

E-21 WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

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

In accordance with federal law, it is the policy of the Board to 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.

The School Wellness Policy shall be made available to students and families by means of the corporation's website. School food service staff will ensure compliance with nutrition policies and will report on this matter to the school principal. Every three years the board will evaluate the wellness policy using the IDOE Wellness Policy Evaluation tool.

I. Coordinated School Health Advisory Council

The Board will engage students, parent/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. In accordance with state and federal law, 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 and/or Staff
- Teachers of Physical Education
- Students
- Health Care Professionals/Registered Dietitians/School Nurse
- School Board Members
- School Administrators
- Any interested member of the public
- Representatives of Interested Community Organizations

B. The Advisory Council shall meet at least once a year to review nutrition and physical activity policies.

C. The Advisory shall report annually to the Superintendent and the School Board 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 Advisory Council.

II. Nutrition Education and Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught 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. Food Services will promote healthy eating thru making nutritional labels available on the school food service lines. Schools ensure 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition Standards.

III. Standards for USDA Child Nutrition Programs and School Meals

The Board 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 and promote optimal learning.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

The Board will allow foods and beverages that support proper nutrition and promote healthy choices and comply with federal nutrition standards in vending machines, school stores, cafeteria ala carte sales, concession stands, or as school fundraisers.

The Board encourages all food and beverages not sold but offered on the school campus will meet the USDA Smart Snacks in school nutrition standards, this is including celebrations and parties, classroom snacks brought by parents and rewards and incentives given by staff.

Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.

The Board will allow marketing in school buildings and on school grounds during the school day for only those food and beverages provided by the school that meet the federal nutrition standards. Marketing that promotes student health will be permitted in school buildings and on school grounds.

V. Goals that Support Physical Activity and student wellness

The Board supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Elementary Goal: Provide 10 minutes of structured physical activity during the school day, in addition to physical education and recess. Secondary Goal: Offer after school structured physical activity for middle and high school students once a month.

Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk. Schools will host health clinics/fairs and screenings.

VI. Staff Wellness

The Board supports the health and well-being of our staff by promoting environmental supports to provide physical activity and healthy eating opportunities.

The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided.

Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.

Staff will be encouraged to participate in community walking, bicycling or running events.

VII. Evaluation

Through implementation and enforcement of this policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will annually evaluate implementation efforts and their impact on students and staff, as well as public accessibility of wellness information and progress toward goals. Policy language will be assessed each year and revised as needed.

LEGAL REFERENCE: 42 U.S.C. 1758b
I.C. 20-26-9-18

SOURCE: Plainfield Community School Corporation
Plainfield, IN

REVISED: 1/10/2013, 11/13/2014, 4/9/2015, 8/10/2017

ADOPTED: 5/11/2006