

WARRICK COUNTY SCHOOL CORPORATION BOONVILLE, INDIANA	Code: 4170
	Student Wellness

The Warrick County School Corporation supports the health and well-being of the school corporation's students by providing and promoting proper nutrition and physical activity at all grade levels.

In accordance with federal and state law, students shall have access to healthy foods and beverages, opportunities for developmentally appropriate physical activity, and meals that meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

This School Wellness Policy shall be made available to students and families in the student handbook and on the corporation's and schools' websites.

I. Coordinated School Health Advisory Council

The Warrick County School Corporation will engage parents/guardians, food service professionals, teachers of physical education, students, school health care professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing corporation-wide nutrition and physical activity policies.

A Coordinated School Health Advisory Council will be formed and maintained at the corporation level to oversee the development, implementation, and evaluation of the school corporation's wellness policy. The Advisory Council shall meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

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II. Nutrition Education and Nutrition Promotion

Nutrition topics shall be integrated with the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the Indiana Department of Education. Schools shall link nutrition education with existing coordinated school health programs or other comparable comprehensive health education frameworks.

III. Standards for USDA Child Nutrition Programs and School Meals

The school corporation shall promote the National School Lunch and Breakfast Programs and shall provide access to healthy foods to support healthier choices and promote optimal learning.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

A. During the school day, the school corporation shall sell foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards. The school day is defined as being from midnight to thirty (30) minutes after the end of school.

Each school is limited to two fundraisers per year that sell food and beverages that do not meet federal nutrition standards; each school must receive prior approval by the school principal and the Director of Food & Nutrition. The maximum duration of each such exempted fundraiser is one day (per The Healthy Hunger-Free Kids Act of 2010, 7 CFR 210.11(b) (4)).

B. Marketing, if permitted by other policies, shall promote student health and wellness.

V. Physical Activity and Physical Education

The school corporation shall support the health and well-being of students by promoting physical activity through physical education, recess, and other physical activity breaks.

VI. Other Activities that Promote Student Wellness

The school corporation supports the health and well-being of our students and staff by creating, promoting, and providing physical activity, wellness, and healthy eating opportunities.

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VII. Regulations and Program Evaluations

The superintendent (or designee) shall enforce compliance with this policy and its administrative regulations. The superintendent (or designee) is responsible for retaining all documentation of compliance with this policy and its regulations, including, but not limited to, a three-year assessment and evaluation report on this wellness policy for each school. The superintendent (or designee) is responsible for creating and implementing policy regulations; and, the superintendent (or designee) is responsible for public notification of a three-year assessment and evaluation report and updates to this policy made as a result of the corporation's three-year assessment and evaluation.

LEGAL REFERENCES: 42 U.S.C. (et. seq.)
1758b; 7 CFR Part 210;
I.C. 20-26-9-18.5

ADOPTED: 6/19/2006;
REVISED 6/19/2017

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I. Nutrition Education

1. Nutrition education is designed and implemented to help students learn nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, evaluating nutrition information, misinformation, and commercial food advertising.
2. Nutrition education is included in health curriculum so that instruction is sequential and standards-based and provides students with knowledge, attitudes, and skills necessary to lead healthy lives.
3. Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
4. Cafeteria staff will participate in providing nutrition education. Students will be educated through new food experiences and exposed to a wide variety of food choices. Consistent encouragement should be given to children to try new foods.

II. Nutrition Promotion

1. Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.
2. Schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. Schools will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
4. School environment will reinforce the development of healthy eating habits, including offering healthy foods, health-conscious fundraising, and staff wellness support.
5. Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab. Healthy items, such as salads and fruits, will be displayed.

III. Standards for USDA Child Nutrition Programs and School Meals

A. School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs will:
 - Be appealing and appetizing to children;
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
3. Schools are encouraged to purchase or obtain fresh fruits and vegetables from local farmers when practical.
4. Students will have the opportunity to provide input on local, cultural and ethnic favorites.
5. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
6. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
7. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. This information will be available on the district's website.

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B. School Meal Participation

1. Schools will provide the USDA School Breakfast and Lunch Program to all students.
2. Schools will inform families of the availability and location of Summer Food Service Program meals, in accordance with the law. Schools in which more than 50 percent of students are eligible for free or reduced-priced school meals will sponsor the Summer Food Service Program when feasible.

C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. School meals will be served in clean and pleasant settings.
3. Students will have convenient access to hand-washing and sanitizing stations.
4. Potable (drinking) water must be readily available at all mealtimes.

D. Professional Development

1. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

IV. Nutrition Standards for Competitive and Other Food and Beverages

A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine include:

1. During instructional time, students may only be allowed to have water in the classroom.
2. K-12 a la carte, school vending machines and other foods outside of school meals will follow Smart Snack Standards.

B. Availability

1. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students during the school day.
2. Vending machines in middle and high schools:
 - Will contain items that meet the approved nutrition standards.
3. Vending machines for school staff will not be accessible to students.
4. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

C. Classroom Celebrations

1. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
2. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
3. The district will provide a list of foods and beverages that meet Smart Snack nutrition standards to parents and teachers.
4. Schools shall inform parents/guardians of the classroom celebration guidelines.

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D. Food as a Reward or Punishment

1. Teachers and staff will be encouraged not to use food as a reward.
2. A list of non-food reward suggestions will be provided to teachers.
3. School staff will not withhold food or drink at mealtimes as punishment.

E. Fundraisers

Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards. Fundraisers subject to this rule are those sold during the school day on school grounds.

Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year and must receive prior approval by the school principal and Director of Food & Nutrition.

F. Non-sold food and beverages:

Schools will be encouraged to provide only foods that comply with federal nutrition standards during the school day.

G. Marketing

Marketing unhealthy foods is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is enforced.

V. Physical Activity and Physical Education

A. Physical Education K-12

1. All students in grades K-12 will participate in physical education in order to meet the Physical Education Standards. High schools will encourage students to take more than the courses of physical education required for all Indiana diplomas.
2. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
3. Teachers and other school and community personnel will not arbitrarily withhold opportunities for physical activity (i.e. recess, physical education) as punishment.
4. Waivers will not apply towards the physical education courses required for a diploma. Credit flexibility in physical education will be limited to elective physical education courses.
5. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.

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B. Daily Recess and Physical Activity Breaks

Each elementary school shall provide daily physical activity as follows:

1. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break.
2. Teachers will be encouraged to use physical activity breaks during classroom time.
3. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity Opportunities Before and After School

1. Schools **may** offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. The school will provide information 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.
3. After-school enrichment providers will be encouraged to include physical activity in their programs, to the extent space and equipment allow.

D. Physical Activity and Remedial Activities/Punishment

1. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

VI. Other School Based Activities

A. Walking and Bicycling to School

1. Where appropriate and safe, schools will allow walking and bicycling to school.
2. To the extent possible, the school corporation will make improvements so it is safer, easier and more enjoyable for students to walk and bicycle to school.
3. The school corporation may explore the availability of both local and federal funding (e.g., Safe Routes to School funds administered by the Indiana Department of Transportation) to finance such improvements.
4. Schools will promote walking and bicycling to school, including the promotion of International Walk to School Day, which falls on the first Wednesday of October each year.

ADMINISTRATIVE REGULATIONS

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B. Use of School Facilities Outside of School Hours

1. School spaces and facilities, such as the playground, gym, pool and track, will be made available to students, staff and community members before and after the school day; on weekends; and during school vacations per policy. Use of spaces or facilities requires approval by the superintendent or designee prior to use. School policies concerning safety will apply at all times.

C. Staff Wellness

1. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. The school corporation will work with local fitness centers to offer reduced membership fees.
3. Schools will allow staff the use of the Central Services Fitness Facility and school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
4. Staff will be encouraged to participate in community walking, bicycling or running events.
5. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
6. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk in accordance with IC 22-2-14-2.

VII. Evaluation of Wellness Policy

A. Implementation and Data Collection

1. The school corporation will use an evidence-based assessment tool to track the collective health of students over time by collecting data.
2. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review nutrition and physical activity policies; provide for an environment that supports healthy eating and physical activity; and adhere to nutrition and physical education policies and program elements. The schools will, as necessary, review the wellness policy and develop work plans to facilitate their implementation.
3. The school administrator will complete a yearly evaluation/checklist to ensure nutrition and physical activity wellness policy compliance and will report on the school's compliance to the Director of Food & Nutrition.

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4. The superintendent or designee is responsible for retaining all documentation of compliance with this policy and its regulations, but the principals shall ensure that their individual schools are in compliance with the corporation’s wellness policy every three school years by assessing wellness implementation strategies. The principals shall provide a written report to the superintendent or designee, who will provide the report to the school board. The principal’s report shall contain the following information: the school’s progress toward meeting the wellness goals over the previous three school years; the website address for the wellness policy and how the public can receive a copy of the policy; a description of the progress in meeting the goals; a summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the school official coordinating the health advisory council or the school’s wellness team; and information on how individuals and the public can get involved with the school’s wellness team.
5. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council and will be responsible for the three-year assessment of each school’s compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent to which each school is in compliance with the policy; the extent this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. As a result of this assessment and evaluation the policy and regulations will be revised as needed.
6. The three-year assessment and evaluation report will be made available to the public by posting it on the school corporation website.