

Wellness Policy on Physical Activity and Nutrition

Philosophy: The Board of School Trustees of Southeast Fountain School Corporation supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the policy of the Board to:

Statement of Purpose: Provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

I. Coordinated School Health Advisory Council

Southeast Fountain School Corporation will engage students, parents/guardians, teachers, food service professionals, health professionals 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.

- A.** The school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:
 - Parents/Guardians
 - Food Service Director
 - Students
 - School Health Professionals/School Nurse
 - Physical Education Teachers
 - School Board Member
 - School Administrators
 - Any Interested Members of the General Public
- B.** The School Health Advisory Council shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
- C.** The School Health Advisory Council shall report annually to the Superintendent on the implementation of the wellness policy and include any recommended changes or revisions.
- D.** The School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the School Health Advisory Council.
- E.** The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook and the corporation's website.

II. Nutrition Education and Promotion

Nutrition topics shall be taught at every grade level (K-12) according to standards of the Indiana Department of Education. The primary goal of nutrition education is to influence the eating behaviors of students. Building nutrition knowledge and skills helps students make healthy eating and physical activity choices. Teachers should provide nutrition education that is age appropriate for students and is integrated into subjects such as math and reading that provides opportunities for students to practice skills and have fun.

- A.** Nutrition education and promotion will be provided as part of a Comprehensive Health Education Program.
 - 1. Students in grades K-12 receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors.
 - 2. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.

III. Standards for USDA Child Nutrition Programs and School Meals

Southeast Fountain School Corporation will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices.

- A.** School Meal Content
 - 1. Meals served through the National School Lunch and Breakfast Programs will:
 - At a minimum, meet the nutrition requirements established by the USDA for federally funded programs;
 - Contain 0 percent trans fats;
 - Offer a variety of fruits and vegetables daily;
 - Offer 1% or skim milk. Flavored milks must be fat free;
 - Offer whole grain bread products daily;
 - Reduce sodium content of meals per Healthy Hunger Free Kids Act guidelines.
- B.** School Meal Participation
 - 1. Schools will provide the USDA School Breakfast Program and the USDA School Lunch Program to all students.
- C.** Mealtimes and Scheduling
 - 1. Adequate time will be provided to students to eat breakfast and lunch.
 - 2. When possible students will go to recess before eating lunch.
 - 3. School meals will be served in clean and pleasant settings.
 - 4. Potable (drinking) water must be readily available at all mealtimes.
 - 5. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

Southeast Fountain School Corporation will provide and allow foods and beverages that support proper nutrition and promote healthy choices.

- A.** Approved Nutrition Standards based on the USDA Smart Snacks requirements.
 - 1. For Foods: Any food sold in schools must be a whole grain-rich grain product or have as the first ingredient a fruit, a vegetable, a dairy product or a protein food or be a combination food that contains at least ¼ cup of fruit and/or vegetable.
 - 2. Foods must also meet several nutrient requirements:
 - Calorie Limits – Snack items less than 200 calories and Entrée items less than 350 calories
 - Sodium Limits – Snack items less than 230 mg and Entrée items less than 480 mg
 - Fat Limits – Total fat less than 35% of calories; Saturated fat less than 10% of calories and Trans Fat should be 0 grams
 - Sugar Limit – Less than 35% of weight from total sugars in foods
 - 3. For Beverages: All schools may sell: Plain water, unflavored low fat milk, unflavored or flavored fat free milk and 100% fruit or vegetable juice. Elementary schools may sell up to an 8 oz. portion while middle and high schools may sell up to 12 oz. portions of milk and juice.

- B.** Availability
 - 1. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
 - 2. Vending machines in middle and high schools will not be available during the school day.
 - 3. Vending machines for school staff will not be accessible to students.
 - 4. Food and beverages will not be sold in school stores.
 - 5. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

- C.**
 - 1. Teachers and staff will not use food as a reward.
 - 2. School staff will not withhold food or drink at mealtimes as punishment.

- D.**
 - 1. Fundraisers: All food that meets the regulatory standards may be sold at fundraisers on the school campus during school hours. The standards do not apply during non-school hours, weekends or off campus fundraising events. Indiana only allows two (2) exempt fundraisers per school per year. An exempt fundraiser is one school day and no exempt fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service.

V. Physical Activity and Physical Education

Southeast Fountain School Corporation supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks.

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. Also, high schools will encourage students to take more than the courses of physical education required for all Indiana diplomas.
2. 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.
3. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
4. Physical education will be taught by a licensed physical education instructor.

B. Daily Recess and Physical Activity Breaks

1. Each elementary school shall provide daily physical activity.
2. All elementary school students will have at least one (1) period of active recess per day that is at least 20 minutes in length. This recess period will be outdoors when possible.

VI. Staff Wellness

Southeast Fountain School Corporation supports the health and well-being of our staff by promoting physical activity and healthy eating opportunities.

- A.** Staff members are encouraged to participate in daily recreational activities with students.
- B.** Staff members are provided opportunities to use school facilities outside of school hours when not in use by other scheduled events.

VII. Evaluation

The Southeast Fountain School Corporation is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. The School Health Advisory Council will meet annually, at minimum, to evaluate the implementation and impact of the Wellness Policy on physical activity and nutrition. The Wellness Policy language will be assessed each year and revised as needed.