

Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
Code	po8510
Status	Active
Adopted	May 9, 2007
Last Revised	July 11, 2023

### 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.

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

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 at all grade levels (*Secondary-Health curriculum includes course titles: Nutrition/Wellness and Family and Consumer Science Courses*) so that learning is sequential, based on the Indiana Academic Standards and provides students with the educational opportunity to gain the knowledge, skills and dispositions necessary to lead healthy lives.
2. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught in grades K-5.
3. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught in grades 6-8.
4. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught in grade 10.
5. The nutrition education program shall work with the school meal program to develop the cafeteria as a place to continue the nutritional learning throughout the school.
  - a. Posters, such as My Plate, will be displayed in each school cafeteria.
  - b. Each school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, skills and dispositions taught in the classroom when making choices at mealtime.
6. Schools will provide nutrition education lessons that cover topics such as reading a Nutrition facts label.
7. Nutrition education curriculum is aligned with state and federal learning objectives and standards.

#### **Standards for USDA Child Nutrition Programs and School Meals**

1. The Liberty-Perry School Corporation offers breakfast at each building following the USDA guidelines. Students are encouraged to eat breakfast by advertising it on our website and take-home menus. A flyer is

- also sent home four (4) times a year to advertise the breakfast program.
2. The meals at LPSC are nutrient-dense and include whole grains, fruits and vegetables. All food served and sold on campus meets the USDA guidelines. A variety of fruits and vegetables are offered to staff and students.
  3. At LPSC fruit and juice are served three (3) days a week, and two (2) days a week fruit is served for breakfast. Juice is not served for lunch. The students are required to take a fruit or vegetable to count as a reimbursable meal. Dried fruit is offered at the registers if desired.
  4. LPSC has implemented a system to protect students' privacy (in addition to following relevant regulations). All students, regardless of type of payment for school meals or a la carte, are given a code to enter at the cash register. Competitive food is sold on the same line as reimbursable meals. All competitive food is "Smart Snack compliant".
  5. LPSC follows the USDA guidelines for breakfast and lunch meals. Those guidelines can be found at:  
  
<https://www.federalregister.gov/documents/2012/01/26/2012-1010/nutrition-standards-in-the-national-school-lunch-and-school-breakfast-programs>
  6. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs. Students have the opportunity to provide input on the school meals. We provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu. Club meetings are not scheduled during the lunch periods, so as not to interfere with having time to eat. The district discourages consumption of competitive food in place of school meals by limiting competitive food choices during the school day.
  7. LPSC is a closed campus that offers healthy and attractive meals. Students are prohibited to leave for lunch.
  8. The school cafeterias do a great job of getting the students through the lunch lines to make sure they have plenty of time to eat their lunch.
  9. All food service employees are required to attend professional standard training and continuing education classes. The director is required to have 12+ hours, head cooks 10 hours, Staff (25 hours) 6 hours, Staff (<25 hours) 4 hours.
  10. There is appropriate supervision provided in all the cafeterias.
  11. The nutritional information for school meals is available upon request. They are in the office of the Food Service Director and also in the kitchens. They will soon be on the website under the interactive menus.
  12. Applications for the free and reduced meals are available in all school offices. They are put out at registration for the parents to pick up. They are also available on the Corporation website. The menus advertise their availability all year long.
  13. Elementary school is encouraged to schedule recess before the lunch period occurs.

**Free drinking water shall be available to students during designated meal times and may be available throughout the school day.**

#### **Nutrition Standards for Competitive & Other Foods & Beverages**

1. LPSC is in compliance with all federal and state nutrition standards for all foods served in school during school hours. All foods served in the vending machines and a la carte are Smart Snack compliant.
2. We do not have after-school programs. Vending machines are 100% Smart Snack Compliant.
3. Foods served in class parties must meet Smart Snack standards.
4. All beverages sold to students during the school day are smart snack compliant, including plain and carbonated water in any portion size and 100% juice and low-fat unflavored mild or fat-free flavored milk.
5. Schools are encouraged to limit the sale of beverages to water, 100% juice and milk.
6. Beverages sold in elementary and middle school that does not meet Smart Snacks are prohibited.

7. The complete Smart Snack standards are included in this policy.

### **Nutrition Standards for Beverages**

All schools may sell:

1. Plain water (with or without carbonation)
2. Unflavored low-fat milk
3. Unflavored or flavored fat-free milk and milk alternatives permitted by NSLP/SBP
4. 100% fruit or vegetable juice, and
5. 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 11-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.

1. No more than 20-ounce portions of:
  - a. Calorie-free, flavored water (with or without carbonation); and
  - b. Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or < 10 calories per 20 fluid ounces.
2. No more than 12-ounce portions of beverages with < 40 calories per 8 fluid ounces, or < 60 calories per 12 fluid ounces.

### **Other Requirements**

Fundraisers

1. The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
2. The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.
3. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards.

Accompaniments

1. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
2. This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

Drinking water fountains will be available to students and staff throughout the school buildings.

Fundraising activities will strive to support healthy eating and wellness. The high school does not allow any fundraising that does not meet Smart Snack regulations.

B. With regard to physical activity:

1. The school district's comprehensive standards-based physical education curriculum identifies the progression of skill development in grades K-12.
  - a. All students in grades K-10, including those with disabilities and special health care needs (to the extent consistent with the students' IEP's), shall be offered no less instruction in physical education than defined by I.C. 20-19-3-6. The goal for all physical education classes, K-12, is to have students obtaining fifty percent (50%) of the class time in moderate to vigorous physical activity. Physical education will not be deprived as a punishment for negative classroom behavior or failure to complete assignments.

- b. The physical education curriculum shall provide sequential instruction related to the knowledge, skills and dispositions 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 knowledge, skills and dispositions necessary to engage in lifelong, health-enhancing physical activity.
  - d. The physical education curriculum shall stress the importance of remaining physically active for life.
- 2. The physical education curriculum for grades K-12 will be aligned with the established state physical education standards.
- 3. Elementary schools should provide 150 minutes per week of physical education instruction.  
  
Current level is forty-five (45) minutes every four (4) days on a rotation basis.
- 4. Middle Schools should provide 225 minutes per week of physical education instruction.  
  
Current level is 6<sup>th</sup> grade: every other day for fifty (50) minutes for the entire school year. 7<sup>th</sup> & 8<sup>th</sup> grade: every other day for fifty (50) minutes for a semester. 8<sup>th</sup> grade Personal Fitness class: fifty (50) minutes every day (250 minutes) for the entire year.
- 5. High school should provide 225 minutes per week of physical education instruction.
  - a. Current level is 9<sup>th</sup> & 10<sup>th</sup> grade: every day for fifty (50) minutes for a semester. (Require by the state of Indiana).
  - b. Electives are offered per semester: every day for fifty (50) minutes.
- 6. Physical education classes will have the same student/teacher ratios used in other classes.
- 7. Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- 8. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
- 9. All students will fulfill the state-mandated physical education requirements for the current school year.
- 10. Exemptions from physical education class time or credit are allowed but discouraged.
- 11. Students may be granted a waiver for physical education II requirement by participating in school-sponsored sports. Assignments, assessments, and end-of-course assessment are required to acquire a grade.
- 12. Schools are encouraged to create a culture of physical activity.
- 13. Schools should promote SAFE walking and biking to school.  
  
Schools are very rural, and no sidewalks to high school and middle school are available.
- 14. Schools shall provide physical activity opportunities for all students before and after school in elementary, middle and high school.
- 15. Elementary school shall provide at least twenty (20) minutes of active recess daily to all students.
- 16. Teachers should provide students with a physical activity break.
- 17. Each school has a staff wellness/fitness room in which they can use to participate in different physical activities.
- 18. Physical activity opportunities should be provided at the school for families and community members.
- 19. All staff should be provided with opportunities for professional development about physical activity.

20. Schools should develop joint use agreements in order to provide physical activity opportunities for community members at the school.

### **Wellness Promotion & Marketing**

- A. Principals should encourage staff to model healthy eating and drinking habits.
- B. Teachers wanting to consume a snack or lunch alongside their students must ensure that only health food/beverages are present. The staff is provided with break/lunch periods, and is not required to eat with students.
- C. When feasible, staff should model healthy behaviors for students, including healthy eating and physical activity.
- D. Schools are encouraged not to use food/beverages as a reward or punishment.
- E. Teachers may use non-food alternatives as rewards. For example, extra recess may be provided when time allows.
- F. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason.
- G. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.
- H. Schools shall promote healthy food items, including fruits, vegetables, whole grains and low-fat dairy products.  
  
Healthy food options will be comparably priced.
- I. Schools shall encourage participation in after-school sports, intramurals and other, non-competitive physical activity programs via school announcements, posters.
- J. Families of all schools will be invited to participate in a free health/wellness fair. Some booths at the fair will include booths that promote and answer questions about food preparation, nutrition, and nutrition labels.
- K. Display and advertising of unhealthy food is strongly discouraged on school grounds.
- L. A review of the advertising content of all classroom and online materials/websites used for teaching should be made prior to selection of materials. Use of materials depicting food brands or logos is discouraged.
- M. LPSC prohibits advertising of non-Smart Snack items. Only Smart Snack-compliant items are served.
- N. LPSC does not advertise unhealthy snacks in school publications.
- O. It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

### **Implementation, Evaluation & Communication**

- A. The wellness committee will meet throughout the school year at a time and place that is convenient for most members.
- B. A letter will be sent to the community via email, and will be posted in a central area in all school buildings inviting members of the community to join the Wellness Committee. Teachers, students, parents, administrators and allied health professionals are encouraged to attend.
- C. The Board designates the Superintendent as the individual charged with 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.
- D. The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goal set forth herein when requested to do so by the Board.
- E. It is suggested that the principals report to the wellness committee as to the compliance of their building with the wellness policy.
- F. The Wellness Council shall conduct an assessment of policy implementation using the Wellness School Assessment Tool-Implementation, along with any other assessment warranted.
- G. The Wellness Council will report the progress of the wellness policy implementation to the Superintendent and the Board.

- H. An annual progress report will be shared with the superintendent and school board; it is recommended it then be made available to the public.
- I. An annual progress report with information about each school's wellness-related activities will be shared with the entire school community.
- J. Every three (3) years, the Wellness Committee will review the latest national recommendations pertaining to the school health, and will update the wellness policy accordingly.
- K. The District website will house the District wellness policy and annual progress reports.
- L. Nutrition information and links to relevant resources in the community should be provided to families through newsletters, publications, health fairs, and other channels.

Review of this policy shall occur every year, by a committee appointed by the Board, consisting of a representative of the Board, the administration, the food service providers, parents, students, and the public. The committee shall provide the Board with any recommended changes to this policy.

Revised 5/13/14  
Revised 11/11/14  
Revised 9/20/16  
Revised 9/19/17  
Revised 6/25/19  
Revised 11/9/21

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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