

8510 - WELLNESS

As required by law, the Board establishes the following wellness policy for the Corporation as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in student's healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education/promotion, the Corporation shall:
 - 1. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - 2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 - 3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
 - 4. Nutrition education posters, such as the MyPlate will be displayed in the cafeteria.
 - 5. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

- B. With regard to physical activity/physical education. the Corporation shall:
 - 1. Physical Education

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- b. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
- d. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- e. Schools shall provide daily physical activity for students in elementary schools. The physical activity will be consistent with the curriculum and programs developed under 20-30- 5-7-5 and may include the use of recess to meet such requirements.

2. Physical Activity

- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- b. Schools shall discourage extended periods of student inactivity, defined as two (2) hours or more without some physical activity.

C. With regard to other school-based activities:

1. The schools shall schedule mealtimes so there is no disruption by bus schedules, recess, and other special programs or events.
2. The school shall provide attractive, clean environments in which the students eat.
3. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students

in the school dining areas.

4. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
5. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

D. All other school based activities will promote student wellness.

1. No food based rewards in classrooms.
2. Schools shall limit the number of celebrations involving the serving of food during the school day.
3. The Corporation nutrition department shall follow all State, Local and Federal Child Nutrition Program guidelines.
4. Food/Beverages sold during the school day shall meet Smart Snack guidelines.

See <https://foodplanner.healthiergeneration.org/calculator/>

5. The Corporation nutrition department will promote and encourage Farm to School efforts.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following goals are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#) entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

In accordance with USDA no/or low calorie beverages, flavored and/or carbonated

beverage will be sold to middle school students during the school operating hours.

Also, Child Nutrition Programs (CNP) will comply with all local, state and federal USDA requirements and will be accessible to all children.

The director of foods will also follow the USDA Smart Snacks In School Beverage Guidelines.

USDA SMART SNACKS IN SCHOOLS BEVERAGE GUIDELINES

CATEGORY	ELEMENTARY	MIDDLE	HIGH
Plain or Carbonated water	Any size	Any Size	Any Size
Low Fat Milk (1%) Unflavored	≤ 8 oz	≤ 12 oz	≤ 12 oz
Non Fat Milk (SKIM), Flavored or Unflavored*	≤ 8 oz	≤ 12 oz	<u>≤ 12 oz</u>
100 % Fruit or Vegetable (plain or carbonated)	< 8 oz	≤ 12 oz	≤ 12 oz
100% Fruit or Vegetable Juice, Diluted with Water (plain or carbonated) with no added sweeteners	< 8 oz	≤ 12 oz	≤ 12 oz
No Calorie Beverages, Flavored and/or Carbonated ≤ 5 calories per 8 oz, or ≤ 10 calories per 20 oz	Not Permitted	Not Permitted	≤ 20 oz
Low Calorie Beverages, Flavored and/or Carbonated ≤ 40 calories per 8 oz, or ≤ 60 calories per 12 oz	Not Permitted	Not Permitted	≤ 12 oz

*including nutritionally equivalent milk alternatives as permitted by the school meal requirements.

Note: Caffeinated beverages are only permitted at the the High School level.

- C. All food items and beverages available for sale to students for consumption on campus between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans, including, but not limited to, competitive foods that are available to students a la carte in the dining area, as well as food items and beverages from

vending machines and school stores with regard to specific fund raisers in accordance with the Healthy Hunger Free Act of 2010, 7CFR §210.11(b)(4) and as established by state policy, schools are allowed £_exempted fundraisers per school building, per school year, for fundraisers involving the sale of foods and/or beverages not meeting the nutrition standards for Smart Snacks and occurring during the school day. The maximum duration of an exempted fundraiser is one day.

- D. There are no limits to fundraisers during the school day that meet nutrition standards or are non food/beverage items.
- E. Documentation of exempted fundraisers will be kept on file at each building.

With regard to Staff Wellness, the corporation shall:

- A. Support the health and wellbeing of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.
- B. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
- C. School will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use. Staff will also be encouraged to participate in bicycling or running events, Yoga, 5K group participation and using the high school weight facility as available.
- D. Elementary students will have extra recess time used as a reward in order to promote wellness. Students in grades 3-6 will be part of the fitness program testing administered by a licensed physical education teacher. Elementary students will also have the opportunity to participate in an early morning walking program if they get to school early.
- E. Junior/Senior High School students have the opportunity to participate in many athletic events available. High school students are also required to participate in one full year of physical education class. These students are also able to use the school weight room to lift weights or do cardiovascular exercises after school when the weight room is available.
- F. All students will be offered counseling support in the event of critical incidents such as loss of life or natural disasters. Counselors will also identify trends and initiate appropriate changes to mitigate risks.
- G. Staff will be encouraged to interface with MACE clinic to implement

population health initiatives such as blood pressure screening and health education offerings. Both school nurses will also work with the Cass County Health Department to provide immunizations clinics for students. School nurses will educate school staff on infection control procedures at the beginning of the school year. The high school will also work with the local Red Cross to have on-site blood drives for students, staff and community members. The school nurses will orient staff to appropriate interventions in the event of anaphylactic shock. School nurses will monitor incidents for severity of injury. School nurses will review incident reports at the end of the school year for trends.

The Superintendent shall appoint a Corporation wellness committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The appointed Corporation wellness committee shall be responsible for accomplishing the following:

- A. Assess the current environment in each of the Corporation's schools
- B. Measure the implementation of the Corporation's wellness policy in each of the Corporation's schools
- C. Review the Corporation's current wellness policy
- D. Recommend revision of the policy, as necessary and
- E. Additionally, each building will have a Wellness Team consisting of foodservice, administration, nurse, PE. student, and teacher in order to assist with the implementation of the Wellness Policy.

The Healthy School Report Card, an assessment instrument created by the Association of Supervision and Curriculum Development (ASCD), will serve as an instrument for evaluation. The chain of command for monitoring and implementing the Wellness Policy is as follows:

- A. Wellness Teams -7 Wellness Council;
- B. Wellness Council -7 Superintendent;
and
- C. Superintendent -7 School Board

The Superintendent or designee shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

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