

Wellness Regulation

Goal 1: Nutrition Education and Promotion:

- A. Provide age-appropriate nutrition education that:
- is offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
 - reflects recommendations from the Dietary Guidelines for Americans.
 - emphasizes caloric balance between food intake and physical activity.
 - links with meal programs and other foods and nutrition-related community services.
- B. Provide a healthy eating environment that:
- schedule meal periods at appropriate times of day, allows students to have at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
 - encourages not scheduling tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities.
 - encourages scheduling lunch periods to follow recess periods (in elementary schools).
 - provides students access to hand washing or hand sanitizing before they eat meals or snacks.
 - children should not be forced to eat or drink against their wishes.
 - discourages students from sharing their foods or beverages with one another during meal or snack times, given-concerns about sanitation, health related issues, and food allergies.
 - foods, beverages, and food/beverage coupons should not be used as rewards for academic performance, compliance, or good behavior.
 - district employees will not withhold food or beverage (including food served through school meals) as a punishment.

Goal 2: Physical Activity

- A. Provide physical activity that:
- is based upon state/federal guidelines.
 - ideally includes at least 30 minutes daily (elementary level).
 - ideally includes at least 120 minutes of physical activity during a 5-day week (secondary level).
 - discourages extended periods of inactivity; and encourages classroom teachers to provide short physical activity breaks between lessons or classes as appropriate.
- B. Require physical education that:
- utilizes a wellness approach to the physical education curriculum.
 - is consistent with National Physical Education Standards.
 - requires that students are active during the majority of the time in physical education class.
 - includes appropriate use of waivers and exemptions to physical education at the high school level.
- C. Ensure physical activity is not used for or withheld as a punishment.
- Staff will not use physical activity as a punishment (e.g., running laps, pushups)
 - Staff will not withhold opportunities for physical activity (e.g., recess, physical education) as a punishment.
 - Physical activity opportunities should not have to be earned. Opportunities for physical activity for all students should be promoted.

Goal 3: Promote wellness through other school-based activities.

- A. Staff health and wellness
- Encourage staff behaviors that include healthy eating, physical activity and other elements of a healthy lifestyle.

B. Communication with Parents

- Provide nutrient analyses of school menus on the District website.
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the District's Nutritional Guidelines.
- Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties and fundraising activities.
- Share information about physical education and other school-based physical activity opportunities before, during and after the school day.

C. Food Marketing in Schools

- Limit food and beverage marketing to the promotion of foods and beverages that meet the District's Nutritional Guidelines.
- Promote healthy foods including fruits, vegetables, whole grains, and low-fat dairy products.

E. Physical activity opportunities before and after school

- when appropriate, before and after school programs, should encourage periods of physical activity for all participants (e.g., intramurals, clubs, etc.)

District Nutritional Guidelines and Standards

Nutrition integrity is defined as a level of performance that assures foods available through the school meal programs for children are consistent with recommended dietary allowances, Federal meal pattern requirements, and dietary guidelines and, when consumed, contribute to the development of lifelong, healthy eating habits. Meals will contain adequate calories and variety of foods to support growth, development and healthy weight. Portion sizes shall be based on age and USDA meal pattern requirements.

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

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by state and federal law;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk
- Prioritize whole-grain rich items.
- Pricing strategy – designed to encourage students to purchase nutritious foods.

Guidelines for All Foods and Beverages Provided/Sold on Campus and for School Activities:

District Nutrition Guidelines for foods and beverages reflect the federally regulated Smart Snack nutrition standards. All foods and beverages provided/sold on campus during the school day, outside of the Federal meal programs, should meet the District Nutritional Guidelines. (Federal meal programs must adhere to meal pattern regulations). This includes a la carte, school stores, celebrations, fundraisers, student accessible vending machines etc.

- The school day is defined by USDA as the period from midnight before to 30 minutes after the end of the official school day.
- Competitive foods may not be sold or offered one-half hour prior to, during, or one-half hour after the meal shifts of food service programs unless permission has been granted by the Manager of the Food and Nutrition Department.
- If food is brought to school to be shared, it must be prepackaged and prepared by a vendor, with the exception of whole fruits and vegetables.
- Foods and beverages, provided/sold outside of the school USDA defined school day are encouraged to meet District Nutritional Guidelines. This includes groups in the school community who offer foods and beverages for sale at school sponsored events outside of the school day.

- All foods and beverages made available on campus adhere to food safety and security guidelines. For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff.
- Foods and beverages sold during fundraisers with the clear intention for later consumption. (ex: frozen pizza/pastry fundraisers) can be exempt from the District Nutritional Guidelines, though it is encouraged that fundraising activities meet District Nutritional Guidelines.

It is the responsibility for each building to ensure District Nutritional Guidelines are met when foods are made available during the school day, outside of the Federal meal programs.

The District Wellness Policy Leadership Team members will include designated District administrators and department leaders.

The District Wellness Committee members will include members of the community, school staff, and other District representatives

Triennial Wellness Policy Assessment:

The Wellness Policy Leadership Team will review the District's Wellness Policy every three years to ensure that the school environment promotes students' health, well being, and ability to learn. The Triennial Assessment will include review of:

- General wellness information and the Wellness Committee
- Compliance with the Wellness Policy
- Comparison to Model School Wellness Policies
- Progress towards goals

Legal Reference: 281 I.A.C. Chapter 12 Rules

Approved: 10-08-12

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