

8510- WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Richland-Bean Blossom Community School Corporation.

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 play an important role in the developmental process helping students to establish personal health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. 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 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 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.
4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
5. The standards and benchmarks for nutrition education shall be behavior focused.
6. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities such contests, promotions, taste testing and others.
7. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving community agencies and organizations.
8. Nutrition education shall extend beyond the classroom by engaging and involving the school's nutrition services staff.
9. Posters promoting healthy nutrition will be displayed in the cafeterias. Nutrition education poster/information such as MY PLATE must be displayed in the cafeteria.
10. 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.

11. Nutrition education shall extend beyond the school by engaging and involving families and the community.
12. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruit, vegetables, whole grain products, and low-fat and fat-free dairy products.
13. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
14. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
15. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
16. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
17. 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.
18. The school nutrition service shall provide students with nutritional facts of individual items offered in the cafeteria. Nutrition facts will also be made available to the community on our website.
19. Provide all students with health and wellness information resources via the website as well as hard copies available in cafeterias.
20. Nutrition education shall be reinforced by staff through newsletters and daily announcements.
21. Schools shall teach moderation in terms of non-nutritional type of foods.
22. Schools shall integrate more hands-on nutrition education such as school gardens, student engaged health fairs and programs.

B. With regard to Physical Education and Activity 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 standards and benchmarks established by the State.
 - b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing, physical activity.
 - c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills, as well as knowledge.

- d. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- e. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
- f. The K-12 program shall include instruction physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- g. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
- h. All physical education classes shall have a student/teach ratio comparable to the student/teacher ratio in other curricular areas.
- i. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- j. Planned instruction in physical education shall meet the needs of all students, including those who are permanently and temporarily disabled.
- k. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
- l. Planned instruction in physical education shall include cooperative as well as competitive games.
- m. Planned instruction in physical education shall take into account gender and cultural differences.
- n. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

2. Physical Activity

- a. Physical activity should not be employed as a form of discipline; rather give student an alternative (a choice of modified activity).
- b. Movement shall be integrated, when possible, across the curriculum and throughout the school day. (i.e. Brain Breaks)
- c. 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.
- d. All students in grades K-5 shall be provided with a daily recess period at least twenty (20) minutes in duration. Recess shall not be taken away as a punishment.

- e. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- f. The schools shall encourage families and community organizations to institute programs that support physical activity of all sorts.
- g. All students in grades 6-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
- h. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.
- i. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.
- j. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.
- k. Discourage extended periods of student inactivity, defined as two (2) hours or more without some physical activity.
- l. The School Corporation shall provide the use of facilities to be used for physical activity such as work-out rooms, walking tracks, and gymnasiums for on-site health promotion to all staff members. Facility Use Requests may be required for other facility use.
- m. The School Corporation should provide the use of outdoor facilities (during non-school hours) such as playgrounds, walking paths, disc golf course, etc...to all students, parents, staff and community as available.
- n. The School Corporation shall be proactive in involving parents in student physical activities such as Marathon Walks.
- o. The Coordinated School Health Council in cooperation with the Administration shall participate in and promote healthy lifestyles through school and community health fairs, as well as parent and community events.
- p. Schools shall consider goals in physical education as a student's personal best.
- q. Schools should stay updated with Physical Education trends and incorporate these into their curriculum, with consideration of funding.

C. With regard to other school-based activities that promote student wellness the Corporation shall:

1. The schools shall provide at least a thirty (30) minute lunch hour with a minimum of twenty (20) minutes to eat.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. All students, Corporation-wide, shall be permitted to have bottled water only in the classroom per teacher's approval.
5. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings or unless approved by an administrator.
6. Students, parents, and other community members should have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day, as available. Facility Use Request Forms may be required for other facility use.
7. The schools shall provide opportunities for staff, parents, and other community members to model physical activity habits and healthy eating habits by dining with students in the school dining areas.
8. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
9. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free/reduced meals.
10. 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. Furthermore, with the objectives of enhancing student health and wellbeing, and reducing childhood obesity, the following guidelines are established:

1. 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.
2. As set forth in Policy 8531, entitled Free and Reduced Price Meals, guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U. S. Department of Agriculture (USDA).
3. The Nutrition Service Program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
4. The Nutrition Service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

5. All foods available on campus during the school day and thirty (30) minutes after school day shall comply with the current USDA Dietary guidelines for Americans and Smart Snacks in Schools guidelines. **Health, Hunger-Free Kids Act of 2010** (Public Law 111-2960)
6. Calorically dense energy drinks are prohibited throughout the school district. They will not be made available for sale or permitted to be brought in.
7. All foods available to students in the dining area during school nutrition hours shall comply with the current USDA Dietary guidelines for Americans and Smart Snacks in Schools guidelines. **Health, Hunger-Free Kids Act of 2010** (Public Law 111-2960)
8. All foods available to students participating in the National School Breakfast and Lunch Programs shall be served with consideration for promoting student health and well-being.
9. Nutrition Services shall continue to purchase foods that are whole grain rich, low-fat, low-sodium, fresh produce and fruits in light syrup or natural juices. **Health, Hunger-Free Kids Act of 2010** (Public Law 111-2960)
10. Nutrition Services will not prepare fried food. All food must be prepared with consideration for promoting student health and well-being.
11. Nutrition Services shall provide Dairy Vending machines at Secondary Schools with low-fat dairy products available for student or adult purchase before, during, and after the school day.
12. Nutrition Services will offer more fresh salads, fresh topping bars, and salad bars during peak season.
13. Nutrition Services shall offer an affordable breakfast program to all students within the school district.
14. Nutrition Services shall comply with the 2010 Potable Water Act as well as offer the sale of bottled water in all cafeterias that offer ala carte sales.
15. Outside restaurant vendor use will be restricted to special events only and only at Secondary Schools.
16. Nutrition Services shall continue to offer a variety of fresh fruits and vegetables daily.
17. Nutrition Information for all foods in Secondary Schools shall be readily available near the point of purchase.
18. The Nutrition Service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards and current professional development.

19. All Nutrition Services personnel shall receive pre-service training in food service operations. Food Safety and Sanitation workshop and certification is required for all appointed Nutrition Services staff (optional for Nutrition Services substitutes).
20. Continuing professional development shall be mandatory for all staff of the Nutrition Services Staff set forth by the USDA-FNS-486, June 2015.
21. All vending machines accessible to adults must contain at least fifty percent (50%) of items that comply with Smart Snacks in Schools regulations.
22. All athletics and concessions should consider offering a variety of healthier Smart Snacks in School options.
23. The Coordinated School Health Council and School Wellness Committees shall provide recommended lists of healthier items for after school activities, school parties, and special events.
24. The schools shall regulate the offering of “unhealthy” food products throughout the district in all student and staff parties and gatherings. Fifty percent (50%) or more shall meet Smart Snacks in Schools regulations. Also, all foods shall be prepared with consideration for promoting student and staff health and well-being. All fundraising and sale of foods to students must meet all Smart Snack requirements according to the Final Rule, 2016.
25. Schools shall eliminate candy and “non-nutritional” type food based items as common student rewards.
26. All foods available to students participating in the National School Lunch program shall meet required required nutritionally enhanced menu items of the Healthier U.S. School Challenge including more red, orange and dark green vegetables, all whole grains, and more beans and legumes.

E. With regard to availability of health and tools and information to parents and students:

1. The Corporation shall promote the Wellness Policy, the Coordinated School Health Plan, council member’s contact information, council invitation letter, individual school’s wellness events and activities, and annual progress reports on the corporation website.
2. Schools shall promote helpful websites and telephone numbers regarding wellness to parents and students.
3. Nutrition Services shall promote programs throughout the school year promoting the balance of healthy eating and physical education.
4. Schools shall communicate the tools and information to parents and students in at least six (6) different facets of communication.
5. Schools shall work with community health experts to provide opportunities to have annual student BMI screenings completed.

F. With regard to Marketing, Promotion and Policies for Food and Beverage Marketing:

1. Schools shall collaborate with community partners to incorporate local Dietitians, Nutritionists, Physical Trainers, athletes, etc.. to teach lessons to students and parents of the importance of Nutrition Education and Physical Activity.
2. Schools shall invite celebrities to visit for convocations on Nutrition Education and Physical Activities.
3. If schools advertise food and beverage products, schools shall advertise only those foods and beverages that meet the Smart Snacks in School Nutrition Standards, Final Rule, 2016.
4. Individual school wellness committees must meet, set, and achieve one (1) goal annually as part of the school improvement plan that focuses on nutrition promotion and education, physical activity, and other school based activities that promote student wellness determined through evidence based strategies, Final Rule, 2016.
5. School Nutrition Services shall continually promote nutrition with 2 set goals per school year (i.e. Smarter Lunchrooms) per Final Rule 2016.

The Board designates the Superintendent, the Building Principals, and the Nutrition Services/Healthy Schools Director as the individual(s) charged with communication and operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy. The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every year by the Coordinated School Health and Wellness Committee appointed by the Board, consisting of a representative of the School Board, School Administration, the Nutrition Services/Healthy Schools Director and staff, school and community health professionals, physical education teachers, parents, students, and local community members. Amendments to the policy shall be introduced and voted upon by the School Board annually. An assessment of the wellness policy using the Well-Sat evaluation tool shall be conducted every 3 years, per Final Rule 2016. .

42 U. S. C. 1751, Sec. 204

42 U. S. C. 1771

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