

Community School Corporation of Southern Hancock County Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Community School Corporation of Southern Hancock County. 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 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, based on the Indiana academic State standards, age-appropriate, culturally relevant, and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- 2 Nutrition education may extend beyond the classroom by engaging and involving the school's food service staff.
- 3 Nutrition education posters, such as the My Plate Guide, will be displayed in the cafeteria.

B. With regard to physical activity:

- 1 A sequential, comprehensive physical education program shall be provided for students in accordance with the standards and benchmarks established by the State.
- 2 Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

- 3 Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- 4 Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- 5 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.

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 Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes.
- 3 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.
- 4 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.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. The food 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.
- B. 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.
- C. All food items and beverages available for sale to students for consumption on campus between midnight and sixty (60) minutes following the end of the last lunch period 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 or school stores.
- D. The school food service program may involve school officials in the selection of competitive food items to be sold in the schools.
- E. Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.

- F. 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.
- G. All food service personnel shall receive pre-service training in food service operations.
- H. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Superintendent as the individual(s) 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.

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

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

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