

West Central School Corporation Wellness Policy

Philosophy: The Board of School Trustees of West Central School Corporation supports increased emphasis on nutrition and physical activity at all grade levels to enhance the well-being of the school corporation's students.

Therefore, in accordance with the Child Nutrition Act, it is the policy of the Board to:

Statement of Purpose: Provide students access to nutritious food and beverages; provide opportunities for physical activity and developmentally appropriate exercises; and require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture.

I. Coordinated School Health Advisory Council

West Central School Corporation will engage students, parents/guardians, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing our corporation's nutrition and physical activities policies. A Coordinated School Health Advisory Council will oversee the development, implementation and evaluation of the school corporation's wellness policy.

- A.** In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at a minimum the following:
 - *parents/guardians
 - *foodservice director & staff
 - *students
 - *health care professionals
 - *school board member
 - *school administrators
 - *teachers (physical education teachers)
 - *school nurse
 - *members of the general public/community organizations
- B.** The Advisory Council shall meet annually to review nutrition and physical activity policies and develop an action plan for the coming year. The council shall meet as needed during the school year to discuss implementation activities and to address barriers and challenges.
- C.** The Advisory Council shall report annually to the Superintendent and School Board on the implementation of the wellness policy and any changes or revisions that are recommended
- D.** The School Board will adopt or revise policies based on the recommendations made by the Advisory Council

- E. The School Wellness Policy shall be made available to students, staff and families by means of school registration, corporation's website, and the student/staff handbook

II. Standards for USDA Child Nutrition Programs and School Meals

All schools at West Central will provide and promote breakfast and lunch through the USDA National School Breakfast and Lunch Program

A. School meal content

- 1. Meals served through the National School Breakfast and Lunch Programs will:

- * meet or exceed the USDA Dietary Guidelines for Americans
- *offer a minimum of 2 fruits and/or vegetables at all meals
- *offer only 1% white for fat free milk
- *include whole grains for at least 50% of the grains served
- *contain 0 percent trans fats

- 2. All cooked foods will be baked or steamed

- 3. Fresh fruits and vegetables will be from certified local farmers when practical

B. School Meal Participation

- 1. Schools will, to the extent possible, utilize methods to serve school breakfast that encourages participation, including serving breakfast in the classroom and grab and go breakfasts
- 2. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast
- 3. Schools in which more than 50% of students are eligible for free or reduced priced meals will sponsor the Summer Food Program when feasible

C. Mealtimes and Scheduling

- 1. Students will be provided adequate time to eat (at least 20 minutes to eat lunch and 10 Minutes to eat breakfast)
- 2. School meals will be served in clean and pleasant settings
- 3. Students will be able to wash and sanitize their hands before meals
- 4. Potable water will be available at all mealtimes
- 5. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced

D. Professional Development

- 1. Professional development and training will be provided and tracked for the foodservice department according to the CEU's required by the USDA

III. Nutrition Standards for Competitive and Other Foods and Beverages

All schools at West Central will provide and allow foods and beverages that support proper nutrition and promote healthy choices throughout the school day.

A. Approved Nutrition Standards

1. K-12 a la carte and competitive foods outside the school meals shall be limited to:

- *No more than 30% of total calories from fat
- *Less than 10% of total calories from saturated fats
- *0% trans fat
- *No more than 35% of calories from total sugars

2. K-12 a la carte and competitive beverages outside the school meals shall be limited to:

- *Water without flavoring, additives, or carbonation
- *Low-fat and nonfat milk (in 8oz. portions)
- *100% fruit juice in 4oz. portions as packaged for elementary/middle school and 8oz. for High school
- *All beverages other than water, milk, or juice shall be no larger than 12 ounces

B. Availability

- 1.** Vending machines for middle/high school students will have timers allowing their use only after school hours. An exception is for vending machines dispensing 100% healthy snacks and drinks
- 2.** Elementary students will have no access to vending machines during the school day
- 3.** Snack carts and the sale of food items by individuals/groups shall be permitted only with prior approval
- 4.** Students and staff will have free water for consumption available in water fountains throughout the school buildings

C. Celebrations and Fundraisers

- 1.** All school sponsored events and celebrations of special occasions shall include healthy beverages and/or food among the choices available to participants.
- 2.** Teachers will send home a healthy snack suggestion guide to parents
- 3.** Water or school beverages listed above are encouraged to be served for any celebration during school hours
- 4.** Fundraising activities will strive to support healthy eating and wellness

IV. Nutrition Education and Promotion

Nutrition, health, and fitness topics shall be integrated within the health education curriculum taught at every grade level, K-12, and coordinated with the school corporation's food service program. These topics may be integrated with other curriculum areas as deemed appropriate, and will link with the coordinated school healthy program.

A. Nutrition education will be provided in the following ways:

1. Lessons, using Team Nutrition materials, will be incorporated in all grade levels on nutritional values of meals/foods
2. Lessons will be taught on various chronic diseases, such as diabetes, and their symptoms
3. One focus for nutrition education will be to reach out to community resources such as Purdue Extension
4. Effort will be made to market healthy foods and My Plate will be displayed throughout the school buildings and in every classroom including the cafeteria
5. Nutritional tid-bits will be posted in each building's cafeteria
6. The food service department will share and publicize information about nutritional content of meals with students, staff, and parents on the school's website
7. Periodic taste testing of proposed new healthy foods will be done in the cafeteria
8. Special dietary, religious, and cultural needs of students will be considered when planning meals
9. Students are prohibited from leaving campus for lunch

V. Physical Activity and Physical Education

A. Physical Education K-12

1. All students in grades K-12 will be scheduled for physical education instruction in accordance with Indiana State Law
2. Waivers will not apply toward the physical education courses required for a diploma
3. A licensed instructor will teach physical education
4. All staff involved in physical education will be provided with opportunities for professional development

B. Daily Physical Activity Breaks

1. Each school day shall incorporate several minutes of physical activity or exercise (20 minutes in elementary school) in addition to the physical education curriculum
2. Other goals for physical activity include recess, classroom physical activity breaks, and before and after school programs

C. Physical Activity Opportunities Before and After School

1. The school offers intramural teams, clubs, and voluntary activities to increase physical activity opportunities for students after school hours
2. The corporation is encouraged to promote the use of school facilities (fitness center, weight room, pool, playground, etc.) outside of school hours for physical activity

D. Education/Activities Punishment

1. Physical education shall not be taken away as a consequence

VI. Staff Wellness

- A.** Staff is encouraged to engage in health screenings, follow-ups, and healthy activities to improve and maintain their health
 - 1.** MASE annual health screenings
 - 2.** Free online monitoring (www.sparkpeople.com)
 - 3.** Example activities: walking, running, and biking
- B.** Staff is encouraged to eat healthy and be positive role models
 - 1.** Fresh fruit, vegetables, and salad bar are offered daily and staff is encouraged to partake in the breakfast and lunch program
 - 2.** Staff is encouraged to adhere to and assist in enforcement of the above policies to aid in developing a healthy school and community

VII. Evaluation and Responsibilities

West Central School Corporation's Superintendent or designee is responsible to prepare rules, regulations, and guidelines to implement and support this policy. Such provisions should address all food and beverages sold and/or served to students, including competitive food sales, vending machine items, fund raising activities, and student rewards. The superintendent should also prepare regulations for staff development, community involvement, and program evaluation.

- A.** The superintendent and each building principal or designee shall share the operational responsibility for ensuring the provisions of this policy and its regulations are met in each school
 - 1.** The Advisory council will use the WellSAT tool to evaluate the policy
 - 2.** The Advisory council will be responsible to report to the principals and superintendent on an annual basis the results of the evaluation
 - 3.** The superintendent will be responsible for reporting to the school board the progress
 - 4.** This policy shall be reviewed once a year and revised every two years or as needed

