

**West Noble School Corporation**  
**Wellness Policy on Physical Activity and Nutrition**

**Philosophy:** The Board of Trustees of West Noble School Corporation supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the wellbeing of the school corporation students.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act, it is the policy of the Board to:

**Statement of Purpose:** Provide students access to nutritious foods and beverages; provide opportunities for physical activity and developmentally appropriate exercise; 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 Wellness Advisory Council will be formed and maintained to oversee these activities.

**I. Coordinated School Health Wellness Committee**

West Noble School Corporation will engage students, parents/guardians, teachers and staff members, 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 Wellness Committee will be formed and maintained at the corporation level to oversee the development, implementation, and evaluation of the school corporation's wellness policy.

- A.** In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain a corporation level Coordinated School Health Wellness Committee that includes at the least the following:
- Parents/Guardians
  - Food service directors and staff
  - Students
  - Health care professional/Registered dietitians
  - School board members
  - School administrators
  - Any interested members of the general public
  - Representatives of the interested community organizations

Other potential members of the Wellness Committee include teachers (especially physical education teachers), school nurses, teaching assistants, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers.

- B.** The Wellness Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
- C.** The Wellness Committee shall report annually to the Corporation Wellness Coordinator 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 (Board Policy #85130) based on recommendations made by the Wellness Committee. Revisions should can be made when necessary.

- E. The School Wellness Policy shall be made available to students and families by means of school registration and/or the corporation's website.

## **II. Nutrition Education**

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

- A. Nutrition Education will be provided as part of a Comprehensive Health Education Program
1. Health education will be taught at every grade level (K-12).
  2. The school corporation will provide nutrition education training opportunities to teachers and staff for all grade levels.
  3. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and appropriate portion sizing.
  4. School staff will collaborate with community groups and organizations to provide opportunities for student learning and projects related to nutrition (e.g. The Great Body Shop, Parkview Planting Healthy Seeds reading food labels, and maintaining a caloric balance between food intake and physical activity/exercise).
  5. 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.
  6. Nutrition educators will partner with school food service staff to use the cafeteria as a learning lab. Healthy items, such as fruits and vegetables, will be displayed prominently in cafeterias to make healthier choices more appealing.
  7. Nutrition labels and/or information will be provided on all foods to allow students to easily identify healthier food options.
  8. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

## **III. Standards for USDA Child Nutrition Programs and School Meals**

West Noble School Corporation will promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning. The standards of the National School Lunch and Breakfast Programs will be available to the public via the corporation's website.

- A. School Meal Content
1. Meals served through the National School Lunch and Breakfast Programs will:
    - o Be appealing and appetizing to children
    - o Meet, at minimum, the nutrition requirements established by the USDA for federally funded programs;
    - o Contain 0 percent trans fats;
    - o Offer a variety of fruits and vegetables;
    - o Include whole grains for at least half of all grains served.
  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 may 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. The information will be available in a variety of forms that can include handouts, the school lunch menu, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

#### **B. School Meal Participation**

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving “grab-and-go” breakfasts, arranging transportation schedules to allow for earlier arrival times and/or later class arrival times for students.
3. To the extent possible, schools will protect the privacy of students who qualify for free and reduced priced meal by using bio-finger scan systems and/or picture IDs.
4. Schools will inform families of the availability and location of Summer Food Service Program meals, in accordance with Healthy, Hunger-Free Kids Act of 2010. 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.
5. Schools will provide the After School Meal Program, when applicable, in accordance with the Healthy, Hunger-Free Kids Act of 2010.

#### **C. Mealtimes and Scheduling**

1. Adequate time will be provided for students to eat lunch (30 minutes total) and breakfast (at least 10 minutes after being served breakfast).
2. Each school will schedule recess or physical activity time in addition to the physical education curriculum. When applicable, elementary schools will schedule recess before lunch.
3. School meals will be served in clean, pleasant, and safe settings.
4. Students will have convenient access to handwashing and hand sanitizing stations.
5. Potable (drinking) water must be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

#### **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 Foods and Beverages**

West Noble School Corporation will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.

**A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007)**

1. K-12 á la carte, school vending machines and other food outside of school meals shall be limited to:
  - No more than 35 percent of total calories from fat,
  - Less than 10 percent of total calories from saturated fat,
  - 0 percent trans fats,
  - No more than 35 percent of calories from total sugars (that do not occur naturally), except for yogurt with no more than 30 grams of total sugars per 8 ounce portion as packaged,
  - No more than 200 milligrams of sodium per portion as packaged,
  - No more than 200 calories per package, and
  - At least half of the grains offered are whole grains.
2. K-12 á la carte, school vending machines and other food outside of school meals shall be limited to:
  - Water without flavoring, additives, or carbonation
  - Low-fat and nonfat milk (in 8- to 12-ounce portions), 16-ounce portions at the high school
  - 100% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8-ounces (2 portions) for high school, and
  - All beverages other than water, milk or juice shall be no larger than 12 ounces.

**B. Availability**

1. In accordance with Indiana Code 20-26-9-19, 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 school:
  - Will not be available during mealtimes
  - Will contain items that meet the approved nutrition standards
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. Concession Stands**

1. The concession stand items sold at school-sponsored events to participants, fans, and visitors shall promote healthy beverages and foods among the choices available. Healthy items should be in accordance with the approved nutrition standards.

**D. Classroom celebrations**

1. Classroom celebrations will focus on activities (e.g. giving free time, extra recess, music and reading time) rather than food
2. Classroom celebrations that include food and/or beverages shall promote healthy beverages and foods among the choices available. Healthy items should be in accordance with the approved nutrition standards.
3. Outside drinks or commercial prepared/vendor-prepared foods are discouraged from being brought onto school property during the school day by students without prior approval by the building principal.
4. Schools shall inform parents/guardians of the classroom celebration guidelines.

**E. Food as a Reward or Punishment**

1. Teachers and staff will be encouraged to not use food as a reward.
2. School staff will not withhold food or drink at mealtimes as punishment.

**F. Fundraisers**

1. Schools will be encouraged to promote the sale of non-food items for school, athletic, and/or club-sponsored fundraising.

**G. Marketing**

1. Signage or similar media on school campus during the school day may only advertise food and/or beverages provided and sold by the school that meet the competitive foods standards for foods sold in schools (i.e. SMART Snacks).

**V. Physical Activity and Physical Education**

West Noble School Corporation supports the health and wellbeing of students by promoting physical activity through physical education, recess, and other opportunities for physical activity breaks; before-and after-school activities; and walking and bicycling to West Noble Primary. Additionally, West Noble School Corporation supports physical activity among elementary students by providing them with at least 30 minutes of the recommended 60 minutes of physical activity per day.

**A. Physical Education**

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. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 45 to 1.
4. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
5. Physical education may be taught by a licensed physical education instructor, if not applicable a licensed physical education teacher will supervise the physical education instructor..
6. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

**B. Daily Recess and Physical Activity Breaks**

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All elementary school students 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 in the classroom or gymnasium.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.

4. Schools will 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 will 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. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment will allow.

**D. Physical Activity and Remedial Activities/Punishment**

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. 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.

**E. 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 will 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 to school, including the promotion of Walk to School Day events.

**F. Use of School Facilities Outside of School Hours**

1. School spaces and facilities, such as the playground, gym, and track will be made available to students, staff, and community members before, during, and after the school day; on weekends; and during school vacations. School policies concerning safety will apply at all times.

**VI. Staff Wellness**

West Noble School Corporation supports the health and wellbeing of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

**A. Nutrition and Physical Activity**

1. The school corporation will promote programs to increase the knowledge of physical activity and healthy eating for faculty and staff including presentations on health and wellness at least twice each school year.
2. The school corporation will promote use of and provide access to the fitness rooms located in the high school and middle school. Reduced membership fees with local fitness centers (e.g. Lakeside Fitness, Ligonier Rec. Center, YMCA) and community wellness resources will be promoted as well.
3. Schools will allow staff to use 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, and running events.

5. Staff vending machines will contain at least 50 percent healthy choices as outlined in the approved nutrition standards.
6. During meetings lasting longer than an hour, staff will have the opportunity to stretch and be physically active.
7. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk, in accordance with Indiana Code 22-2-14-2.

## **VII. Evaluation**

West Noble 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. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff triannually at a minimum.

### **A. Implementation and Data Collection**

1. Schools will use *Alliance for a Healthier Generation* as an assessment tool and to collect data to evaluate schools Comprehensive School Physical Activity Programs (CSPAP).
2. The superintendent, Galen Mast, will work with designated Wellness Committee members to ensure that their schools are in compliance with the corporation's wellness policy halfway through the school year by assessing wellness implementation strategies (CSPAP Action Plans). The principals or designated Wellness Committee members shall then report to the corporation's Wellness Coordinator, who will provide a report to the school board.
3. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Wellness Committee.
4. Policy language will be assessed each year and revised no less than every three years. The public will be notified of the evaluation results.

Adopted January 9, 2017