



HERRON HIGH SCHOOL • HERRON-RIVERSIDE HIGH SCHOOL • HERRON PREPARATORY ACADEMY

# Herron Classical Schools Wellness Policy

(Updated Nov 2024)

Herron Classical Schools (HCS) recognize that good nutrition, regular physical activity, and emotional well-being affect the health of its students. Research suggests that there is a positive correlation between a student's health and his/her ability to learn. Furthermore, schools play a vital role in preparing students for success in the future. Proper nutrition, physical activity, and emotional well-being are key to creating effective and constructive learning environments. HCS is committed to supporting the health and well-being of its students, faculty, and staff and will promote healthy nutrition, physical activity, and a safe, stable, and supporting environment at all grade levels. The President and Executive Administrators will adopt or revise the policy based on recommendations made by the Wellness Committee.

In accordance with state and federal law (7CFR 210.31), HCS has a Wellness Committee to oversee the development, implementation, and evaluation of a Wellness Policy. The Wellness Committee shall:

- meet at least annually to review the Wellness Policy and to develop an action plan for the coming year.
- meet as needed during the school year to discuss implementation activities and address barriers and challenges.
- report annually to the President of HCS on the implementation of the wellness policy and include any recommended changes or revisions.

The Wellness Team is comprised of stakeholders in HCS, including:

- administrators
- parents/Guardians
- school nurse
- school counselor
- physical education teacher
- food Service Director
- other interested community members

## Nutrition

HCS recognizes the important role nutrition plays in academic performance as well as in the overall quality of life. HCS administrators, faculty, and staff will model, encourage, and support healthy eating by all students.

Each of the three schools in the HCS family strictly adhere to all [USDA meal pattern guidelines](#) to ensure that all students have daily access to healthy foods to support healthier choices and promote

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optimal learning. Breakfast and lunch will be available each school day as part of these three federal programs:

[National Breakfast Program \(NBP\)](#)  
[National School Lunch Program \(NSLP\)](#), [Summer Food Service Program \(SFSP\)](#)

These nationally funded school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Some students may automatically qualify for free or reduced meals. These are students who are already part of programs from the Family and Social Services Administration (SNAP, TANF, and Medicaid) or Department of Child Services (Foster). These Direct Certified households do not need to complete a meal application and will not be included in the verification process because their eligibility has already been verified.

Families who may qualify for free or reduced meals based on income level are encouraged to apply for the free or reduced-price school benefit. This benefit must be applied for every year and detailed instructions of how to do so can be found on the [payment detail page on our website](#). By applying, families may receive no or low-cost meals and could be eligible for other benefits. During Summer Academy, meals will be available free of charge to all students, their siblings and the community for children and teens up to 19 years of age in accordance with the SFSP.

Details on HCS students meals include menus and costs are available on the [student meal detail page of our website](#). Key points include:

- At breakfast three meal components are offered— milk/ meat (or an approved meat alternative like beans, yogurt or cheese), fruit and grain.
- At lunch, five meal components are offered— milk, fruit, vegetable, meat (or an approved meat alternative like beans, yogurt or cheese), and grain.
- Students will have at least 20 minutes to each lunch.
- Free water will be available for all scholars throughout each school day.
- Weekly menus are posted on our website, posted in the cafeterias and announced each morning.

HCS is committed to playing an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school meal program, snack programs, fundraisers, classroom celebrations, vending machines and concessions. Vending machines that follow [USDA Smart snack requirements](#) are available at HCS high schools. Only foods and beverages that meet smart snacks requirements are allowed to be marketed to students on campus during the school day.

HCS encourages students and families to celebrate birthdays and other special events on campus with healthy foods and beverages being brought into school. The wellness committee suggests that non-food items should be considered as rewards throughout the school year.

HCS strives to accomplish two goals in each of the below areas:

- Nutrition Education, as part of a comprehensive health education, is a planned, sequential, PK-12 curriculum that addresses the physical, mental, emotional, and social dimensions of health related to nutrition. The program is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated nutrition-related knowledge, attitudes, skills, and practices.
  1. HCS shall explore the implementation of the [SuperFood Heroes program](#).
  2. Nutrition topics shall be integrated into the health education curriculum according to the standards of the IDOE.
  3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate.
  4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
  5. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
  6. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise.
  7. Nutrition education shall promote the benefits of a balanced diet that includes fish, eating more fruits, vegetables, whole grain products, and low-fat/fat-free dairy products.
  8. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
  9. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias
- Nutrition Promotion
  1. HCS will continue to maintain its garden clubs and school gardens
  2. Herron Preparatory Academy will explore field trips to local farms and orchards.
  3. HCS will promote the benefits of a balanced diet, without criticizing or glorifying any specific foods or ways of eating.
  4. HCS will explore the implementation of the Smarter Lunchroom Scorecard to help create a positive lunchroom environment and increase selection and consumption of healthy foods
- Physical Education
  1. Including short physical activity breaks between lessons or classes
  2. Not removing students from physical education for instruction time or other meetings
  3. Having students spend at least 50% of their PE class time participating in moderate to vigorous physical activity
  4. Scheduling recess before meals when possible, or having before school exercise classes or programs for students
- Other school-based activities
  1. Implementing more farm to school activities within the school
  2. Working with Purdue Extension or a different community group to come and present a health education program during the year
  3. Ensuring that students have access to free drinking water during the school day

The schools alone, however, cannot develop students' healthy behaviors and habits with regard to the foods and beverages they consume. It will be necessary for not only the faculty and staff, but also the parents/guardians, and the larger community to be involved in an effort to promote, support, and model such healthy behaviors and habits.

Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year. Fundraisers promoting food and/or beverage items outside of the two per year that are held on campus during the school day (midnight before to 30 min after end of school day) must meet Smart Snacks nutrition standards.

### Food Safety

- All food service equipment and facilities will meet local and state standards for safe food preparation and handling, sanitation and workplace safety.
- Marion County Board of Health shall conduct two inspections annually.
- All food service personnel shall receive pre-service training in food service operations.
- Continuing professional development shall be provided for all staff of the food service program.
- School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revision to the policy.

### Marketing

- Marketing of food and beverages on the school campus during the school day will only be of food and beverages that meet Smart Snacks requirements.
- Signage or similar media on the school campuses during the school day may only advertise food and/or beverages provided and sold by the school that meet the food standards for foods sold in schools (i.e. Smart Snacks).
- HCS will allow marketing in school buildings and on school grounds if it promotes student health and meets the federal nutritional standards.
- Foods of minimal nutritional value (including brands and illustrations) shall not be advertised or marketed in educational materials.
- Foodservice will offer use of the cafeterias to display healthy foods such as salads and fruits, and that promote the consumption of healthful foods.

### Food as Reward or Punishment

School staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate and is prohibited. School staff will not withhold food or drink at mealtimes as punishment.

### Physical Wellbeing

HCS supports the health and well-being of students by promoting physical activity through physical education, recess, and other physical activity breaks as well as before and after school activities, and encouraging walking and biking to school. The CDC Physical Activity guidelines for Americans recommends that 6-17 years do 60 minutes or more of moderate to vigorous physical activity daily; however, less than one-quarter of children and teens get that.

## Physical Education

All students in grades K-12 will participate in physical education that align with the curriculum standards of the Indiana Department of Education. This comprehensive physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in life-long, health-enhancing physical activity. It shall require students to be engaged in moderate to vigorous physical activity for at least 50% of scheduled class time and teach cooperation, fair play, and responsible participation.

Physical Education instruction shall meet the needs of all students, including those who are not athletically gifted. Physical Education instruction shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying or harassment of any kind, considering gender and cultural differences. Finally, the Physical Education program shall be provided with adequate space and equipment to ensure quality physical education for students.

Scholars in grades kindergarten through fourth, will have at least one period of active recess per day of 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. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.

HCS will provide opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity. This will include intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, considering student interest and supervisor availability.

School staff members are encouraged to be physically active and participate in wellness initiatives. Staff are allowed and encouraged to use fitness facilities before or after school. Schools will encourage "Wellness Wednesdays" during which time, teachers can wear workout clothes if they incorporate physical activity into their class that day.

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day. Classroom teachers will strive to provide short physical activity breaks between lessons or classes, as appropriate utilizing resources such as Take 10! or dance/workout videos. 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. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers will implement periodic breaks during which students are encouraged to stand and be moderately active.

HCS shall arrange walk audits every three years to make needed improvement for safer and easier walking/biking routes to school utilizing the [Safer Routes](#) program. HCS will explore participation in the Walk to School Day, which falls on the first Wednesday of October each year, and Bike to School Day on the first Wednesday of May each year.

Students will not be removed or excused from PE to receive instruction in other content areas. School staff will not use physical activities (running laps, pushups) or withhold opportunities for physical activity (recess, PE) as punishment.

## Emotional Wellbeing

HCS recognizes the growing societal challenges students face in today's world and is committed to providing a safe and secure environment for all students. A community of faculty and staff who recognize and respect all students will be nurtured as a core value of HCS is to build a culture of respect and trust through relationships. HCS understands that emotional well-being is vital to the development of a well-rounded person. To this end HCS strives to create school campuses where all students feel safe and secure. HCS also promotes a culture of respect for all students and celebrates all forms of diversity.

## Guidance and Counseling

HCS's Counseling and Guidance team maintains a robust list of community resources for students in a mental health crisis or those with an emotional need that cannot be met in school. Subsequently, the counseling team employs an effective re-entry program for students returning to school after being treated elsewhere. The counseling team also engages in an excellent job in crisis response.

The Advisory period at the two high schools (Herron and Herron-Riverside) engages in social-emotional education for students. During this time various topics are brought forth and discussed. Herron Preparatory Academy uses the Play It Safe curriculum for social-emotional education involving child abuse awareness and prevention.

One goal is to find and use an evidence-based curriculum (such as Play It Safe) for the high schools to use during the Advisory period.

The American School Counselor Association (ASCA) recommends a student-to-counselor ratio of 250/1. Currently, the average student-to-counselor ratio in the State of Indiana is 450/1. A goal for the 2024-2025 school year will be to examine our current ratios and what can be done to reduce them.

## School Safety

HCS is committed to creating safe and nurturing environments in their schools. They have maintained and enforced policies of "closed campuses" in which the students are not allowed to leave the campus during school hours. HCS has adopted the [H.E.R.O. program](#) which provides a safety curriculum that empowers students and educators to turn safe thinking into safe action in the event of an active shooter or violent intruder.

In accordance with USDA regulation, HCS in partnership with the Wellness Committee, will assess this policy. The evaluation will determine to what extent HCS is following its policy, the extent to which the wellness policy compares to model school wellness policies, and the progress made in attaining the goals of the wellness policy. This evaluation will be done using the [Indiana Department of Education's Triennial Assessment Template](#). HCS will make this evaluation available to the public.

HCS will inform all families of our Wellness Policy at the beginning of each school year. It will also be posted on each school's website for the public to read as they consider enrolling at an HCS school.