

Greenwood Community School Corporation

Wellness Policy

Wellness

Greenwood Community School Corporation is committed to providing a school environment which enhances learning and the development of lifelong wellness practices. A Coordinate 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 at least once every three years.

To accomplish these goals the district will see to and provide:

- A. Child Nutrition Programs which comply with federal, state and local requirements and will be accessible to all children.
- B. Sequential and interdisciplinary promotion of nutrition education.
- C. Patterns of meaningful physical activity connect to students' lives outside of physical education.
- D. All school-based activities are consistent with local wellness policy goals.
- E. An increasing amount of food and beverages made available on campus (including vending, concessions, a la carte, and student stores) during the school day are consistent with the current USDA requirements.
- F. All foods made available on campus adhere to food safety and security guidelines.
- G. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

School Nutrition Association (SNA) Local Wellness Policy Guidelines

Nutrition Promotion

Nutrition promotion and education positively influences lifelong behaviors by using evidence based techniques and nutrition messages and by creating food environments that encourages healthy nutrition choices and encourages participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- A. Implementing at least 2 or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- B. Ensuring 100% of foods and beverages promoted to students meets the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students as well as provide nutrition education and engage in nutrition promotion.

- A. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health
- B. Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, social studies and elective subjects.
- C. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- D. Nutrition education information may be reviewed by a qualified, credentialed nutrition professional (e.g. School Food and Nutrition Specialist, (SFNS), a Registered Dietitian (R.D), who is specialized in school-based nutrition)
- E. The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- F. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- G. School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- H. Students will be encouraged to start each day with a healthy breakfast

Food and Beverage Marketing in Schools

The school district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contain messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any food and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in Schools nutrition standards so that only those foods that comply with those nutrition standards are permitted to be marketed or promoted to students.

Physical Activity

- A. Physical activity should be integrated across curricula and throughout the school day. Movement should be made a part of science, math, social studies and language arts.
- B. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- C. Administrators will attempt to ensure that Physical Education instructors who teach Physical Education classes are highly qualified, as defined by the state.
- D. Time allotted for physical activity will be consistent with research, national and state standards.
- E. Elementary schools will provide a daily recess period, which is not routinely used as a punishment.
- F. Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.
- G. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

- H. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- I. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- J. Information will be provided to families (through means such as newsletters) to help them incorporate physical activity into their student's lives.
- K. Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- L. Schools encourage families and community members to institute programs that support physical activity.

Other School Based Activities

- A. After-school programs will encourage physical activity and healthy habit formation.
- B. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- C. Support for the health of all students may be demonstrated by, but not limited to, hosting health clinics, health screenings, and informing parents about Hoosier Healthwise and other state children's health insurance programs.
- D. Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

Nutrition Guidelines for All Foods on Campus

- A. All foods sold during the school day will meet the guidelines of the current USDA'S "All foods sold in school" standards:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Fundraisers
- B. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

- C. Where possible, nutrition information for products offered, a la carte, and vending and school stores is readily available near the point of purchase or on food packaging.
- D. Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- E. Teachers and staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate.
- F. Parents, students, and teachers will be encouraged to provide classroom snacks that feature healthy choices according to the federal nutrition standards.
- G. Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as fundraiser, it must meet the approved nutrition standards. Fundraisers subject to this rule are those sold during the school day on school grounds. School day is defined as from midnight the night before to 30 minutes after the end of school.
- H. Non-sold food and beverages will comply with federal nutrition standards made available during the school day.
- I. Signage or similar media on school campus during the school day may only advertise food and/or beverages provided and sold by the school that meet the competitive foods standards for foods sold in schools (i.e. Smart Snacks).

Eating Environment

- A. Dining areas are attractive and have enough space for seating all students.
- B. Drinking water is available for students at meals.
- C. Food is not routinely used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

Child Nutrition Operations

- A. The child nutrition program will aim to be financially self-supporting.
- B. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

- C. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable and/or fruit options with their meal.
- D. The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch and school breakfast).
- E. All food service personnel shall have professional development and training in food service operations annually.
- F. Students are encouraged to start each day with a healthy breakfast.

Food Safety/Food Security

- A. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- B. For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

Other

- A. The Wellness Committee continues to develop the plan to measure implementation of the local Wellness Policy. At least once every three years, the District will evaluate compliance and progress made in attaining the goals of the wellness's policy.
- B. The Principals of each school are charged with operational responsibility for ensuring that the school meets the local wellness policy.

References

1. Indiana Healthy Schools Toolkit, Indiana State Department of Health. Available at: www.doe.in.gov/sites/default/files/nutrition/2018-healthy-schools-toolkit.pdf . Accessed February 2018.
2. Action for Healthy Kids, Arizona State Team. Arizona healthy school environment model policy. Available at: www.asu.edu/educ/eps1/CERU/Guidelines/CERU-0401-210-RCC.pdf . Accessed March 7, 2005.
3. National Association for Sport and Physical Education. Physical activity for children: A statement of guidelines for children ages 5-12. Available at: http://www.aahperd.org/naspe/template.cfm?template=pr_123103.html . Accessed March 7, 2005.

4. National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/fithealthy.html> . Accessed March 7, 2005.
5. United States Department of Agriculture, Food Safety and Inspection Service. Food safety and emergency preparedness. Available at: http://www.fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index.asp . Accessed March 7, 2005.
6. Alabama Action for Healthy Kids. Guide to healthy school parties. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL . Accessed March 7, 2005.
7. Alabama Action for Healthy Kids. Guide to healthy school fundraising. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL . Accessed March 7, 2005.
8. Texas Agriculture Commission. Creating a course for change. Available at: http://www.squaremeals.org/fn/home/page/0,1248,2348_0_0_0,00.html . Accessed March 7, 2005.
9. Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0> . Accessed March 7, 2005.
10. Seattle Public Schools. Distribution and sales of competitive foods. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0> . Accessed March 7, 2005.
11. Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: <http://www.wasb.org/policy/focusoct03.html> Accessed March 7, 2005.
12. Getlinger, Mary Jane, et al., Food waste is reduced when elementary-school children have recess before lunch. Journal of the American Dietetic Association, September 1996 * Volume 96 * Number 9 * p906 to p908

Glossary

Food Security	<ol style="list-style-type: none"> 1. Having adequate resources to access enough food to maintain a healthy and active lifestyle. 2. The state of having the food supply safe from harm.
Food made available on campus	<p>Foods available on campus includes:</p> <ol style="list-style-type: none"> 1. Vending machines 2. Beverage contracts 3. Fundraisers 4. Concession stands 5. Student stores 6. School parties/celebrations 7. Child nutrition programs

Resources

1. Keys to Excellence: <http://www.schoolnutrition.org/KEYS.aspx?ID=1158>
2. Nutrition Integrity: <http://www.schoolnutrition.org/Index.aspx?id=1107>
3. Action for Healthy Kids: <http://www.actionforhealthykids.org/>
4. National Association for Sport and Physical Education: <http://www.aahperd.org>
5. National Association of State Boards of Education: <http://www.nasbe.org>
6. United States Department of Agriculture-Team Nutrition:
<http://www.fns.usda.gov/tn/>
7. Centers for Disease Control: <http://www.cdc.gov/HealthyYouth/>
8. Food and Research Action Center: www.frac.org
9. Journal of the American Dietetic Association, February 2005: Nutrition and the School Environment.
10. Alabama Action for Healthy Kids:
http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL .
11. Texas Department of Agriculture: Square Meals <http://www.squaremeals.org/>
12. Seattle Public Schools:
<http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0> .
13. Wisconsin Association of School Boards. Promoting healthy eating and physical activity: <http://www.wasb.org/policy/focusoct03.html>