

WELLNESS

As required by law, the School Board establishes the following wellness policy for the Anderson Community 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.

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, the Corporation will:
 1. Nutrition education should 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 in accordance with the curriculum standards and benchmarks established by the state.
 2. Nutrition education may be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 3. Nutrition education will extend beyond the classroom by engaging and involving the school's food service staff and by displaying educational materials in the cafeteria such as "My Plate".
 4. The school cafeteria will serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

5. Nutrition education may extend beyond the school by engaging and involving families and the community, and should include enjoyable developmentally appropriate and culturally relevant participatory activities reinforcing lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
 6. 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.
 7. Instruction related to the standards and benchmarks for nutrition education will be provided by highly qualified teachers and/or by registered dietitians.
 8. The Corporation may provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
 9. The Corporation encourages parents not participating in the national school lunch program to pack lunches and snacks that align with the US Dietary Guidelines for Americans and to refrain from including foods and beverages that do not meet nutritional standards.
- B. With regard to physical activity, the Corporation shall:
1. Physical Education
 - a. A sequential, comprehensive physical education program will be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State of Indiana.
 - b. The sequential, comprehensive physical education curriculum will 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. The K-12 program may include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.

- d. Teachers properly certificated/licensed in the subject area of physical education may provide all instruction in physical education.
- e. Planned instruction in physical education should meet the needs of all students, including those who are not athletically gifted, and will teach cooperation, fair play, and responsible participation.
- f. Planned instruction in physical education should be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.

2. Physical Activity

- a. Physical activity and movement may be integrated, when possible, across the curricula and throughout the school day.
- b. Schools should 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.
- c. The school should provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- d. The school should encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.
- e. All teachers should be encouraged to use physical activity breaks during classroom time as often as possible.
- f. Students should not be removed or excused from physical education for makeup work in other content areas.

C. With regard to other school-based activities the Corporation shall:

1. The schools will provide at least 20 minutes daily for students to eat lunch.
2. The schools will schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school should provide attractive, clean environments in which the students eat.
4. Activities, such as tutoring or club meetings, may not be scheduled during mealtimes, unless students may eat during those meetings.
5. Students, parents, and other community members may have access to, and are encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
6. With approval from the foodservice department, schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
7. The schools shall provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
8. 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.
9. It is the intent of ACSC to use rewards and incentives in a school environment that reinforce healthy eating habits. Non-food rewards and incentives will be used as a preferred choice to encourage positive behavior.
10. ACSC will highly encourage parents/guardians to reinforce healthy eating by providing handouts with information and examples of meals and snacks that meet the districts standards.

D. With regard to nutrition promotion, the District will:

1. encourage students to increase their consumption of healthful foods during the school day;
2. Create an environment that reinforces the development of

healthy eating habits, including offering foods that meet the National School Lunch and Breakfast guidelines.

- E. Rewarding children in the classroom should not involve foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative non-food rewards can be used to provide positive reinforcement for children's behavior and academic performance. If food is utilized USDA Smart Snacks are encouraged.

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 will 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. 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).
- C. The food service program will strive to be financially self-supporting through the sale of school meals and smart snacks. It will not be through the sale of foods with minimal nutritious value.
- D. 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.
- E. All foods and beverages available to students in the dining area during school food service hours will comply with the current USDA minimum nutrition standards (Smart Snacks), including competitive foods available to student a la carte or from vending machines.
- F. All foods available to students in Corporation programs, other than the food service program, should be served with consideration for promoting student health and well-being.
- G. It is encouraged that any food items sold on campus as a fund raiser meet the current USDA Dietary Guidelines for Americans.
- H. The school may prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply

with the current USDA Dietary Guidelines for Americans.

- I. The food service program will be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- J. All food service personnel will receive pre-service training in food service operations as well as continuing professional development.

The Board designates the Superintendent or Designee as the individuals 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 or Designee shall appoint the Corporation wellness committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The Superintendent or Designee will be an ex officio member of the committee.

The wellness committee will be an ad hoc committee of the Board with members recruited and appointed annually.

The appointed Corporation wellness committee will be responsible for accomplishing the following:

- 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 necessary and
- E. present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary

Before the end of each school year the wellness committee may 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.

The Superintendent or Designee may report annually to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified. The committee may also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The Superintendent or Designee is also 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 will include information in the student handbook and post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

The Superintendent or Designee will 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 may occur every year, 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, Sec. 204
42 U.S.C. 1771

Adopted 4/12/16