

Policy 6305 - STUDENT WELLNESS

The Board of School Trustees of Clay Community Schools supports the increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the school corporation's students. Therefore, it is the policy of the Board to:

- Provide students access to nutritious food and beverages;
- Provide opportunities for physical activity and developmentally appropriate exercise; and
- Require that all meals served by the school corporation meet the federal nutritional guidelines issued by the United States Department of Agriculture.

Clay Community Schools' School Wellness Policy Committee is as follows:

- Student
- Parent/Guardian
- Physical Education Teacher representative
- Community Member
- Food Service Professionals
- Health Professional
- School Administration Member
- School Board Member
- School Staff, Insurance and Wellness Coordinator
- Principal
- Nurse

School Meals served through the National Lunch and Breakfast Programs will:

- Meet all required target areas set by the USDA;
- Use Nutri-Kids Menu Planning Program for menus and nutritional analysis;
- Include nutritional information on all menu items, which will be posted on the school corporation web site to allow students and parents to identify healthier foods;
- Serve fresh fruit and vegetables daily;
- Have the nutritional analysis posted on the school corporation's web site and in the local newspapers;
- Be appealing and attractive to children;
- Be served in a clean and friendly environment;
- Ensure that all of the served grains are whole grain rich;
- Where possible, be served after recess.

Foods and Beverages Sold and Served on Campus

- All extra-curricular activities where drinks are sold will include healthy beverages including, but not limited to, water, 100% fruit and vegetable juice, low-fat and fat-free flavored milk;
- Competitive foods will have less than 35% of its calories from fat (excluding nut, seeds and nut butters), less than 10% saturated fat, 0 transfat, less than 200 calories, less than 230 mg sodium, and less than 35% of weight from total sugars in foods;
- Portion sizes will be limited to 1 ½ oz. for chips, cookies, dried fruit, jerky and trail mix, etc.
- A la carte portions for entrées and sides will not be greater than lunch portions;

Nutrition Standards for Beverages per USDA Standards

All schools may sell:

- ◊ Plain water (with or without carbonation)
- ◊ Unflavored low fat milk
- ◊ Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- ◊ 100% fruit or vegetable juice and
- ◊ 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

- ◊ No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or less than or equal to 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of:

- Beverages with less than or equal to 40 calories per 8 fluid ounces, or less than or equal to 60 calories per 12 fluid ounces.
- No competitive foods will be sold during the lunch period without the prior approval of the building principal.

Celebrations and Snacks

- A letter should be sent to parents with a listing of healthy choices for snacks, i.e. popcorn, fruit;
- Schools should limit celebrations to no more than two times per month and should include no more than one food that does not meet the nutritional standards as stated above;
- Snacks served during the school day should make a positive contribution to the child's diet and health;
- No candy, cookies, cupcakes, etc. will be sent home from school with students.

Rewards

- Food should not be used as a reward or withheld as a punishment;
- Schools will encourage activities that promote physical activity as a reward. Examples could include extra recess, new jump ropes, basketballs, kick balls, etc.

Food Service Staff

- The Food Service Staff will provide continuing professional development for all nutrition professionals, including, but not limited to, ServSafe Certification.
- Will attend a Smart Lunchroom training.

Physical Activity

- Physical Education program shall be provided adequate space and equipment to ensure quality physical education classes for students;
- Health education classes will include instruction on physical activity;
- Physical activity should be encouraged in the classroom setting;
- Recess should not be withheld as a form of punishment;
- Web Resource: www.aahperd.org/letsmoveinschool

Staff Wellness

- Health screenings will be provided annually (November 5-12);
- A variety of activities will be planned by the Wellness Coordinator and employees will be encouraged to continue with those activities such as Zumba, yoga, weight training and walking;
- Web Resource: www.schoolmpwell.org, www.eatwellandkeepmoving.org

Goals for Nutrition Education

- Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level according to the standards of the Indiana Department of Education
- Wellness education flyers will be sent home monthly.
- Nutritional fun facts will be added to menus.

Other School-Based Activities

- Fitness for Life is in place at Jackson Township Elementary with encouragement to start that program in one additional elementary school by School Year 2013-2014;

Community Education

- American Cancer Society and American Heart Association
- www.inshapeindiana.org.

Plan for Measuring the School Wellness Policy

- The Assistant Food Service Director will monitor the cafeteria offerings and develop a summary report annually
- The Superintendent and each building principal shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met.

(Proposed July 10, 2014)