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Blackford County School Corporation Wellness Policy - May 2006Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United State, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Whereas, SEA111 and Section 204 of the Child Nutrition Act mandates a wellness policy, physical activity and nutrition improvements.

1. The school corporation will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing corporation-wide nutrition and physical activity policies.
2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the maximum extent possible, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.)

18. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

The Board of School Trustees of Blackford County Schools supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the school corporation's students. Therefore, it is the policy of the Board to:

- s. Provide students access to nutritious food and beverages:
- t. Require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture.
- u. Supports the alliance for a healthier generation and industry leaders set healthy school beverage guidelines for U.S. schools.

The superintendent and each building principal or designee shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met. The superintendent will be responsible for reporting to the board on an annual basis the progress of the school corporation in implementing this policy.

The superintendent is also responsible to prepare rules, regulations, and guidelines to implement and support this policy. Such provisions should address all food and beverages sold and/or served to students at schools, including the food service program, vending machine items, fund-raising activities, and rewards to students. The superintendent should also prepare regulations for staff development, community development and program evaluation.

Each school board shall establish a coordinated school health advisory council. The advisory council may review the corporation's wellness policies on a yearly basis and suggest to the school board for approval changes to the policies that comply with the requirements of federal Public Law 108-265 and IC 5-22-15-24(c) before July 1 of each year. The advisory council must hold at least one (1) hearing at which public testimony about the local wellness policy being developed is allowed.

The school board shall appoint the members of the advisory council, which must include the following:

- 1) Parents
19. Food service director and staff
20. Students
21. Nutritionists or certified dieticians
22. Health care professionals
23. School board members
24. A school administrator
25. Representatives of interested community organizations

The school board shall adopt a school district policy on child nutrition and physical activity that takes into consideration recommendations made by the advisory council.

Specific administrative guidelines and improvement plans will be developed, monitored and updated in the following areas: Health Education, Physical Activity/Education, Nutritional Services, Health Services, Counseling/Social Services, Staff Health, Family/Community Involvement.

I. Health Education Administrative Guidelines

26. Sequential comprehensive health education curriculum (K-12) with standards and benchmarks (IDOE) will be developed and implemented.
27. Partnerships will be developed with local, regional and state agencies to promote health and wellness (Ex.: YMCA, McMillen Center, DARE, Etc.)
28. Parent, family and community support will be encouraged through communication and programs.
29. Credentialed health teachers will have professional development opportunities.

School Health Improvement Plan 2006-2007

Actions	Steps	By Whom and When
1. More time for health instruction	<ol style="list-style-type: none"> a. Investigate scheduling options b. Meet with principals c. Cross-curricular opportunities d. Advanced health options 	Physical education teachers and Principals
2. Professional development in active learning strategies	<ol style="list-style-type: none"> a. IAHPERD conferences b. Time in faculty meetings c. Staff wellness d. Professional development e. Coordinate sequential programs 	Physical education teachers and Principals
3. School/community partnerships	<ol style="list-style-type: none"> a. Walking clubs/hours b. Community leaders c. Health professionals d. YMCA e. Health organizations 	Physical education teachers and Principals
4. Increase focus on the topics of healthy eating and physical activity	<ol style="list-style-type: none"> a. Emphasize wellness topics every year b. Integrate wellness into every standard area 	Physical education teachers and Principals

II. Physical Education and Activity Administrative Guidelines

30. Maximize physical education time (K-12) with the curriculum and scheduling parameters.
31. Sequential and comprehensive physical education curriculum (K-12) with Standards and Benchmarks (IDOE) with a fitness/wellness philosophy will be developed and implemented.
32. The majority of physical education class time will be fitness activity.
33. Physical education will be an active, enjoyable physical environment.
34. Credentialed physical education teachers will be provided with professional development in wellness and fitness.
35. Participation in extracurricular physical activity/athlete student programs will be promoted. (Before and after school)
36. Professional development will be provided to all athletic coaches.
37. All facilities will be maintained to meet safety requirements.
38. School staff will not withhold physical activity, recess, or physical education as a student management technique.
39. Students in grades K-5 will receive a mandatory minimum of (30 minutes) daily physical activity including recess and/or physical education. On a day when there is inclement weather or unplanned circumstances have shortened the school day, the school corporation may provide physical activity alternatives or elect not to provide physical activity.
40. Physical activity will be integrated into the classroom setting.
41. Fitness plans will be developed for students as a part of physical education.
42. Appropriate fitness physical education will be provided for students.
43. Student fitness award programs will be developed. (Presidential, Governor awards)
44. Elementary school playgrounds will be supervised providing students with fitness, activity, safety, play, and creative expression.

School Physical Education/Activity Improvement Plan

Actions	Steps	By Whom and When
1. Explore a plan to increase physical activity time.	a. Make (DVD/Video) media available to faculty b. Build professional library c. Elementary behavior modification - Activity be done during free time (not stand - must walk) d. Incorporate Governor's Fitness Council awards	Principals/Teachers Beginning of School year Principals/librarians/teachers Beginning of school year Teachers on duty per occurrence P.E. teachers End of grading period
2. Incorporate professional development opportunities as part of the school-wide professional development plan.	a. Search out funding availability b. AAHPERD/IAHPERD/University/P.E. c. Visit successful programs (other schools) d. Periodicals involving fitness, curriculum, and purchase material	Principal/volunteer Individual teachers P.E. teachers Volunteer
3. Establish a health and fitness connection between Health and Physical Education classrooms	a. Work on scheduling b. Common P.E./Health prep. time (communication) c. Establish walking/running clubs d. Intramural programs (non-athletes)	Counselors/Principals while scheduling for classes Counselors/Principals while scheduling for classes Volunteer - before school starts Community/YMCA Volunteers as possible

4. Development of student fitness plans	a. Develop pre-test/post-test b. Incorporate height/weight data into classroom c. Group students according to data and pre-tests	Curriculum committee as curriculum is developed Individual teachers (PE/health) as available Individual teachers beginning of term
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III. Nutrition Services/Administrative Guidelines

45. Vending Machines (Beverage and Snack), Concession, Fund Raisers

1. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
2. All student vending machines, concession, and fund raisers at the middle schools will serve "Healthy/Better Choices" items only.
* Principals will make decisions on time availability.
3. All student vending machines, concession and fund raisers at the high school level will offer at least 50% options of "Healthy/Better Choices"
* Principals will make decisions on time availability.
4. All staff vending machines will offer at least 50% options of "Healthy/Better Choices."
5. "Healthy/Better Choices"
 1. Does not include: Soft drinks, punch, iced tea, coffee or other high sugar items.
 2. Included: 100% fruit/vegetable juice, low fat/skim milk, water, isotonic drinks that do not contain additional caloric sweeteners.
 3. Included: Food items with not more than (30%) total calories from fat.
 - Food items with no more than (10%) total calories from saturate/trans fat.
 - Food items with no more than (35%) weight from sugar that do not occur naturally in fruits, vegetable, or dairy products.
6. Portion Size - A food item available for sale at a school or on school grounds may not exceed the following portion limits if the food item contains more than two hundred-ten (210) calories:
 1. In the case of potato chips, crackers, popcorn, cereal, trail mixes, nuts, seeds, dried fruit, and jerky, one and seventy-five hundredths (1.75) ounces.
 2. In the case of cookies and cereal bars, two (2) ounces.
 3. In the case of bakery items, including pastries, muffins, and donuts, three (3) ounces.
 4. In the case of frozen desserts, including ice cream, three (3) fluid ounces.
 5. In the case of nonfrozen yogurt, eight (8) ounces.
- F. A beverage item available for sale at a school or on school grounds may not exceed twenty (20) ounces.
7. Classroom celebrations will consist of a balance of at least 50% "Healthy/Better Choice" items at elementary, middle, and high schools.

II Education

- a. All school staff will only use "Healthy/Better Choices" as behavior/classroom rewards
- b. Each cafeteria will utilize wellness/nutrition lessons to promote healthy (5-a-day, YMCA, etc.) food and beverage choices.

- c. Each school will incorporate a nutrition education program
 - 1. Nutrition articles in school newsletter
 - 2. Nutrition handouts at school functions aimed toward parents
 - 3. Nutrition billboard in cafeteria or hallway
 - 4. Guest speakers in classrooms to talk about healthy food choices
 - 5. Nutritional website attached to school website

III Cafeteria Breakfast/Lunch/Ala Carte

- 1. Ala Carte items will be "Healthy/Better Choices" items only
- 2. A variety and balance of foods will be offered.
- 3. Low fat/skim milk only
- 4. Meals will offer appealing low fat items.
- 5. Food purchasing and preparation practices will reduce fat content.
- 6. Discontinue deep frying and move to baked preparation.
- 7. Provide adequate time to eat school meals.
- 8. Professional development of food service manager, cafeteria managers, and workers will be ongoing.
- 9. Clean, safe, pleasant cafeteria environment
- 10. Preparedness for school emergencies
- 11. Low fat dressings, ice-cream, cheese only
- 12. Offer whole grain products: bread, pizza, etc.
- 13. Establish "salad bars" at middle school and high schools. Seek student input on selections.
- 14. Offer Healthy/Better Choice items only to students as extra no-cost items.
- 15. Provide fresh fruit, vegetables, lean protein, and reduced fat/sugar desserts
- 16. Varied texture, temperature, and color with each meal
- 17. Limit adding butter to food preparation.
- 18. Participation in the USDA school breakfast /lunch programs
 - 19. The traditional food-based menu will be used for breakfast and lunch.
 - 1. The Food Service Director will have available a computer nutritional program to plan and monitor the quality of means, *calories, fat, sugar, protein, calcium, iron, vitamins, etc.

Breakfast

School meals are intended to safeguard the health and well-being of the Nation's children." Participating schools must serve breakfasts that are consistent with the applicable recommendations of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables and fruits; choose a diet moderate in sugars and salt; choose a diet with 30% or less of calories from fat and less than 10% of calories from saturated fat. In addition, breakfasts must provide, on average over each school week, at least 1/4th of the daily Recommended Dietary Allowances for protein, iron, calcium, and vitamins A and C.

Lunch

The National School Lunch Act mandates that school meals "safeguard the health and well-being of the Nation's children/" Participating schools must serve lunches that are consistent with the applicable recommendations of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables and fruits; choose a diet

moderate in sugars and salt; choose a diet with 30% or less of calories from fat and less than 10% of calories from saturated fat. In addition, breakfasts must provide, on average over each school week, at least 1/4th of the daily Recommended Dietary Allowances for protein, iron, calcium, and vitamins A and C.

School Nutrition Services Improvement Plan

Actions	Steps	By Whom and When
1. Offer more nutritious items in vending machines (The Bear at BHS)	a. Inform machine vendors of changes b. Canned soda provided Investigate current contracts c. Survey students about items they would prefer in the machines d. Have other fund raisers to raise money for various departments	Ongoing Athletic Director Ongoing conversations with PTOs and Depts.
2. Discontinue use of high fat/sugar foods	a. Make parents/staff aware of changes b. Birthday treats more healthy	school newsletters, parents, principals - staff meetings Handbooks, school newsletters
3. Revise the sale of candy and soda	a. Modify products in vending machines b. Shut down pop machines all day c. Healthier vending machines options (candy machines) (Also the "Bear")	
3. Improve nutrition A. Breakfast B. Lunch C. Ala Carte D. Vending E. Concession F. Fund raisers	a. Consider food from being brought in from outside b. Consider parents bringing McDonald's in to eat with children c. Nutritionist will be working with food Service Director	

4. Begin cafeteria/lunch wellness lessons	a. Posters	
5. Partnership with YMCA		

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IV. Health Services

20. Develop a plan, in cooperation with state agencies, to monitor student height and weight with wellness objectives.
21. Identify and refer students with health problems affected by physical activity.
22. Provide student medical information relevant to special dietary needs.
23. Identify and refer students with health problems affected by nutrition.
24. Establish vision, dental, physical screenings of students.
25. Install and implement hand-washing stations in all buildings/classrooms.
26. Consider additional nursing services when financially possible. (Grants)
27. Clean all student desks at least weekly through custodial services. More cleaning dates as needed due to student health issues.

School Health Improvement Plan

Actions	Steps	By Whom and When
1. School staff stress the importance of health and safety.	<p>a. Provide educational in-service to staff</p> <p>b. Student hand-washing station</p> <p>c. Implement information in classroom</p> <p>d. Teachers more cognizant of safety in the classroom</p> <p>e. Develop assessment questions to identify (i.e. non-breakfast eaters as reference) for secretaries.</p> <p>f. Plan for additional nursing staff</p> <p>g. Clean all student desks daily</p>	<p>- local physicians/CNP - health educator -Summer or beginning of next school year</p> <p>- custodians - prior to next school year</p> <p>Faculty & staff - throughout the school year</p> <p>Faculty & staff - throughout the school year</p> <p>School nurse - Begin next school year</p> <p>Upon BOE approval SN for BHS SN for 2 mid/lower elementary schools SN for 2 mid/lower elementary schools</p> <p>Custodial services - immediately</p>

<p>2. School and community organizations need to coordinate and organize activities that promote health and safety for all ages.</p>	<p>a. Organize Wellness Fair</p> <p>b. Allow outside organizations to provide health and safety information during lunch and/or classroom</p> <p>c. Promote dental and physical screenings</p> <p>d. Provide schedule for teachers and classified staff to use BHS facilities</p> <p>e. Continue community organizations to rent the facility for health activities.</p>	<p>Youth Council - March 24, 2006</p> <p>-Registered dietician - Health Dept. - Education staff from hospital - Tobacco-free Coalition, etc. Begin 1st of year throughout school year</p> <p>Local doctors Local dentists (IU/PU dental students - IPFW hygienists) Winter of 2006</p> <p>Coaching/PE staff - Spring 2006</p> <p>Office staff - BruInformer Continual</p>
<p>3. Staff and student training on how to recognize and where to refer victims or perpetrators of bullying, harassment, and sexual abuse.</p>	<p>a. Schedule and deliver presentations to staff, students, and parents</p> <p>b. Provide in-service /training to faculty/staff to recognize and refer</p>	<p>Principals/Counselors Spring 2006</p> <p>Presenters/Spring 2006</p>