



WELLNESS POLICY

605 W. SMITH VALLEY RD.
GREENWOOD, IN 46142

GREENWOOD COMMUNITY SCHOOL CORPORATION

Greenwood Community School Corporation is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- 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 Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

SNA Local Wellness Policy Guidelines

Nutrition Education

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- 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.
- 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)

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- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- 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.
- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity

- 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.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Administrators will attempt to ensure that Physical Education instructors who teach Physical Education classes are highly qualified, as defined by the state.
- Time allotted for physical activity will be consistent with research, national and state standards.
- Elementary schools will provide a daily recess period, which is not routinely used as a punishment.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

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- Information will be provided to families (through means such as newsletters) to help them incorporate physical activity into their student's lives.
- 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.
- Schools encourage families and community members to institute programs that support physical activity.

Other School Based Activities

- After-school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- 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.
- 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

- 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
- 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.
- Where possible, nutrition information for products offered , a la carte, vending and school stores is readily available near the point of purchase or on food packaging

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- 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.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Parents, students, and teachers will be encouraged to provide classroom snacks that feature healthy choices.
- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers will be encouraged to include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

Eating Environment

- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.
- 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

- The child nutrition program will aim to be financially self-supporting.
- 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.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch and school breakfast).
- All food service personnel shall have adequate training in food service operations.
- Students are encouraged to start each day with a healthy breakfast.

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Food Safety/Food Security

- 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.
- 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

- The Wellness Committee continues to develop the plan to measure implantation of the local Wellness Policy.
- The Principals of each school are charged with operational responsibility for ensuring that the school meets the local wellness policy.

References

1. Action for Healthy Kids, Arizona State Team. Arizona healthy school environment model policy. Available at: www.asu.edu/educ/eps/CERU/Guidelines/CERU-0401-210-RCC.pdf . Accessed March 7, 2005.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.

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8. Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0> . Accessed March 7, 2005.
9. 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.
10. Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: <http://www.wasb.org/policy/focusoct03.html> Accessed March 7, 2005.
11. 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> <ul style="list-style-type: none"> • Vending machines • Beverage contracts • Fundraisers • Concession stands • School parties/celebrations • Child nutrition programs

Resources

- Keys to Excellence: <http://www.schoolnutrition.org/KEYS.aspx?ID=1158>
- Nutrition Integrity: <http://www.schoolnutrition.org/Index.aspx?id=1107>
- Action for Healthy Kids: <http://www.actionforhealthykids.org/>
- National Association for Sport and Physical Education: <http://www.aahperd.org>
- National Association of State Boards of Education: <http://www.nasbe.org>
- United States Department of Agriculture-Team Nutrition: <http://www.fns.usda.gov/tn/>
- Centers for Disease Control: <http://www.cdc.gov/HealthyYouth/>
- Food and Research Action Center: www.frac.org
- Journal of the American Dietetic Association, February 2005: Nutrition and the School Environment.

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- Alabama Action for Healthy Kids:
http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL .
- Texas Department of Agriculture: Square Meals <http://www.squaremeals.org/>
- Seattle Public Schools:
<http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0> .
- Wisconsin Association of School Boards. Promoting healthy eating and physical activity: <http://www.wasb.org/policy/focusoct03.html>