Wellness Policy on Physical Activity and Nutrition

I. Coordinated School Health Advisory Council

a) Lafayette School Corporation will engage students, parents/guardians, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing corporation-wide nutrition and physical activity policies. A Coordinated School Health (CSH) Advisory Council will be maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy. The LSC Director of Human Resources will serve as Wellness Coordinator. The Wellness Coordinator is responsible for facilitating the upkeep of the Wellness Policy.

b) In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:
   (1) Parents/Guardians
   (2) Food service directors and staff
   (3) Students
   (4) Nutritionists or certified dietitians
   (5) Health care professionals
   (6) School board members
   (7) A school administrator
   (8) Representatives of interested community organizations

c) The Advisory Council may meet annually to review Lafayette School Corporation Wellness Policy and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

d) The Advisory Council may report annually to the Superintendent and School Board on the implementation of the Lafayette School Corporation Wellness Policy and include any recommended changes or revisions. The School Board will consider adopting or revising Lafayette School Corporation Wellness Policy based on recommendations made by the Advisory Council.

e) The School Wellness Policy shall be made available to students and families by means of the corporation's website.

f) The school corporation shall assess the Wellness Policy at least once every three (3) years on the extent the LEA is in compliance with the wellness policy, the extent to which the Corporation policy compares to model wellness policies, and the progress made in attaining the goals of the Corporation Wellness Policy.

II. USDA Requirements for School Meals

a) All LSC School Meals meet the USDA requirements.

b) Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The 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 medical dietary needs.

c) All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Summer Food Service Program (SFSP), and Supper Program (CACFP). The District also operates additional nutrition-related programs and activities including if applicable, a list of other programs such as Breakfast in the Classroom, Mobile Breakfast carts. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:
   (1) Are accessible to all students
   (2) Are appealing and attractive to children

(3) Are served in clean and pleasant settings
(4) Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)

d) Promote healthy food and beverage choices using at least eight of the following marketing and merchandising techniques:
(1) Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
(2) Daily fruit options are displayed in a location in the line of sight and reach of students
(3) All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit or vegetables options with their meal
(4) Alternative entrée options (e.g., salad, wraps, yogurt parfaits, etc.) are presented through a special "On the Go" station
(5) Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas
(6) Creative signage is displayed in the service and/or dining areas to educate students of the variety of food and beverage choices
(7) Announcements are used to promote and market menu options in many schools.
(8) Information about the benefits of school meals is provided to teachers and administration at least annually

e) Promote healthy food and beverage choices through:
(1) Menus will be posted on the District website or individual school websites, and will include nutrient content and allergens
(2) Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional
(3) Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria)
(4) Students are served lunch at a reasonable and appropriate time of day
(5) Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their child's school

f) The District will strive to implement at least four of the following five Farm to School activities (meets Healthy Schools Program Gold-level criteria; mark/circle the four activities the District plans to do):
(1) Local and/or regional products are incorporated into the school meal program
(2) Messages about nutrition are reinforced throughout the learning environment
(3) School hosts a school garden
(4) School hosts field trips to local farms
(5) School utilizes promotions or special events, such as tastings, that highlight the local/ regional products

III. Nutritional Guidelines for All Foods and Beverages Sold

a) All competitive food and beverages sold to students on the school campus and during the school day meet or exceed USDA nutrition standards for all food and beverages for students. (Smart Snacks)

b) Schools will comply with the 2010 Child Nutrition Reauthorization Act that applies to food or beverage item that is sold prior to the start of school and throughout the instructional day that is not part of a federally reimbursed school program. The compliance includes:
(1) School cafeteria a la carte
(2) Vending machines
(a) A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students
(b) Vending machines in middle and high schools:
(i) Will contain items that meet the approved nutrition standards

(ii) Vending machines for school staff will not be accessible to students

(3) School snack bars/stores
(a) Food and beverages will not be sold in school stores unless connected to curriculum

(4) Concession stands
(a) Concession stand items sold at school-sponsored events to participants, fans, and visitors will strive to include healthy beverage and food options

c) Any food-based fundraising
(1) Fundraising activities will support healthy eating and wellness
(2) Schools will strive to promote the sale of non-food items for school-sponsored fundraising
(3) Schools will strive to sell food or beverages as a fundraiser that include healthy beverage and food options
(4) Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year

IV. Nutrition Guidelines for Non-Sold Foods and Beverages

a) Lafayette School Corporation will provide and allow foods and beverages that support proper nutrition and promote healthy choices.
(1) Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building
(2) Classroom Celebrations
(a) Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food, when possible
(b) Parents and teachers should encourage nutritious foods for birthday celebrations and classroom snacks
(3) Food as a Reward or Punishment
(a) Schools are encouraged to find alternatives to the use of food as a reward or punishment

V. Food and Beverage Marketing

a) Any foods and beverages marketed or promoted to the students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.
b) Marketing unhealthy foods is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is enforced. These marketing/incentive techniques will follow Smart Snacks guidelines:
(1) logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment, and educational incentive programs that provide food as a reward
(2) in-school television
(3) free samples or coupons
(4) food sales through fundraising activities
c) These marketing activities that promote healthy behaviors (and are therefore allowable) will be used:
(1) vending machine covers promoting water
(2) pricing structures that promote healthy options in a' la carte lines or vending machines
(3) sales of fruit for fundraisers
(4) coupons for discount gym memberships
(5) school-based marketing will be consistent with nutrition education and health promotion
(6) schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually

VI. Nutrition Education

a) Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the Indiana Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.
(1) Nutrition education will include lessons that cover topics such as how to read and use food

labels, choosing healthy options and portion control

(2) Schools shall strive to integrate nutrition themes into core curriculum, i.e. math, science, language arts, where appropriate

(3) Health education will be provided as part of a comprehensive health education program and taught by a licensed health education instructor

(4) The school corporation will provide nutrition education training opportunities to teachers and staff for all grade levels

(5) Schools will encourage teachers and food service staff to participate in professional development opportunities related to wellness policy goals

VII. Nutrition Promotion

a) School staff will strive to collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).

b) Nutrition education resources will be provided to parents/guardians through means such as: handouts, website links, school newsletters, presentations, online app and any other appropriate means available to reach parents/guardians.

c) Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab. Healthy items will be displayed prominently in cafeterias to make healthier choices more appealing.

d) Nutrition information will be provided on all cafeteria foods to allow students to identify healthier foods.

e) LSC will strive to participate in farm to school program (locally grown foods).

f) School cafeterias will include food service provider specific signage and pictures intended to make the area a pleasant environment for obtaining meals, snacks, and beverages.

VIII. Physical Activity and Physical Education

a) The Lafayette School Corporation supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; extracurricular activities; and walking and bicycling to school.

b) Physical Education K-12

(1) The Coordinated Health Council will strive to provide physical activity opportunities for the school corporation

(2) The physical education program shall provide a safe environment and equipment to ensure quality physical education classes for students

(3) Staff involved in physical education will be provided opportunities (time and recourses permitting) for professional development focusing on physical activity, fitness, health and wellness, when approved by school administration

(4) Teachers are encouraged to provide students with a daily physical activity break

c) Daily Recess and Physical Activity Breaks

(1) Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5

(2) All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE)

(a) This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather staff will be encouraged to provide an indoor physical activity break

(b) When possible, elementary schools are encouraged to schedule recess before lunch

IX. Other Activities

a) Extracurricular Physical Activity Opportunities

(1) Schools will be encouraged to offer opportunities for extracurricular physical activities, considering student interest and supervisor availability

b) Walking and Bicycling to School

(1) Where appropriate and safe, schools will allow walking and bicycling to school

(2) To the extent possible, the school corporation will make improvements so it is safer, easier

and more enjoyable for students to walk and bicycle to school

(3) The school corporation will explore the availability of both local and federal funding (e.g., Safe Routes to School funds administered by the Indiana Department of Transportation) to finance such improvements

(4) To the extent possible, schools will promote walking and bicycling to school, including the promotion of International Walk to School Day

c) Use of School Facilities Outside of School Hours

(1) School spaces and facilities, such as the playground, gym, pool and track, will be made available to students, staff and community members providing school board policies & procedures are met

d) School staff are encouraged to not withhold physical activity as a consequence

X. Staff Wellness

a) The Lafayette School Corporation supports the health and well-being of our staff by creating and implementing policy and workplace environment supports that provide health-promoting opportunities.

b) LSC INtegrate Staff Wellness Initiative

(1) The school corporation will utilize communications programming for faculty and staff to increase knowledge of healthy living principles in the areas of nutrition, sleep, physical activity, and stress management

(2) The school corporation will encourage utilization of designated Champion(s) at each school and building (a Champion is dedicated to facilitating the organization, communication, and execution of staff wellness at the school/building level)

(3) The school corporation will provide access to all LSC employees to a year-round wellness program which includes lifestyle coaching in the areas of nutrition, physical activity, sleep, and stress management

(4) The school corporation will provide access to resources intended to increase knowledge, staff engagement, and professional development within nutrition, sleep, physical activity, and stress management

(5) Building administrators will be encouraged to allow use of school facilities, outside of school hours, for activities such as group fitness classes, walking programs, and individual workouts

(6) Staff will be encouraged to participate in school corporation and community health-promoting events (e.g. running, walking, bicycling, healthy living education, etc.)

(7) The school corporation will continue to develop and maintain relationships with community partners in support of the wellness policy implementation. Existing and new community partnerships and sponsorships will be evaluated periodically to ensure that they are consistent with the wellness policies and its goals

XI. Evaluation

a) Lafayette School Corporation is committed to enforcing the policies included in this document. Through implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff.

(1) The Superintendent or the Superintendent's Designee will encourage and support schools in order to be in compliance with the corporation's wellness policy

(2) The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council

(3) The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council and will be responsible for the three-year assessment of each school's compliance with the policy and its regulations.

(4) The assessment tool used for evaluation of the policy is the **IDOE Triennial Assessment**

(5) The three-year assessment must measure the implementation of this policy and its regulations;

(a) the extent to which each school is in compliance with the policy

(b) the extent this policy compares to other model school wellness policies

(c) a description of the progress made in attaining the goals of the wellness policy

(d) As a result of this assessment and evaluation the policy and regulations will be revised as needed.

b) The three-year assessment and evaluation report will be made available to the public by posting it on the school corporation website.

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