

Shelbyville Central Schools

Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Shelbyville Central 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, the 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 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 the community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets goals in the following areas in an effort to enable students to establish good health and nutrition habits. A Coordinated School Health Advisory Council/Wellness Committee has been formed and maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy.

I. Coordinated School Health Advisory Council/Wellness Committee

	A.	In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain a corporation level Coordinated School Wellness Committee that includes at least the following:
	=	Parents/Guardians
	=	Food service directors and staff
	=	Students
	=	Nutritionist or certified dietitians
	=	Health care professionals
	=	School board members

	=	School administrators
	=	Representatives of interested community organizations
		Other potential members of the committee include teachers, school nurses, teaching assistants, and others in the general public and school community interested in the health and well-being of students and staff.
	B.	The Coordinated School Health Advisory Council/Wellness Committee will meet at least two (2) times a year during the school year.
	C.	The School Board designates the building principals in cooperation with Assistant Superintendent and Health Services Director as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.
	D.	The Wellness Committee will conduct an assessment of policy implementation using the Wellness School Assessment Tool (WellSAT) every three (3) years and report to the Superintendent and the School Board on the implementation of the wellness policy and include any recommended changes or revisions. This information will be documented via a documentation tool and available for State agency examination, as well as, made available to the school community and public.
	E.	The School Wellness Policy shall be made available to students and families by means of the Student Handbook and the Corporation's Website.
	F.	The wellness committee will determine how best to share the wellness policy information with the school and general community. Nutrition information and links to relevant resources should be provided to families through email, newsletters, publications, open houses, parent fairs, and other channels.

II. Nutrition Education

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion by doing the following:

	A.	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.
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	B.	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.
	C.	Nutrition education standards and benchmarks shall be age appropriate and culturally relevant.
	D.	Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
	E.	Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
	F.	The Corporation shall provide information to parents that are designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
	G.	Nutrition education standards and benchmarks promote the benefits of a balanced diet that follows the current Dietary Guidelines for Americans.
	H.	The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

III. Standards for USDA Child Nutrition Programs and School Meals

	A.	Meals served through the National School Lunch and Breakfast program will meet, at a minimum, the nutritional requirements established by the USDA for federally funded programs. USDA standards can be found at www.usda.gov .
	B.	The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams <i>trans</i> fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.
	C.	School Meal Participation/Information
		1 Schools will offer breakfast through the USDA School Breakfast Program.

		2 To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including breakfast in the classroom and serving "grab-and-go" breakfasts.
		3 To the extent possible, schools will provide the After School Meal Program, in accordance with the Healthy, Hunger-Free Kids Act of 2010.
		4 If Summer Food Service program offered, schools will inform families of the availability and location of Summer Food Service program meals in accordance with the Healthy, Hunger-Free Kids Act of 2010.
		5 The food service department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
		6 The district has a closed campus policy. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.
		7 The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas, but are asked not to bring in fast food of any kind.
		8 The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the school website, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.
		9 Applications for free/reduced priced meals are available to families at registration and the district website. Once the application is processed, a letter of notification will be sent address provided.
		10 Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free/reduced priced meals.
		11 As set forth in Policy <u>8531</u> , 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).
		12 Advertising and marketing of food and beverages in school shall be in alignment with promoting student health and well-being.
	D.	Mealtimes and Scheduling

		1 The schools shall provide an adequate number of minutes daily for students to eat.
		2 Elementary schools are encouraged to investigate schedules that will allow recess before lunch.
		3 School meals will be served in clean and pleasant environment.
		4 The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, discipline issues and other special programs or events.
		5 Students will have convenient access to sanitizing stations.
		6 Potable (drinking) water must be readily available at all mealtimes. Food service will provide potable water if not readily available.
		7 Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
		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 All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students, a la carte, or from vending machines.
	E.	Food Service Program/Professional Development
		1 In accordance with Policy <u>8500</u> , 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 The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages that ultimately promote student well-being.
		3 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.
		4 The food service program shall follow all State guidelines on portion limits. I.C. 20-26-9-2.

	5	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.
	6	Food service directors, managers, and staff will have adequate training on proper food handling techniques, health cooking practices, and in food service operations.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Foods not sold, but offered, to students (ie: classroom parties, snacks, incentives) will meet the Smart Snacks guidelines with the exception of holiday parties (Fall, Winter, Valentines-elementary) and special events (ie: Pie Day, Cinco De Mayo-secondary) during the school year. No restrictions will be enforced during those celebrations (maximum of three (3) per year). Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

With the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established: Smart Snack guidelines can be found at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

	A.	The District is in compliance with all Federal and State nutrition standards for all foods served in schools.
	B.	All foods and beverages available to students in Corporation programs, including on –site after school programs, shall be served with consideration for promoting student health and well-being. To the extent possible, foods available will follow the USDA Smart Snacks guidelines.
	C.	The Corporation requires that foods and beverages served to students in before/ after care, whether run by the school or an outside party is encouraged to meet Smart Snack standards.
	D.	The school shall prepare and distribute to staff, parents, and after school program personnel a list of snack items that comply with the current Smart Snack standards.
	E.	Due to concerns about food safety, food allergies, and interruption of classroom instruction, children that are recognized on their birthdays may be done so by given special privileges (i.e.: line leader, teacher helper), or non food items (i.e.: stickers, pencils).
	F.	The district shall provide parents with a list of foods that meet the Smart Snacks standards and only allow those foods to be furnished for classroom activities/ celebrations related to curriculum. Store bought items with a label are recommended.

G.	The Corporation will create a non-food list for teachers and other relevant school staff with alternative ways to reward children for good behavior.
H.	In accordance with Indiana Code 20-26-9-19, a vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
I.	Vending machines in the middle and high schools will not be available during mealtimes and will contain items (food and beverage) that meet the approved Smart Snack standards if available during other school hours.
J.	Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
K.	Any food item sold during school day- from midnight the night before until thirty (30) minutes after the end of school as a fundraiser to students must comply with the Smart Snack standards.
L.	The Corporation encourages the use of non-food items to be used as fundraisers.
M.	The complete Smart Snack standards can be viewed via the web link http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

V. Physical Activity and Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

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.	All students in grades K-5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for forty to forty-five (40-45) minutes one (1) day per week for the entire school year.
C.	All students, including those with disabilities, special health care needs (to the extent consistent with the students' IEPs), shall receive instruction in physical education for forty-five (45) minutes per day five (5) days per week for at least three (3) semesters in grades 6-8.
D.	All students, including those with disabilities, special health care needs (to the extent consistent with the students' IEPs), shall receive instruction in physical education for forty-five (45) minutes per day four to five (4-5) days per week for at least two (2) semesters in grades 9-12.

E.	The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
F.	Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
G.	The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
H.	The sequential, comprehensive physical education curriculum shall 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.
I.	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.
J.	The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
K.	Planned instruction in physical education shall require students to be engaged in moderated to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
L.	Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
M.	Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
N.	Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
O.	Planned instruction in physical education shall include cooperative as well as competitive games.
P.	Planned instruction in physical education shall take into account gender and cultural differences.
Q.	Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
R.	Daily physical activity shall be provided for all students in elementary schools.

S.	The physical activity must be consistent with the curriculum and programs developed under I.C. 20-19-3-6 and may include the use of recess.	
T.	Students should have the opportunity to be physically active before and after school.	
U.	All students in grades K-5 should be provided with a daily supervised recess period, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. Recess should not be used as a punishment.	
V.	Physical activity and movement will be integrated, when possible, across the curricula and throughout the school day.	
W.	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 activities like bowling, swimming, or tennis.	
X.	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.	
Y.	The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.	
Z.	In addition to planned physical education, the school shall provide age-appropriate physical activities that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.	
AA.	All after-school child care programs shall provide developmentally appropriated physical activity for the students who participate.	
BB.	Physical activity opportunities should be provided at the school for families and community members, for example walk-a-thon, 5K, bike-a-thon, etc.	
CC.	All staff will be provided with information and opportunities to promote a healthy lifestyle.	
DD.	Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day, as available.	
EE.	Students will be informed of the opportunity to participate in physical activity in after-school programs and school intramural programs.	

VI. Wellness Promotion and Marketing

A.	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.
B.	An organized wellness program shall be available to all staff. Faculty and staff will have the opportunity to be involved in wellness programs and/or efforts to build effective school health initiatives. A wellness program will strengthen morale and reduce absenteeism.
C.	The staff can set a powerful example to the students by modeling healthy eating and regular exercise. School faculty and staff should encourage healthy eating behaviors by being a role model to students during school hours.
D.	If staff chooses to consume food and beverages in front of students during instructional time, they are encouraged to consume healthy food and beverages.
E.	The District encourages teachers, when possible, to use non-food alternatives as rewards.
F.	Teachers are encouraged to use non-food alternatives as rewards and will be provided a list of alternative ideas which may include extra recess when time and space allows.
G.	Teachers are discouraged from assigning physical activity as student punishment with the exception of high school elective fitness classes.
H.	Teachers are encouraged to find alternatives to withholding recess or other physical activities as punishment.
I.	Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school. Healthy food options will be comparably priced.
J.	A broad scope of health services shall be delivered to promote the mental, physical, and emotional health of both students and staff members under the supervision of a professional health services coordinator with the support and direction of the School Board.
K.	The District shall provide, as available, programs and services that support and value the mental health, social and emotional well being of students, families and staff to build a healthy school environment.

L.	The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.
M.	The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property.
N.	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.
O.	Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food on or in areas where food is purchased is prohibited.
P.	Schools will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.
Q.	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.

Adopted 8/8/06
 Revised 8/14/12
 Revised 2/9/16
 Revised 4/11/17