

Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
Code	po8510
Status	Active
Adopted	July 29, 2021

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. For Clay Community Schools, the Board will provide and promote the United States Department of Agriculture (USDA) National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

Schools alone, however, cannot develop in students 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 sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
3. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
4. Staff responsible for providing instruction in nutrition education shall participate in professional development activities designed to better enable them to teach the benchmarks and standards.
5. The Corporation shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. With regard to physical activity:

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. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- c. For Clay Community Schools, the physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.

2. Physical Activity

- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- b. All students in grades K- 5/6 shall be provided with a daily recess period at least thirty (30) minutes in duration. Recess shall not be used as a punishment.
- c. Where appropriate and safe, schools will allow walking and bicycling to school.

C. With regard to other school-based activities:

1. Free drinking water shall be available to students during designated meal times and may be available throughout the school day.
2. The schools shall daily provide at least twenty (20) minutes after being served lunch and at least ten (10) minutes after being served breakfast for students to eat.
3. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
4. The school shall provide attractive, clean environments in which the students eat.
5. 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.
6. 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.
7. For Clay Community Schools, fundraisers selling food items that do not meet the federal nutrition standards are limited to two (2) days of fundraisers per school building per year, regardless of how many different fundraisers are held those two (2) days.

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.

Additionally, the Corporation shall:

- A. encourage students to increase their consumption of healthful foods during the school day;
- B. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 1. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
 2. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
 3. whole grain products - at least half of all grains need to be whole grain-rich and comply with United States Department of Agriculture (USDA) standards.
 4. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 5. meals designed to meet specific calorie ranges for age/grade groups
- C. eliminate trans-fat from school meals;
- D. provide opportunities for students to develop the knowledge and skills for consuming healthful foods, and for Clay Community Schools, provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu;
- E. require that all foods and beverages sold as fundraisers on the school campus during the school day shall meet the USDA Competitive Food regulations;

F. discourage rewarding children in the classroom with candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance;

For Clay Community Schools school staff will not withhold food or drink at mealtimes as punishment

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. The sale to students of foods and beverages that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited. Competitive foods available for purchase by students à la carte in the dining area, foods or beverages sold from vending machines, and foods and beverages provided by the school or school staff for classroom parties or holiday celebrations are subject to this prohibition.
- E. All 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 shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.

For Clay Community Schools, schools shall inform parents/guardians of classroom celebration guidelines. Classroom celebrations will focus on activities (e.g. giving free time, extra recess, music, and reading time) rather than on food.

- 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 regardless of unpaid meal balances and without stigma.
- G. 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 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. Any food items sold for consumption on campus from thirty (30) minutes after the end of the last lunch period until thirty (30) minutes after the school day ends in a fundraiser by approved student clubs and organizations and Corporation support organizations shall meet the current USDA Dietary Guidelines for Americans.
- I. Continuing professional development shall be provided at least annually for all Clay Community Schools staff of the food service program on proper food handling techniques and healthy cooking practices.
- J. For Clay Community Schools, non-sold food and beverages will comply with federal nutrition standards.

The Board designates the Director of Human Resources and/or Food Service Director as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.

The Superintendent or designee shall form a Coordinated School Health Advisory Council that meets at least annually and includes parents/guardians, students, representatives of the school food authority, nutritionists or certified dietitians, school nurse, educational staff (including health and physical education teachers), school health professionals, School Board members, school administrators, members of the public, and representatives of interested community organizations to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy. School level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Coordinated School Health Advisory Council shall be an ad hoc committee of the Board with members recruited and appointed annually.

The Coordinated School Health Advisory Council 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 Coordinated School Health Advisory Council 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 Coordinated School Health Advisory Council shall consider evidence-based strategies in determining its recommendations. For Clay Community Schools, the School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.

The Superintendent or designee 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 or designee shall distribute information at the beginning of the school year to families of school children 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:

http://www.doe.in.gov/sites/default/files/nutrition/evaluation-checklist_0.pdf

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

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Legal
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