



Hanover Community Schools Bylaws & Policies

8510 - WELLNESS OF OUR STUDENTS AND STAFF

As required by law, the Board of Education establishes the following wellness policy for the Hanover Community Schools.

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 development process by which students establish their health and nutrition habits by providing nutritious meals and snacks supporting the development of good eating habits and promoting increased physical activity and nutrition education 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 Superintendent of Schools is directed to develop comprehensive administration guidelines for the implementation of this policy.

The mission statement of the National Association of State Boards of Education is as follows:

"Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially."

The Board sets the following specific goals in an effort to enable students to establish good health and nutrition habits:

NUTRITION EDUCATION GOALS

With regard to nutrition education, the Corporation shall:

A. Nutrition information teaches students the skills they need to adopt healthy eating behaviors and also includes opportunities for family/parent nutrition education.

B. Nutrition information is offered in the School dining room as well as in the classroom and is coordinated between teachers and foodservice staff.

C. Students receive consistent nutrition messages throughout the School, classroom, cafeteria, home and community.

PHYSICAL ACTIVITY GOALS

With regard to physical activity, the Corporation shall:

A. Physical activity will be integrated across curricula and throughout the school day.

B. Offer health and physical education taught by a licensed teacher.

C. Planned instruction in physical education should meet the needs of all students, including those who are not athletically gifted, and will take into account gender and cultural differences.

D. The School Corporation will promote local community wellness education and physical activities to staff, students and their families.

E. Prohibit the withholding of recess or employing physical activity as a form of discipline or punishment.

F. Actively engage families as partners in their children's education and collaborate with community agencies and organization to provide ample opportunities for students to participate in physical activity beyond the school day.

NUTRITION STANDARDS FOR ALL FOOD AVAILABLE ON CAMPUS

With regard to all available food on campus during the school day, the Corporation shall:

A. Ensure all foods made available for student consumption outside of Hanover Community Schools Food Service, will comply with state and federal law and shall be consistent with modeling and teaching lifelong healthy eating habits. See appendix for Better Choice Food Standards.

B. Ensure Food Service menus for the Child Nutrition Programs shall include nutrient-dense foods, i.e. whole grains, fruits, vegetables and milk. Menu planning shall be consistent with the current Dietary Guidelines for Americans and provide on a weekly average, at least one third of the daily Recommended Dietary Allowance for protein, iron, calcium, vitamin A and vitamin D.

C. Eliminate vending machines from all elementary schools, excluding staff lounges.

D. Food rewards are discouraged. Nonfood rewards are the best options for the nutrition wellness of Hanover Community School students. If food is used as a reward it must meet the better choice food standards. See appendix. Prohibit the withholding of meals as a punishment.

E. Support a wellness environment by permitting primarily nonfood items being sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods. See appendix for Better Choice Food Standards.

F. Prohibit the sales of any food or beverage in the food service area in competition with operation of federal School Breakfast and School Lunch programs.

G. No outside drinks or commercially prepared/vendor-prepared foods, i.e. fast food restaurant chains, should be brought onto school property during the school day by students or parents.

H. Provide a school environment that is safe, sanitary, comfortable and pleasing and allows ample time and space for eating meals. All foods available on campus adhere to food safety and security guidelines.

I. Schools will have adequate facilities for hand washing.

J. The Building Principal will be charged with operational responsibility for ensuring the school meets the local "Wellness" policy.

STUDENT FOOD ALLERGIES

With regard to student food allergies, the Corporation shall:

A. Outside food products must be reviewed and compared to any potential or actual allergy sensitive reaction that a student may have prior to distributing to student.

B. Encourage the use of non-food items for student celebrations at school.

C. Provide annual supplemental information and/or training on food allergies regarding prevention and intervention strategies to staff, students, and families.

D. A Student Allergy Dietary Prescription Form must be completed by the parent and signed by the student's physician identifying student food allergies and requested substitutions by the Food Service Department. Forms shall be made available at all schools.

E. Students should be discouraged from sharing their foods or beverages during meal times.

GOALS FOR MEASUREMENT AND EVALUATION

A. The Coordinated School Health Advisory Council shall meet at least annually to review policy language and implementation.

B. Develop suggested strategies for schools to meet goals successfully.

C. Develop an evaluation form for each component and associated goals to include a Definition of Success.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

Appendix

A. All food items sold during the school day must meet the following standards:

Better Choice Foods

1. Not more than thirty (30%) of the total calories are from fat.
2. Not more than ten percent (10%) of the total calories are from saturated and trans fat.
3. Not more than thirty-five percent (35%) of their weight is from sugars that do not occur naturally in fruits, vegetables, or dairy products.
4. Food items for sale at schools may not exceed the following portion limits:
 - a. chips, crackers, popcorn, cereal, trail mixes, nuts, seeds, jerky or diced fruit, 1.75 ounces or no portion limit applies if the food item contains 210 calories or less.
 - b. cookie and cereal bars, two (2) ounces
 - c. bakery items, three (3) ounces
 - d. frozen dessert, including ice cream, three (3) ounces
 - e. non-frozen yogurt, eight (8) ounces

f. in the case of entrée or side dish items, including French fries and onion rings, may not exceed the portion of the item that is served as part of the school lunch or breakfast program

B. All beverages sold during the school day must meet the following standards:

1. the above standards where applicable
2. may not exceed twenty (20) ounces
3. fruit or vegetable based drinks must contain at least 50% juice
4. no soft drinks or carbonated beverages with the exception of water and those drinks meeting the listed juice requirement
5. isotonic beverages
6. Low fat and fat free milk, including flavored milk
7. Water

How to Calculate Percentage of calories from Fat:

Multiply total grams of fat in one serving by 9.2. Divide this number by the amount of calories per serving. Multiply by 100.

How to Calculate Percentage of sugar by weight:

Divide total grams of sugar by the weight (in grams) in one serving. Look for grams of sugar and not the total grams of carbohydrates. Multiply by 100. In the instance of a serving size that is only available in ounces, multiply ounces by 28.35 to convert to grams.

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

42 U.S.C. 1771

Adopted 6/13/06

Revised 9/13/11