

WELLNESS

Committee Members Meeting 5/3/18 @ 8:45 a.m.

2018 Wellness Committee

Dave Driggs - Superintendent
Adam Long – MS/HS Principal/Chairperson
Matthew Miller – Elementary Principal
Craig Smith – School Board Member
Gary Rhew – Athletic Director
Jean Hardin – Food Service Director
Barb Calvin – Nurse
Jill Christner – Health/PE Teacher
Jill Reehling – FACS Teacher/Parent
Danalee Fernung – Teacher/Parent
Stacey Salsbery – Parent
Ashley Schmidt – Student
Kyle Colbert – Student
Cassidy Colbert – Student
Aiden Arnold - Student

As required by law, the Board of Education establishes the following wellness policy for the Tri-Central Community Schools.

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 school's meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. 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:

SPECIFIC GOALS FOR NUTRITION

A. With regard to nutrition education, the Corporation goals are:

1. Nutrition education shall be integrated into the physical education, health education, family and consumer science curriculum, and core curriculum following Indiana State Standards (K-12). Instruction shall be sequential and standards-based and provide students with the knowledge, attitudes, and skills necessary to lead healthy lives.

2. Tri-Central School Corporation shall meet the Nutrition Education Program State Standards which include following USDA Guidelines on portion sizes for specific age groups (K-12).
3. Nutrition education shall be offered in the school dining room as well as in the classroom and shall be coordinated between teachers and food service staff.
4. Nutrition education posters such as My Plate, will be displayed in the cafeteria.
5. Nutrition education
 - a. Shall extend beyond the school by engaging and involving families and the community.
 - b. Shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
 - c. Standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
6. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
7. The Corporation shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. With regard to physical activity, the Corporation goals are:

SPECIFIC GOALS FOR 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. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- 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 sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- e. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

- f. 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.
- g. Physical Education or Classroom Teachers shall provide instruction in physical education.
- h. The Physical Education Department has added a Physical Fitness Class to their course offerings.
- i. Planned instruction in physical education shall:
 - i. Require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
 - ii. Meet the needs of all students, including those who are not athletically gifted.
 - iii. Promote participation in physical activity outside the regular school day.
 - iv. Take into account gender and cultural differences.
 - v. Include cooperative as well as competitive games.
 - vi. Teach cooperation, fair play, and responsible participation.

2. Physical Activity

- a. 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.
- b. All students in grades K-12 will have opportunities, support, and encouragement to be physically active. 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. All students in K-5 will have at least one recess per day-weather and other restrictions permitting. On a day when there is inclement weather or unplanned circumstances have shortened the school day, the School Corporation is not required to provide physical activity, other than that provided per the resultant schedule.
- c. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- d. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities.
- e. All students in grades 6-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.

f. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs, as long as they meet the academic and disciplinary requirements.

GOALS FOR OTHER SCHOOL-ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

C. With regard to other school-based activities the Corporation goals are:

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
2. The corporation will provide a clean, safe, enjoyable meal environment for students.
3. Students at Tri-Central are permitted to have bottled water in clear containers, in the classroom, at the discretion of each teacher.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. Schools shall limit the number of celebrations involving serving food during the school day to no more than one (1) party(ies) per class per week. Celebrations must follow the Smart Snack guidelines. It is recommended that parents bring in a Smart Snack tray or teachers use a physical activity as an alternate to food (ie. games, extra recess time, activities in the gym, etc.).
6. An organized wellness program shall be available to all staff.
7. The corporation encourages all students to participate in the school meals program. 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.
8. When parents/guardians bring lunch in from outside, they will be encouraged to bring in food that is nutritionally healthy.
9. Tri-Central will make every effort to insure that meals are scheduled in order to provide students with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch, with adequate space to eat and socialize.
10. Students will have access to facilities that allow them to wash their hands before any meal or snack is offered.

FOOD AND BEVERAGES ON THE SCHOOL CAMPUS

D. With regard to nutrition promotion, the District shall:

1. Encourage students to increase their consumption of healthful foods during the school day;
2. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 - a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium.

- b. a variety of vegetables daily to include specific subgroups as defined by dark green re/orange, legumes, and starch.
- c. whole grain products –all grains must be whole grain-rich.
- d. fluid milk that is fat-free (unflavored and flavored) and low fat (unflavored)
- e. meals designed to meet specific calorie ranges for age/grade groups
- f. eliminate trans-fat from school meals
- g. require students to select a fruit or vegetable as part of a complete reimbursable meal

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

B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursement school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

C. All foods items and beverages for sale to students for consumption on campus between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans, including, but not limited to competitive foods available to students a la carte as well as food items and beverages from vending machines. Vending machines dispensing soft drinks will be off limits during the school day.

D. Prices for all beverages and food items sold to students will be offered at comparable prices for comparable size packages.

E. School-based fund raisers should support health and school nutrition-education efforts. School fundraising activities sold and consumed during the school day will use only foods that meet the USDA Dietary Guidelines for Americans and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

F. Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.

G. The school will place on their website, a link for staff, parents, and after-school program personnel to access a list of snack items that comply with the current USDA Dietary Guidelines for Americans.

H. If food is used for rewards; schools should encourage teachers to use healthy choices. Schools will encourage teachers to develop alternate means of rewarding students.

I. The food service program shall be administered by a director who is properly qualified, certified, licensed, or credentialed, according to current professional standards.

J. All food service personnel shall receive pre-service training in food service operations.

K. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Superintendent as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement 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, school 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:

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

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

The Superintendent shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified. The committee also shall report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

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 distribute information at the beginning of the school year to families of school children, 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

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 10/23/06

Revised 1/25/10

Revised 1/26/15

Revised 9/12/16

Revised 5/22/17

Revised 5/3/18