers, teaching assistants, SNAP-Ed educators, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers. The wellness committee will advertise at school board meetings throughout the school year that any interested individuals may join the committee.

B. The Advisory Council shall meet 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 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

A. The Board will allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines and cafeteria ala cart sales. This also includes food and beverages made available in schools during the school day for such events as school fundraisers.

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

B. The Board will allow marketing in school buildings and on school grounds during the school day for only those food and beverages provided by the school that meet the federal nutrition standards. Marketing that promotes student health will be permitted in school buildings and on school grounds.

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 striving to provide them with at least 25 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 food service director to ensure compliance with this policy and its administrative regulations. The food service director 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 food service director 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

Administrative Regulations:

II. Nutrition education

1. Health education will be provided as part of a comprehensive health education program and taught by a licensed health education instructor.

III. Nutrition promotion

1. Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
2. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).
3. Nutrition promotion resources will be provided to parents/guardians through website links, school newsletters, or any other appropriate means available to reach parents/guardians.
4. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.

5. Nutrition information will be provided on all foods to allow students to easily identify healthier foods.
6. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

IV. 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:
 - Be appealing and appetizing to children;
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - Contain 0 percent trans fats;
 - Offer a variety of fruits and vegetables;
 - at least 80% percent of the grains offered are whole grain-rich (due to whole-grain exemption).
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
3. Schools are encouraged to purchase or obtain fresh fruits and vegetables from local farmers when practical.
4. Menus will be adjusted according to student participation of entrees.
5. Special dietary needs of students will be accommodated when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
6. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available on the school website.

B. School Meal Participation

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving “grab-and-go” breakfasts and arranging transportation schedules to allow for earlier arrival times.
3. Schools will inform families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010. Schools in which more than 50 percent of students are eligible for free or reduced-priced school meals or schools who have area eligibility status, will sponsor the Summer Food Service Program when feasible.

C. Mealtimes and Scheduling

1. Effort is made to provide adequate time to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served with lead way given for late buses).
2. School meals will be served in clean and pleasant settings.
3. Students will have convenient access to hand-washing and sanitizing stations.
4. Potable (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.

D. Professional Development

1. 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.

V. Nutrition Standards for Competitive and Other Food and Beverages

A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007).

1. K-12 à la carte, school vending machines and other foods purchased from school shall be limited to:
 - No more than 30 percent of total calories from fat,
 - Less than 10 percent of total calories from saturated fats,
 - 0 percent trans fats,
 - No more than 35 percent of calories from total sugars,
 - No more than 200 milligrams of sodium per portion as packaged,
 - No more than 200 calories per package, and
 - 100 percent of the grains offered are whole grain-rich.
2. K-12 à la carte, school vending machines and other beverages outside of school meals shall meet smart snack requirements by grade level:
 - Elementary schools may sell:
 - Water without flavoring, additives, or carbonation
 - Unflavored low-fat milk (8 oz)
 - Flavored or unflavored non-fat milk (8 oz)
 - 100% fruit and vegetable juice, and full strength juice diluted with water (8 oz)
 - Middle and High schools may sell:
 - Water without flavoring, additives, or carbonation
 - Unflavored low-fat milk (12 oz)
 - Flavored or unflavored non-fat milk (12 oz)
 - 100% fruit and vegetable juice, and full strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners (12 oz)

- Only High schools may sell:
 - Calorie-free beverages, in up to 20 oz portions
 - Lower calorie beverages with up to 40 calories per 8 oz or 60 calories per 12 oz. These may be sold in up to 12 oz portions
 - Caffeinated beverages may be sold and are not restricted by Smart Snack Guidelines

B. Availability

1. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
2. Vending machines in middle and high schools:
 - Will not be available during meal times.
 - Will contain items that meet the approved nutrition standards.
3. Vending machines for school staff will not be accessible to students.
4. Food and beverages will not be sold in school stores.
5. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building or access to refill water bottles.

C. Concession Stands

1. The concession items sold at school-sponsored events to participants, fans and visitors shall strive to include at least 50 percent healthy beverages according to the approved nutrition standards.

D. Classroom Celebrations

1. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
Food and beverages brought into school by students or other persons for events such as birthdays or holidays may be store-bought or homemade.

E. Food as a Reward or Punishment

1. School staff will not withhold food or drink at mealtimes as punishment.

F. Fundraisers

1. Fundraising activities will support healthy eating and wellness. For a food or beverage item to be sold as a fundraiser during school hours, it must meet the approved nutrition standards. Fundraisers subject to this rule are those sold during the school day on school grounds. School day is defined as from midnight the night before to 30 minutes after the end of school.

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

G. Marketing

1. Signage or similar media on school campus during the school day may only advertise food and/or beverages provided and sold by the school that meet the competitive foods standards for foods sold in schools (i.e. Smart Snacks).

VI. Physical Activity and Physical Education

A. Physical Education K-12

1. All students in grades K-12 will participate in physical education in order to meet the Physical Education Standards, according to grade level. Also, high schools will encourage students to take more than the courses of physical education required for all Indiana diplomas.
2. Waivers may not apply towards the physical education courses required for a diploma. Credit flexibility in physical education will be limited to elective physical education courses.
3. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 30 to 1 when feasible.
4. The 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 1 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 when possible. Children in grades K-6 will generally go outside for recess until temperatures reach 20 degrees (including wind chill factor). At temperatures below 20 degrees, outdoor recess may still occur based on children being appropriately dressed for the conditions and at the discretion of the building principal as conditions warrant. If outdoor recess is not possible due to inclement weather, teachers will 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.
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. Schools will offer intramurals, clubs, 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. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

D. Physical Activity and Remedial Activities/Punishment

1. To the most extent possible, students will not be removed or excused from physical education to receive instruction in other content areas.
2. School staff will not use physical activity (e.g., running laps, pushups) or consistently withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

VII. Other School Based Activities

A. Walking and Bicycling to School

1. Where appropriate and safe, schools will allow walking and bicycling to school.
2. To the extent possible, the school corporation will make improvements so it is safer, easier and more enjoyable for students to walk and bicycle to school.
3. The school corporation will explore the availability of both local and federal funding (e.g., Safe Routes to School funds administered by the Indiana Department of Transportation) to finance such improvements.

B. Use of School Facilities Outside of School Hours

1. Outdoor school spaces and facilities, such as the playground, will be made available to students, staff and community members before and after the school day; on weekends; and during school vacations. Indoor spaces and facilities will also be available in accordance with school facility use policies and scheduling. School policies concerning safety will apply at all times.

C. Staff Wellness

1. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. Schools may allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
3. Staff will be encouraged to participate in events to promote fitness
4. Physical education will be taught by a licensed physical education instructor.
5. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk in accordance with IC 22-2-14-2.

VIII. Evaluation of Wellness Policy

A. Implementation and Data Collection

1. The food service director is responsible for retaining all documentation of compliance with this policy and its regulations, but the principals shall ensure that their individual schools are in compliance with the corporation's wellness policy every three school years by assessing wellness implementation strategies. The principals shall provide their assessment to the food service director, who will provide the report to the school board. The principal's report shall contain the following information: the school's progress toward meeting

the wellness goals over the previous three school years; the website address for the wellness policy and how the public can receive a copy of the policy; a description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the school official coordinating the health advisory council or the school's wellness team; and information on how individuals and the public can get involved with the school's wellness team.

2. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council and will be responsible for the three-year assessment of each school's compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent to which each school is in compliance with the policy; the extent this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. As a result of this assessment and evaluation the policy and regulations will be revised as needed.
3. The three-year assessment and evaluation report will be made available to the public by posting it on the school corporation website.

Wellness Goals

Nutrition Education Goals

- 1.) Display nutritional and allergy information on corporation website for students and staff to make healthy food choices

The food service department is underway with a new website to provide this information.

- 2.) Encourage meal participation even after covid meal waivers have expired and meals are not free for all students.

This is done through student taste tests, promoting and sampling new menu items, and continuing free breakfast meals.

Nutrition Promotion

- 1.) Continue to provide universal free breakfast as food service funds allow.

The decision to continue this program will be evaluated each summer, determined by fund balance.

- 2.) Provide school meals that meet or exceed standards set by the USDA.

Menu options and variety exceed many schools. All school meals meet nutritional/offer vs. serve standards as evidenced by Department of Education reviews.

Physical Activity Goals:

- 1.) Students will be physically active for 50% of P.E. class time

It is expected that students are stretching during the opening of the lesson (when the objective, direction, and expectations are given). Students then begin participating in a designated activity or game that always includes physical activity.

- 2.) Elementary students will receive 40 minutes a week of P.E. Class; Secondary and Middle School students will take 1 year of P.E.

All students have a set schedule for their specials classes, which includes P.E. Counselors keep track of transcripts to ensure the P.E. requirement is being met.

Other Goals:

- 1.) Health and well-being will be promoted annually to staff

This will occur through benefit newsletters from the Human Resources Department

- 2.) A new goal for us is to have better awareness regarding each school and whether they will be implementing their two fundraiser exemptions per year.

Principals should let the food service director know if they want to sell any food during the day that is not smart snack. This would count as one of their two exemptions per school.