

# **TRI-COUNTY SCHOOL CORPORATION WELLNESS POLICY**

As required by law, the Tri-County Wellness Committee establishes the following wellness policy for the Tri-County School Corporation as a part of a comprehensive wellness initiative.

The Tri-County Wellness Committee recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research suggests a positive correlation between a student's health and, well-being and learning ability.

Moreover, schools can play an essential 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, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop healthy behaviors and habits in students about eating and exercise. It will be necessary for the staff, 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 Tri-County Wellness Committee sets the following goals to enable students to establish good health and nutrition habits:

## **A. With regard to nutrition education:**

1. Nutrition education shall be included in the health curriculum so that instruction is sequential, standards-based, and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. When appropriate, nutrition education shall be integrated into other subject areas of the curriculum to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
4. Nutrition education shall include enjoyable, developmentally appropriate, and culturally relevant participatory activities, such as contests, promotions, and taste testing.
5. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
6. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
7. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
8. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
9. Nutrition education shall extend beyond the school by engaging and involving families and the community.
10. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in age-appropriate ways.
11. Nutrition education benchmarks and standards focus on media literacy related to food marketing strategies.

12. Nutrition education 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.

Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to enable them to teach the benchmarks and standards better.

Highly qualified teachers shall provide instruction related to the standards and benchmarks for nutrition education.

## **B. With regard to physical activity:**

### **Physical Education**

1. A sequential, comprehensive physical education program shall be provided for students in K12 per the physical education academic content standards and benchmarks adopted by the State.
2. 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.
3. Planned instruction in physical education shall be sufficient for students to achieve proficiency in the standards and benchmarks adopted by the State.
4. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
5. The physical education curriculum shall provide sequential instruction on the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
6. Physical education classes 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.
7. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
8. The K-12 program shall include physical education instruction and opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
9. Professional development opportunities should focus on the physical education content area.
10. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
11. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
12. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
13. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment.
14. Planned instruction in physical education shall include cooperative as well as competitive games.
15. Planned instruction in physical education shall take into account gender and cultural differences.

### **Physical Activity**

1. Physical activity and movement shall be integrated across the curricula and throughout the school day.
2. 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 lifelong physical activities like bowling, swimming, or tennis.
3. 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.
4. All grades 5-12 students can participate in extracurricular activities and intramural programs emphasizing physical activity.
5. All students in grades 5-12 can participate in interscholastic sports programs.
6. All before/after-school programs shall provide developmentally appropriate physical activity for participating students.
7. Schools shall discourage extended periods of student inactivity without some physical activity.

**C. With regard to other school-based activities:**

1. The schools shall provide at least thirty (30) minutes daily for students to eat.
2. The schools shall schedule mealtimes to minimize disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. Activities, such as tutoring or club meetings, shall only be scheduled during mealtimes if students may eat during those meetings.
5. Schools may limit the number of celebrations involving serving food during the school day.
6. Students, parents, and other community members shall have access to and be encouraged to use the school's outdoor physical activity facilities outside the regular school day.
7. Schools in our system utilize electronic identification and payment systems, eliminating any stigma or label of students eligible to receive free and reduced meals.
8. Students are discouraged from sharing their foods or beverages during meals, given concerns about allergies and other restrictions on some students' diets.

**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. Create an environment that reinforces the development of healthy eating habits, including offering the following nutritious foods:
  - a. a variety of fresh produce, including 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, red/orange, legumes, and starchy

- c. whole grain products - half of all grains need to be whole grain-rich upon initial implementation, and all grains must be whole grain-rich within two (2) years of implementation
  - d. fat-free fluid milk (unflavored and flavored) and low-fat (unflavored)
  - e. meals designed to meet specific calorie ranges for age/grade groups
  - f.
3. require students to select a fruit or vegetable as part of a completely reimbursable meal;
  4. provide opportunities for students to develop the knowledge and skills for consuming healthful foods;
  5. Promote and encourage Farm to School efforts through its nutrition department to provide the above-mentioned healthy foods.

Furthermore, with the objectives of enhancing student health and well-being and reducing childhood obesity, the following guidelines are established:

- A. Following Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations on the selection, preparation, consumption, and disposal of food and beverages and the fiscal management of the program.
- B. The sale of foods of minimal nutritional value in the food service area during lunch is prohibited.
- C. As outlined in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are more relaxed than the guidelines issued by the U.S. Department of Agriculture (USDA).
- D. The sale of foods and beverages to students 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 for purchase by students à la carte in the dining area, foods or beverages sold from vending machines, and foods and drinks provided by the school or school staff for classroom parties or holiday celebrations are subject to this prohibition.
- E. All foods provided, not sold, on the school campus during the school day, including nutrition and beverages provided for classroom parties or holiday celebrations, shall comply with the food and beverage standards approved by the Principal.
- F. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- G. All food service personnel shall receive pre-service training in food service operations.
- H. Continuing professional development shall be provided for all staff of the food service program.

The Tri-County Wellness Committee designates the building principals as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.

The Superintendent Board shall appoint a Corporation wellness committee that includes parents, students, representatives of the school food authority, nutritionists or certified dieticians, educational staff (including health and physical education teachers), mental health and social services staff, 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 modifications are recommended.

Before the end of each school year, the wellness committee shall submit their report to the Superintendent and Board 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.

In its review, the wellness committee shall consider evidence-based strategies in determining its recommendations.

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 individual schools' compliance and progress in attaining goals established in the policy.

The corporation shall assess the wellness policy at least once every three (3) years on the extent to which schools in the Corporation comply with the Corporation policy, the time to which the Corporation policy compares to model wellness policies, and the progress made in attaining the goals of the Corporation Wellness Policy.