



## SCHOOL WELLNESS

### Implementation of Policy

1. The Superintendent shall appoint a School Wellness Advisory Council consisting of at least one representative of:
  - (1) Parents;
  - (2) Food service supervisor and staff;
  - (3) Students;
  - (4) Nutritionists or certified dietitians;
  - (5) School health care professionals (e.g., school nurses);
  - (6) Board members;
  - (7) A school administrator;
  - (8) Interested community organizations;
  - (9) Teachers of Physical Education and Health.
2. The School Wellness Advisory Council shall meet at the call of a chair designated by the Superintendent from among the members serving on the School Wellness Advisory Council; and shall oversee the Corporation's efforts to improve student wellness through curriculum, policies, and practices. The School Wellness Advisory Council shall meet at least once a school year. Proposals for policies and practices shall be made in writing and shall be reported to the Board through the Superintendent. No votes shall be taken and where there are diverging views on a matter to be reported to the Board, all points of view shall be included in the written report to the Superintendent.
3. The School Wellness Advisory Council shall work with the:
  - a. School Attorney to insure that the Corporation's policies and practices are consistent with Indiana and federal law and regulations, and the

- b. Indiana Department of Education, the Indiana Department of Health, and other public and private agencies offering information and support for student wellness initiatives.
4. Each administrator/supervisor assigned to manage a Corporation school has the authority and duty to oversee the successful implementation of this Policy.

### **Nutrition Education and Nutrition Promotion**

Nutrition topics shall be integrated within the comprehensive health education curriculum and other curricular offerings according to standards of the Indiana Department of Education and federal law. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

### **Standards of 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 and beverages to support healthier choices and promote optimal learning. All meals served by the Corporation will meet the federal nutritional guidelines issued by the U.S. Department of Agriculture and follow principles of the Dietary Guidelines for Americans.

### **Standards for Competitive and Other Foods and Beverages**

- a. The Board will provide and allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines school stores and concession stands. This also includes food and beverages made available in the school during the day for such events as school fundraisers and food and beverages brought into the schools by the students or other person for such events as birthdays and classroom celebrations. 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

### **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 providing them with at least 20 of the recommended 60 minutes of physical activity per day.

### **Public Input**

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, Corporation administrators, and the general public are permitted to participate in the development, implementation, and periodic review and update of this Policy and procedures.

### **Annual notification of Policy**

The District will actively inform families and the public each year of basic information about the policy, including its contents. This information will be available via the district website.

### **Evaluation**

The board designates the superintendent to ensure compliance with this policy and its administrative regulations. The superintendent is responsible for retaining all documentation of compliance with this policy and its regulations, including each school's three-year assessment and evaluation report of this wellness policy and plan. The superintendent 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.

I.C. 20-26-9-18 et.  
seq. 42 U.S.C §  
1758b  
7 CFR Part 210

Plainfield Community School Corporation

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