

WARRICK COUNTY SCHOOL CORPORATION BOONVILLE, INDIANA	Code: JLC
	Student Wellness Policy

The Warrick County Board of School Trustees supports increased emphasis on nutrition as well as physical activity at all levels to enhance the well-being of the school corporation's students. Therefore, it is the policy of the Board to:

- Promote student wellness through health, nutrition, and physical education;
- Provide students access to nutritious foods and beverages;
- Provide opportunities for physical activity and developmentally appropriate exercise;
- Require that all reimbursable meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture;
- Require that all policy and regulations adhere to IC 20-26-9; and
- Encourage school affiliated organizations to offer healthy alternatives during all school sponsored events and celebrations.

The superintendent or designee shall share the responsibility for ensuring that the provisions of this policy and its regulations are met.

LEGAL REFERENCE: 42 U.S.C. (et. seq.)

ADOPTED: 6/19/06

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TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The Warrick County School Corporation will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the district-wide Student Wellness Policy.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

A. School Meals

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

1. be appealing and attractive to children;
2. be served in clean and pleasant settings;
3. meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
4. offer a variety of fruits, vegetables, and whole grains;
5. serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA).

The Food and Nutrition Department should engage students, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the Food and Nutrition Department shall make available information about the nutritional content of meals with parents and students.

1. **Breakfast.** To ensure that all children have access to breakfast at school, in order to meet their nutritional needs and enhance their ability to learn:
 - a. Schools will, to the extent possible, operate the School Breakfast Program;
 - b. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation in the school breakfast program;
 - c. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program;
 - d. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

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2. **Free and Reduced-Priced Meals:** Schools will make an effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

3. **Summer Food Service Program:** Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and when possible, throughout the entire summer vacation.

B. Meal Times and Scheduling. Schools:

1. shall schedule breakfast service to be open for at least 20 minutes;
2. shall provide students with at least 15 minutes to eat after sitting down for lunch;
3. shall schedule meal periods at appropriate times;
4. shall not schedule classes, tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
5. shall provide students access to hand washing or hand sanitizing before they eat meals or snacks.

C. Qualifications of School Food Service Staff. Qualified School Nutrition Professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all School Nutrition Professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

D. Sharing of Foods and Beverages. Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

E. Foods and Beverages Sold Individually. (*i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, etc.*) All food and beverages sold during school hours shall adhere to IC 20-26-9 guidelines.

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F. Fundraising Activities. To support children’s health and school nutrition-education efforts, schools will encourage non-food fundraising activities and will encourage fundraising activities that promote physical activity. The Food and Nutrition Department will make available a list of ideas for alternative fundraising activities.

G. Rewards. Schools are strongly discouraged from using foods or beverages as individual rewards for academic performance or good behavior. Schools will not withhold food or beverages (including food served through school meals) as a form of punishment.

H. Celebrations. All students must have access to well-balanced meals (National School Lunch and Breakfast Program). For this reason, it is recommended that all classroom food celebrations occur after meal service times and not during lunch hours. Schools should encourage serving healthy foods and beverages at celebrations. The Food and Nutrition Department will make available a list of recommended snack ideas for school/classroom parties.

III. Nutrition and Physical Activity Promotion and Food Marketing

A. Nutrition Education and Promotion The Warrick County School Corporation aims to teach, encourage, and support healthy eating habits by students. Schools shall provide nutrition education that:

1. is offered at each grade level to provide students with the knowledge and skills necessary to promote and protect their health;
2. will not be limited to health education classes;
3. includes enjoyable, developmentally-appropriate activities, such as contests, promotions, taste-testing, farm visits, and school gardens;
4. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
5. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
6. links with school meal programs, other school foods, and nutrition-related community services;
7. teaches media literacy with an emphasis on food marketing; and provides resources for teachers and other staff.

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B. Communications with Parents. The Warrick County School Corporation will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The Food and Nutrition Department will have available nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. The Food and Nutrition Department can also provide parents with information for packing healthy lunches and snacks.

The schools will make information available about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school.

C. Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of items promoting predominantly low-nutrition foods and beverages is discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

IV. Physical Activity Opportunities and Physical Education

A. Physical Education Curriculum Goal:

The goal of the Physical Education curriculum is to develop individuals who are proficient at movement and who can use physical activity to:

1. Maintain or develop fitness;
2. Develop skills for sport and recreation;
3. Use movement for self-expression, enjoyment, challenge, and social interaction; and
4. Achieve lifelong physical wellness.

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- B. Physical Education (P.E.) K-12.** The Physical Education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

The Warrick County School Corporation will provide resources and opportunities to increase physical education activities for all students on an age appropriate level. Schools will adhere to guidelines set forth by the IC 20-26-9 and the Indiana Physical Education Standards.

- C. Daily Recess.** All elementary school students (excluding half-day kindergarten) will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

Schools should give students periodic breaks during prolonged inactivity in which they are encouraged to stand and be moderately active.

- D. Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will be encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All schools will offer interscholastic sports programs as appropriate. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

The School Corporation shall encourage after-school programs to offer daily periods of moderate to vigorous physical activity for all participants.

- E. Physical Activity and Punishment.** Teachers and other school and community personnel shall be discouraged from using or withholding physical activity as punishment.

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V. Monitoring and Policy Review

- A. **Monitoring**. In each school, the principal or designee will monitor compliance with the Student Wellness Policy.

School Food and Nutrition Service Staff will ensure compliance with the Student Wellness Policy within school food service areas and will report on this matter to the WCSC Food and Nutrition Manager. In addition, the Food and Nutrition Department will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

- B. **Policy Review**. The Warrick County School Corporation, and individual schools within the corporation, will, as necessary, revise the Student Wellness Policy and develop plans to facilitate implementation.

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