

Charles A. Beard Memorial School Corporation

Policy 8510: Wellness

Section 1. Purpose

The purpose of this policy is to promote the health and well-being of students by fostering a school environment that supports healthy eating, physical activity, and overall wellness. This aligns with federal and state standards and reflects the district's commitment to the physical and emotional health of students.

Section 2. Nutrition Education and Physical Activity Goals

The school district will:

- A. Support the use of Indiana State Standards for nutrition education and physical education through the adopted Health and Physical Education curriculum.
 - B. Disseminate practical and current health information to students and parents via Corporation, food services, or school newsletters, enabling informed and responsible choices.
 - C. Provide opportunities for physical activity through curriculum offerings and extracurricular programs, both during and after school.
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Section 3. Nutrition Standards for School Meals

- A. Nutritional information for all foods served is available in each school cafeteria.
- B. Meals served through the National School Lunch and Breakfast Programs will:
 - 1. Be appealing and attractive to children.
 - 2. Be served in clean and pleasant settings.
 - 3. Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations.
 - 4. Offer a variety of fruits and vegetables.
 - 5. Explore the use of organic produce from local growers when feasible.
 - 6. Offer two percent (2%) or low-fat (1%) milk and non-dairy alternatives defined by USDA.
- C. Drinking water will be available in the cafeteria upon request, and students may leave the cafeteria to access drinking fountains.

D. Professional standards for food service staff will be followed to ensure proper training and compliance with nutrition programs.

E. Free/reduced meal applications will be distributed at the start of each school year and made available on the district's website.

F. Schools are encouraged to schedule recess before lunch to promote better eating habits.

Section 4. Standards for Competitive and Other Foods and Beverages

A. All foods sold during the school day, including snacks, will meet USDA Smart Snack standards, limiting sugar, fat, sodium, and calorie content.

B. Beverages will comply with USDA Smart Snack standards, and drinking water will be readily accessible throughout the school day.

C. A beverage item sold in schools may not exceed twenty (20) ounces. Elementary vending machines are restricted to healthy options.

D. Fundraising activities during school hours will prioritize healthy food and beverage options.

E. Snacks provided during school activities will emphasize fruits, vegetables, and water.

F. Food and beverages sold at school-sponsored events outside school hours will meet nutritional standards whenever possible.

Section 5. Physical Education and Physical Activity

A. All students in grades K-12 will participate in physical education classes taught by licensed instructors.

B. Elementary students will receive forty (40) minutes of physical education weekly, while middle and high school students will receive 225 minutes per week.

C. Schools are encouraged to provide active recess for at least thirty (30) minutes daily for elementary students.

D. Schools will develop plans to incorporate physical activity throughout the day, including physical activity breaks during class.

E. Teachers and staff are encouraged to avoid withholding physical activity as punishment and instead use alternative methods.

F. Schools will promote walking and biking where feasible and provide opportunities for family and community involvement in physical activities.

Section 6. Wellness Promotion and Marketing

A. Principals will encourage staff to model healthy eating and physical activity behaviors for students.

B. Teachers are discouraged from using food as rewards and are encouraged to utilize non-food incentives such as extra recess.

C. Marketing within schools will promote healthy food and beverage choices and minimize the promotion of non-nutritious items.

D. Schools will attempt to eliminate advertising of unhealthy products and prioritize replacing branded vending machines and coolers with healthier options.

E. Fundraisers and corporate partnerships should align with the district's wellness goals.

Section 7. Implementation, Evaluation, and Communication

A. A district-level wellness committee will oversee the implementation of this policy and meet annually to review progress.

B. Schools may form their own wellness committees to address site-specific issues.

C. Compliance will be monitored at each school, and principals will report progress to the Superintendent.

D. An annual progress report on wellness activities and compliance will be shared with the school board and made available to the public.

E. The policy will be revised as needed based on feedback and evaluation by the wellness committee.