



Eric J. Holcomb  
Governor

Lindsay M. Weaver, MD, FACEP  
State Health Commissioner

January 9, 2025

Dear Richland-Bean Blossom Community School Corporation,

Thank you for submitting your corporation-level wellness policy to the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) for review. The IDOH, DNPA appreciates the opportunity to evaluate your policy using the [WellSAT 3.0 tool](#). It is important to note that this assessment tool evaluates best practices beyond [current federal standards](#) set by the United States Department of Agriculture (USDA). However, IDOH encourages compliance with the evaluative standards established by WellSAT to align school programs and practices with evidence-based best practices for student and staff wellbeing.

When reviewing the policy, there are six components evaluated based on comprehensiveness of content and strength of wording (see the table below).

| RBBSC Wellness Policy 2024                                        |                   |           |
|-------------------------------------------------------------------|-------------------|-----------|
| Individual section scores <i>(each out of 100)</i> :              | Comprehensiveness | Strength  |
| Nutrition education                                               | 63                | 38        |
| Standards for USDA Child Nutrition Programs and school meals      | 100               | 80        |
| Nutrition standards for competitive and other foods and beverages | 62                | 31        |
| Physical education and physical activity                          | 50                | 25        |
| Wellness promotion and marketing                                  | 17                | 8         |
| Implementation, evaluation, and communication                     | 100               | 63        |
| <b>Total averaged score <i>(out of 100)</i></b>                   | <b>65</b>         | <b>41</b> |
| <b>Grand total score <i>(out of 200)</i></b>                      | <b>106</b>        |           |

A school wellness policy (SWP) is a living document that should be reviewed each year and revised to reflect the changing needs and goals of your school corporation. To assist with future efforts to strengthen your SWP, we have identified the following strengths and areas for improvement.

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers.



## Strengths

*Below are just a few of your policy's strengths that we want to share with you:*

- Your policy is very comprehensive in the areas of USDA child nutrition programs and policy implementation, evaluation, and communication
- We appreciate that your policy encourages the use of locally grown foods and other farm-to-school efforts. These are excellent best practices we don't often see addressed in wellness policies.
- By mandating at least 30 minutes for school lunch, you help ensure students have enough time to finish their meal, which improves meal participation and reduces food waste.
- Regarding physical education, many aspects of your policy reflect [recent research](#) regarding best practices. By teaching a variety of lifelong physical activity skills, balancing cooperative with competitive games, and creating a bullying-free environment, physical education courses become more approachable and welcoming to all students.

## Opportunities for improvement

*Regarding the points below, it's possible your corporation or individual schools are already taking some of these actions. Incorporating these actions in your SWP helps ensure your health-promoting efforts are taking place in all schools and for years to come.*

As stated above, the WellSAT includes policy guidance that reflects both federal regulations and best practices. Your SWP includes language that reflects most of the required federal regulations, but we want to draw attention to one area not currently addressed:

- USDA federal rule requires that school wellness policies restrict marketing of foods and beverages on the school campus during the school day to only those items that meet [USDA Smart Snacks Standards](#). We advise that you reflect this requirement in your policy and specifically address where the policy applies (e.g., on school equipment, in educational materials, where food is purchased, in school media, and through school fundraisers).

Recommendations (best practices) that would further strengthen your SWP include:

- Physical activity opportunities
  - Including instruction time requirements for PE classes - [SHAPE America](#) recommends 150 minutes per week for elementary students and 225 minutes per week for middle and high school students.



- Addressing family and community engagement in physical activity opportunities at schools (e.g., through family wellness events or [shared use agreements](#)).
- Nutrition opportunities
  - Regarding nutrition education, we recommend specifying which grade levels will receive comprehensive nutrition education (ideally grades K-12).
  - We also recommend that you prohibit (or at least discourage) teachers from using food as a reward to promote a healthier relationship with food among students.
- Other opportunities
  - Last, we would encourage you to incorporate opportunities to promote staff wellness, such as by offering a staff wellness program, allowing staff to access physical activity equipment, and/or by providing healthy foods and beverages in the break room.

If you have any questions, please contact us. Thank you for all your hard work and dedication to health and wellness within schools. We greatly appreciate the opportunity to work with you!

Sincerely,

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