

Southeast Dubois County School Corporation

Bylaws & Policies

8510 - WELLNESS

As required by law, the School Board establishes the following wellness policy for the School 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:
 - 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 included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
 - 3. 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.

- B. With regard to physical activity:
 - 1. **Physical Education**
 - a. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
 - b. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
 - 2. **Physical Activity**
 - a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

- b. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- C. With regard to other school-based activities:
 - 1. The schools shall schedule mealtimes so there is minimum 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. Students at all buildings are permitted to have bottled water only in the classroom.
- D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

The corporation reviews and considers the Smarter Lunchroom tools and strategies, which are evidenced –based simply, low-cost or no cost ideas that are shown to improve student participation in our school meals programs by encouraging the consumption of more whole grains, fruits, vegetables, and legumes, and decreasing plate waste.

Additionally, the Corporation shall:

 - 1. encourage students to increase their consumption of healthful foods during the school day;
 - 2. require students to select a fruit or vegetable as part of a complete reimbursable meal.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines 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. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. 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).
- D. To support healthy food choices and improve student health and well-being, all foods and beverages for classroom rewards, celebrations or parties, or fundraising will not undermine children's diets and health nor reinforce unhealthy eating habits.
- E. Alternative food and beverage ideas shall be provided to parents by teachers and other relevant school staff for foods that are provided, not sold, on the school campus during the school day, including foods and beverages provided for classroom parties or holiday

celebrations.

- F. 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.
- G. All food items and beverages available for sale to students for consumption on campus between midnight and thirty (30) 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 à la carte in the dining area, as well as food items and beverages from vending machines, school stores, or fund-raisers by student clubs and organizations, parent groups, or boosters clubs.
- H. All foods available to students in Corporation programs, other than the food service program, shall be served with consideration for promoting student health and well-being.

The Board designates the building principals as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.

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

The wellness committee shall be an ad hoc committee of the Board with members recruited and appointed annually.

The wellness committee shall:

- 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 appropriate; and
- E. present the wellness policy, with any recommended revisions, to the Board for approval or re-adoption if revisions are recommended.

Before the end of each school year the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the Corporation's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent 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. The committee also shall report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The Superintendent also shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall share an annual update, including any updates to and about the wellness policy, with the public through a variety of means appropriate for the corporation and post the wellness policy on

the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

The Corporation shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the Corporation are in compliance with the Corporation 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. To ensure continuing progress, the Corporation will evaluate implementation efforts and their impact on students and staff using the following tool:

- A. <http://www.doe.in.gov/nutrition/school-wellness-policy>
- B. Team Nutrition; <https://healthymeals.fns.usda.gov/tn/local-wellness-policy-resources/school-nutrition-environment-and-wellness-resources-0>
- C. CDC's Local Policy Outreach toolkit; <https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

The assessment shall be made available to the public on the School Corporation's website.

Food and beverage marketing that allow marketing and advertising on only those foods and beverages that meet the Smart Snacks in School nutrition standards.

I.C. 20-26-9-18
42 U.S.C. 1751 et seq.
42 U.S.C. 1758b
42 U.S.C. 1771 et seq.
7 C.F.R. Parts 210 and 220

Revised 6/14/06
Revised 9/4/13
Revised 3/5/14
Revised 8/6/14
Revised 8/3/16
Revised 8/2/17

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