



Wellness Policy

Reviewed 2018



The Daleville Community Schools Board of School Trustees believes that good nutrition and physical activity are important for academic achievement. The purpose of this policy is to provide a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity and enhances learning and development of lifelong wellness practices as mandated by Federal Public Law (PL 108.265).

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to the 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. Teachers will also reinforce nutrition through daily practices and reflecting healthy behaviors to the impressionable student population.

To promote student wellness, the district supports goals in the following areas:

I. NUTRITION EDUCATION AND WELLNESS PROMOTION

1. The school day is defined as midnight to 3:15 PM for each day that school is in session.
2. All physical education and health education instructional staff will meet or exceed the professional teaching requirements for the state of Indiana.
3. Each school shall incorporate nutrition education, including that which supports student adoption of healthy eating behaviors, into the curricular standards and guidelines for all health education and physical education classes.
4. Each school shall incorporate nutrition education in lunchrooms.
5. Each school shall provide nutrition education resources to parents/guardians through handouts, website links, newsletters, presentations or any other appropriate means.
6. Each school shall direct coaches to incorporate nutrition education into discussions with athletes.
7. Each school shall provide healthy food items that are clearly indicated and comparably priced.
8. Vending machines, if used, may dispense drinks such as bottled water and fruit juice throughout the school day.

II. STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS

1. Each school follows the USDA Professional Standards for State and Local Nutrition Programs to ensure that professional development in the area of food and nutrition is provided for all food service personnel.
2. Each school shall ensure that all meals meet current USDA nutrition standards and shall endeavor to comply with the USDA Healthy Hunger-Free Kids Act of 2010.

3. Each school shall design transportation schedules that encourage participation in school meal programs. Breakfast is available whether students are on a delay or late getting to school.
4. The district has taken steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in anyway. District has implemented plans to protect student privacy, in addition to following relevant regulations.
5. Each school shall provide meal periods which include at least 20 minutes of “seat time” for lunch and at least 10 minutes of “seat time” for breakfast.
6. Each school shall provide appropriate supervision in the cafeteria in order to ensure adequate space/seating and a clean, pleasant environment.
7. Each school shall ensure that all reimbursable school meals meet current USDA nutrition standards.
8. Each school shall provide applications for free/reduced priced meals during registration as well as in the office anytime during the year and on the district website.
9. Each school has taken steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in anyway and has implemented plans to protect student privacy.
10. Each school shall share and publicize information about the nutritional content of meals with students and parents.
11. Each school shall provide breakfast through the USDA School Breakfast Program.
12. Each school shall endeavor to provide meals that appeal to student taste preferences.
13. Each school shall serve milk that is low fat white or fat-free flavored.
14. Each school shall permit students to use the drinking fountain during meals to obtain water.

III. NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES

1. All foods and beverages sold to students during the school day shall be in compliance with the USDA Smart Snacks federal nutrition standards or other specific standards that imply compliance.
2. Beverages with non-nutritive sweeteners (artificial or natural) shall not be sold to students during the school day.
3. Beverages containing caffeine will not be sold to students during the school day.
4. The Smart Snack standards are accessible to the public through the District website.
5. Each school shall provide students and staff with access to free, safe, and fresh drinking water throughout the school day.

IV. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

1. Notwithstanding the competing demands of academic courses, efforts shall be made to provide daily physical education opportunities for middle and high school students.

2. To the extent possible, high school students shall be encouraged to take additional physical education courses beyond that which is required to fulfill the requirements for graduation.
3. To the extent possible, each school shall have the same student/teacher ratio in physical education classes as in academic classes.
4. Each school shall ensure that physical education classes are taught by licensed instructors.
5. Each school shall provide adequate equipment for physical education and ensure conformity to all applicable safety standards.
6. Each school shall provide physical education staff with opportunities for professional development that focuses on physical activity, fitness, health, and wellness.
7. Each school shall not provide waivers for physical education with the exception of substituting physical activities (e.g. team sports) for physical education.
8. Each school shall encourage the integration of physical activity across curricula and throughout the school day. Teachers shall use physical activity breaks during classroom time as often as possible.
9. Middle and high school students shall be provided opportunities for physical activity during each passing period of the school day.
10. Each school shall provide students with opportunities for physical activity through a range of before and after school programs including, but not limited to, clubs, intramurals, and interscholastic athletics.
11. Students shall not be removed or excused from physical education classes in order to receive instruction in other content areas.
12. Each school shall discourage punishing students by the use of physical activity (i.e. running laps, push-ups) or by withhold physical activity opportunities (i.e. recess, physical education).
13. The Daleville Community Schools Fitness Room shall be available for use by students, staff and community members.
14. Each school shall encourage parents and guardians to support their child(ren)'s participation in physical activity and to be physically active role models by including physical activities in family events.
15. Each school shall encourage students to participate in community physical activities.
16. Each school shall promote lifelong physical activity among students.
17. Each school shall provide physical activity training to all teachers.
18. Elementary students shall receive 150 minutes of physical activity weekly, including daily recess.

V. OTHER SCHOOL BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

1. Elementary students shall participate in daily recess activity. To the extent possible, recess will be scheduled prior to the lunch period.

2. Each school shall provide students with adequate time to eat meals. Lunch periods shall be no less than 30 minutes.
3. Each school shall begin serving breakfast at 7:30 AM.
4. Each school shall ensure that all food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.
5. Each school shall encourage student participation in school meal programs.
6. Each school shall schedule lunch periods as near the middle of the school day as possible.
7. The district has a closed campus policy. Students may not sign themselves out for lunch.
8. School sponsored events and celebrations of special occasions during the school day shall include healthy beverages and/or food among the choices available to participants.
9. Each school shall provide parents, guardians and students with basic nutrition information during the registration process at the beginning of the school year.

VI. IMPLEMENTATION, EVALUATION & COMMUNICATION

1. The superintendent and each building principal shall jointly share the operational responsibility for ensuring that the provisions of this policy are followed.
2. Each principal shall perform an annual end-of-year evaluation on the implementation of the Wellness Policy using the Annual Wellness Policy Evaluation tool.
3. The superintendent shall provide an annual report to the school board on the evaluation of this policy.

VII. COORDINATED SCHOOL WELLNESS COMMITTEE

1. A wellness advisory council (IC-20-26-9-18) has been established. Membership is comprised of the following groups: parent, student, health care professional, physical education teacher, food service director, school board, and school administration.
2. The wellness advisory council shall conduct at least two (2) hearings per year at which public testimony about the wellness policy can be heard. The council shall review the policy and suggest revisions as necessary.
3. The wellness advisory council shall prepare an annual report to be posted on the district website at the beginning of each new school year. The report shall include a summary of wellness activities and contact information for wellness committee members.

USDA SMART SNACKS IN SCHOOLS

- Raw vegetables (sticks or slices)
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, apple chips, banana chips)
- Dry cereals
- Trail Mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Peanut butter
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low fat dips
- Granola bars, low fat muffins and cookies (graham crackers)
- Cereal bars
- Rice cakes
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Gelatin and low fat pudding cups
- Low fat ice cream, frozen yogurt, sherbet
- Low fat and skim milk products
- Low fat dressing or yogurt dip
- Pre-baked soft pretzels
- Pure, cold water

FOODS TO AVOID (consume only occasionally)

- Carbonated and caffeinated beverages (soft drinks, tea and coffee)
- High sugar content candies and desserts
- High fat foods (fried foods like french fries, fatty meats, most cheeses and buttery popcorn)
- High sodium foods (luncheon meats, cheeses, chips, salty popcorn and pickles)