

WELLNESS

As required by law, the School Board establishes the following wellness policy for the East Washington 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 shall:
 1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
 2. 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.
 3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
 4. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.

5. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
6. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
7. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
8. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
9. Nutrition education shall extend beyond the school by engaging and involving families and the community.
10. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
11. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
12. 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.
13. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
14. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
15. The Corporation shall provide information to parents designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. With regard to physical activity, the Corporation shall:

1. Physical Education

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.

*Elementary students K-4 will receive forty minutes of structured physical education weekly

*Middle school grades 5-6 will receive one 9 week period of Physical Education per year equaling 225 minutes

*Middle school grades 7-8 will receive three nine week periods of physical education per year equaling 225 minutes.

*High school students will receive at least 2 semesters of physical education prior to graduation equaling 550 minutes. Advanced Physical Education courses will be offered as an elective.

- b. 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.
- c. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- d. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- 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 knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- g. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- h. 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.

- i. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.
- j. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- k. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- l. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
- m. Planned instruction in physical education shall include cooperative as well as competitive games.
- n. Planned instruction in physical education shall take into account gender and cultural differences.

*P.E. teachers will be allowed to attend P.D. opportunities.

*Exemptions from physical education class time or credit are allowed, but discouraged.

2. Physical Activity

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- c. 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 agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

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- d. All students in grades K- 5 shall be provided with a daily recess period at least twenty (20) minutes in duration. Withholding recess cannot be used as a punishment.

*Teachers will share their positive experiences with physical activity with their students. Staff should model healthy behaviors for students, including healthy eating and physical activity.

*Teachers may use non-food alternatives as rewards.
Ex: Extra recess/physical activity could be a reward

- e. 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.

- f. The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.

*The school corporation will allow the community access to recreational facilities (ex: gym, fields, etc) with prior reservation and permission of the Corporation.

- g. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.

- h. All students in grades 5-12 shall have the opportunity to participate in interscholastic sports programs.

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

1. The schools shall provide at least a thirty (30) minute lunch period.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

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3. The school shall provide attractive, clean environments in which the students eat.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. 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.
6. An organized wellness program shall be available to all staff.
7. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.

8. 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.
9. 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.
10. 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.
11. 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.

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

1. *Offer breakfast at all schools that provide meals that are approved by using the USDA guidelines. It will be encouraged through the school's website and newsletters.
2. Encourage students to increase their consumption of healthful foods during the school day; to include all foods served and sold during the established school day timeline including snacks that meet the Healthy Snack requirements as set by the USDA. After-school program offered to students are served snacks/foods that comply with standards for the After School Snack Program under the NSLP. All vending machines are Smart Snack compliant.
<http://www.doe.in.gov/nutrition/after-school-snack-program>
3. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:

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- a. a variety of fresh produce and fruits offered weekly to include those prepared without added fats, sugars, refined sugars, and sodium
- b. a variety of vegetables weekly to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
- c. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains should be whole grain-rich.
- d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored) water fountains are available in the cafeteria and will be allowed access during the meal service as well as water bottles are allowed, too.

- e. meals designed to meet specific calorie ranges for age/grade groups
- f. eliminate trans-fat from school meals
- g. require students to select a fruit or vegetable as part of a complete reimbursable meal
- h. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods by providing the nutritional information of menu items upon request by the student and families.

*The campus will be a "Closed" campus and students will not be allowed to leave campus for the purpose of obtaining food for lunch.

*Discourage staff from consuming unhealthy food and beverages in front of students

*Display and advertising unhealthy foods is strongly discouraged on school grounds

*Use of materials depicting food brands or logos is discouraged in classrooms and only materials/websites

*An effort will be made to remove advertising from the cafeteria that directly goes against healthy eating habits

*Advertising of unhealthy products in school publications will be limited and principal approval will occur on ads on the school's website.

*It is recommended that the schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the goals of a healthy school community.

- E. The District nutrition department will promote and encourage Farm to School efforts in order to provide the healthy foods identified above.

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- F. All foods and beverages sold as fund raisers outside of the school meals program during the regular and extended school day shall meet the USDA Competitive Food regulations and the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines. <https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=competitive%20foods%20and%20beverages%20in%indiana>.
- G. Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

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 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.
- 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). Free/Reduced applications are available at all school offices and online through the school's website.
- C. 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.
- 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 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 student a la carte or from vending machines. <http://www.doe.in.gov/nutrition/smart-snacks-schools>
<http://www.neola.com/eastwash-in/>

Elementary Beverages: Water, Milk, & 100% Juice

Middle School: Water, Milk, & 100% Juice

High School: Water, Flavored Waters, Milk, 100% Juice, Diet Drinks, and no Energy Drinks

All students have access to water during the meal service and throughout the entire day with water fountains and water bottles. At the elementary/ms students' drinks should not contain caffeine unless naturally occurring in the drink/food. Currently there is no limit on caffeine at hs level, but should be in moderation.

Smart Snacks:

<http://www.doe.in.gov/nutrition/smart-snacks-schools>

- F. The school food service program may involve students, parents, staff and/or school officials in the selection of competitive food items to be sold in the schools.
- G. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- H. All food service personnel shall receive pre-service training in food service operations.
- I. 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 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 shall be an ex officio member of the committee.

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

The appointed Corporation wellness committee shall 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 shall 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 shall 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 shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The Superintendent shall also be 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 shall distribute information at the beginning of the school year to families of school children 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 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 every two (2) years, by a committee appointed by the Board, consisting of a representative(s) 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 4/11/06
Revised 5/13/14
Revised 11/28/17

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