

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPOUR COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 1 of 10

WELLNESS

As required by law, the School Board establishes the following wellness policy for the 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 student's 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/promotion:
 1. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 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.

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPORT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 2 of 10

3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
 4. Nutrition education posters, such as the MyPlate will be displayed in the cafeteria.
 5. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
- B. With regard to physical activity:
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.
 - b. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
 - c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
 - d. 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.

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPORT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 3 of 10

- e. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
2. Physical Activity
- a. Physical activity shall 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. All students in grades K-5/6 shall be provided with a daily recess period at least one (15) minutes in duration.
 - d. 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.

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPOUT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 4 of 10

- C. With regard to other school-based activities:
1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
 2. The school shall provide attractive, clean environments in which the students eat.
 3. 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.
 4. 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.
 5. 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.

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPORT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 5 of 10

- D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the Corporation shall:

1. encourage students to increase their consumption of healthful foods during the school day;
2. designate wellness champions at each school that will promote resources for wellness for students, families, and the community;
3. promote and encourage Farm to School efforts through its nutrition department as another way to provide healthy foods.
4. Discourage rewarding children in the classroom with candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. Classroom celebrations and rewards should focus on activities (e.g. giving free time, extra recess, music, and reading time) rather than food;

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following goals 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

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPORT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 6 of 10

program.

- B. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. 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).

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPORT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 7 of 10

- D. The sale to students of foods and beverages that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited. Competitive foods available for purchase by students a la carte in the dining area and foods or beverages sold from vending machines and school stores are subject to this prohibition.

- E. With regard to specific fundraisers in accordance with the Healthy Hunger Free Act of 2010, 7CFR 210.11(b)(4) and as established by state policy, schools are allowed two exempted fundraisers per school building, per school year, for fundraisers involving the sale of foods and/or beverages not meeting the nutrition standards for Smart Snacks and occurring during the school day. These exempted fundraisers may not be sold in competition with school meals in the food serving area during the meal service. The maximum duration of an exempted fundraiser is one day.

- F. Foods provided, not sold, on the school campus during the school day, for classroom parties, birthday celebrations or holiday celebrations will be exempt from the USDA Smart Snack standards providing they are limited to one time per month and monitored by building Principals for compliance. Teachers shall be encouraged to have at least one Smart Snack item available at each celebration.

Food being served to students must be commercially prepared and packaged in the original container with food/nutrition labels listing all product ingredients.

Schools shall inform parents/guardians of the classroom celebration guidelines.

With regard to Staff Wellness, the corporation shall:

- A. Support the health and wellbeing of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

- B. The school corporation will promote programs to increase

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPORT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 8 of 10

knowledge of physical activity and healthy eating for faculty and staff.

- C. School will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
- D. Staff will be encouraged to participate in community walking, bicycling or running events.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.

The Superintendent shall appoint a Corporation wellness committee that includes parents, students, representatives of the school food authority, nutritionists or certified dieticians, educational staff (including physical education teachers), school health professionals, the School Board, administrators, and members of the public 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 wellness committee shall meet at least two times per year and shall:

- 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 appropriate; and
- E. present the wellness policy, with any recommended revisions, to the

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPORT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 9 of 10

Board for approval or re-adoption if revisions are recommended;

- F. additionally, each building will have a Wellness Team consisting of foodservice, administration, nurse, PE. student, and teacher in order to assist with the implementation of the Wellness Policy.

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 and compliance of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.

The chain of command for monitoring and implementing the Wellness Policy is as follows:

- A. Wellness Teams - Wellness Committee;
- B. Wellness Committee - Superintendent; and
- C. Superintendent - School Board.

The Superintendent also shall 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 include information in the student handbook and post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

The Corporation shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the Corporation are in compliance with the Corporation policy, the extent to which the Corporation policy compares to model wellness policies, and the progress made in attaining the goals of the Corporation Wellness Policy. To ensure continuing progress, the Corporation will evaluate implementation efforts and their impact on students and staff using the DOE Wellness Policy Checklist at http://www.doe.in.gov/sites/default/files/Nutrition/evaluation-checklist_0.pdf

policy

**BOARD OF SCHOOL TRUSTEES (BOARD)
LOGANSPORT COMMUNITY
SCHOOL CORPORATION (CORPORATION)**

OPERATIONS
8510/page 10 of 10

The marketing or advertising of food or beverages during the school day will meet Smart Snack guidelines.

I.C. 20-26-9-18
42 U.S.C. 1751 et seq.
42 U.S.C. 1758b
42 U.S.C. 1771 et seq.
7 C.F.R. Parts 210 and 220

Adopted 5/22/06
Revised 8/11/14
Revised 7/13/15
Revised 11/14/16
Revised 7/16/2018
© **NEOLA2017**