

ZIONSVILLE COMMUNITY SCHOOLS  
WELLNESS POLICY

The Board of School Trustees within the Zionsville Community Schools (ZCS) recognizes the importance of nutrition and physical activity as it relates to the prevention of childhood (and subsequent adult) health issues, including but not limited to, obesity. Furthermore, we recognize the school's influence in establishing lifelong healthy habits. Due to the nature of our school corporation and the involvement and commitment of our community members, others will be invited and encouraged to lend their support in creating students who achieve not only high academic performance, but also lifelong health.

1. Nutrition Education Goals:
  - a. Whenever possible, nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
  - b. Through various means, the school's food service department will participate in educational opportunities related to nutritional training for all Zionsville Community School students.
2. Physical Activity Goals:
  - a. At school, opportunities for physical activity, including recess will be present.
  - b. Physical activity will continue to be the stated aim of elementary recess.
  - c. Recess can be used as a reward but should not be taken away as a punishment.
  - d. Recognizing that each of us has an opportunity to be a role model for today's youth, school facilities will be made available when possible for the community's physical fitness use.
3. Nutrition Standards for cafeteria food provided by the ZCS Food Service Department:
  - a. Food items and meals will meet the nutritional guidelines established by the U.S. Department of Agriculture along with guidelines from other regulatory agencies impacting the national school lunch program.
  - b. Of the food and beverages sold during the school day and accessible to students, 50% will meet the following criteria.
    - i. 30% or less of calories from fat
    - ii. 10% or less of calories from saturated fat and trans fat
    - iii. 35% or less of product weight from sugars that do not occur naturally in fruits, vegetables or dairy products.
  - c. Information related to nutritional content of menu items will be made available to customers.
  - d. Other food items provided in the classroom or for other educational purposes will be encouraged to abide by the criteria listed in 3b.
4. Other Student Activities Related to Wellness
  - a. Those involved in fund raising will be strongly encouraged to seek opportunities that promote and encourage good nutrition and /or physical activity along with generating revenue.
  - b. Food as classroom rewards will be discouraged, unless the snack meets the criteria set forth in 3b.
5. Goals for Measurement and Evaluation:
  - a. ZCS faculty, students, and community members, shall review this policy each year.