

SCHOOL WELLNESS

Statement of Policy

It is the policy of the Greenfield-Central Community School Corporation to promote student wellness by supporting healthy choices, good nutrition and physical activity as part of the total learning environment. This policy applies to all students, staff, and schools in the Corporation.

Implementation of Policy

1. The Superintendent shall appoint a School Wellness Advisory Council consisting of at least one representative of:
 - (1) Parents;
 - (2) Food service supervisor and staff;
 - (3) Students;
 - (4) Nutritionists or certified dietitians;
 - (5) School health care professionals (e.g., school nurses);
 - (6) Board members;
 - (7) A school administrator;
 - (8) Interested community organizations;
 - (9) Teachers of Physical Education and Health.
2. The School Wellness Advisory Council shall meet at the call of a chair (“Wellness Coordinator”) designated by the Superintendent from among the members serving on the School Wellness Advisory Council; and shall oversee the Corporation’s efforts to improve student wellness through curriculum, policies, and practices. The School Wellness Advisory Council shall meet at least once a school year. Proposals for policies and practices shall be made in writing and shall be reported to the Board through the Superintendent. No votes shall be taken and where there are diverging views on a matter to be reported to the Board, all points of view shall be included in the written report to the Superintendent.
3. The School Wellness Advisory Council shall hold at least one (1) public meeting

annually at which public input about the development, implementation, evaluation, and update of Corporation's wellness policies and practices is solicited.

4. The School Wellness Advisory Council shall work with the:
 - a. School Attorney to insure that the Corporation's policies and practices are consistent with Indiana and federal law and regulations, and the
 - b. Indiana Department of Education, the Indiana Department of Health, and other public and private agencies offering information and support for student wellness initiatives.
5. Each administrator/supervisor assigned to manage a Corporation school ("Wellness Coordinator(s)") has the authority and duty to oversee the successful implementation of this Policy.

Nutrition Education and Nutrition Promotion

The Corporation will teach, model, encourage, and support healthy eating by all students. The Corporation will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote their health. Nutrition topics shall be integrated within the comprehensive health education curriculum and other curricular offerings such as math, science, language arts, social sciences, and electives according to standards of the Indiana Department of Education and federal law. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks. Additional goals to support nutrition education and nutrition promotion include:

1. Schools with a free & reduced student eligibility greater than 50% as of October 1 will be referred to Hancock County based community partners (i.e. Purdue Extension) for additional nutrition education support.
2. During taste testing events put together by the Department of Food Services, nutrition education about the featured food product will be available to enhance learning and understanding of the foods health benefits.
3. Allow students to have access to water throughout the school day, not just in the cafeteria, but also in the classrooms and related arts. Students without a water bottle or like container can get a cup from their school cafeteria.
4. All students will be encouraged/required to sit with peers during lunch periods. Students eating together at dining room tables promotes positive eating habits, encourages trying new foods, and social interaction benefits among peers.

Standards of U.S. Department of Agriculture Child Nutrition Programs and School Meals

The Board will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods and beverages to support healthier choices and promote optimal learning. All meals served by the Corporation will meet the federal nutritional guidelines issued by the U.S. Department of Agriculture (“USDA”) and follow principles of the Dietary Guidelines for Americans. Guidelines promulgated by the Superintendent will establish nutrition guidelines for all foods available on school campus during the school day that are consistent with federal nutritional guidelines and promote student health and reduce childhood obesity.

Sold and Non-Sold Foods and Beverages

The Corporation is committed to ensuring that all foods and beverages available to students support healthy eating.

The food and beverage items brought into schools for intended consumption during classroom parties, snack, and as a reward must be individually packaged with a nutrition facts label and ingredient list in order to clearly identify allergens and other nutrient information. Non-food and beverage reward items and activities will be encouraged.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold or served to students on the school campus during the school day will meet the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Food and Beverage Marketing in Schools

It is the intent of the Corporation to protect and promote health by permitting advertising and marketing for only those foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards during the school day.

Physical Activity and Other Student Wellness Activities

The Board supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before-and after-school activities; and walking and bicycling to school. Additional goals to support physical activity and school-based student wellness activities include:

1. Elementary schools (K-3) will offer 60 minutes of Physical Education a week.
2. Elementary students will be provided physical activity opportunities throughout the day for at least 30 minutes of the recommended 60 minutes of physical activity per day, including recess, brain breaks, and physical education class.
3. Schools will host immunization clinics and encourage parents to register children to receive school required vaccines. Clinics will be offered in the 4th and 1st quarter of

each school year. 95% of the students will be immunized by the exclusion date.

4. Working with the GCHS health classes, a health fair will be set up during Open Centralized Registration in the Fall to showcase Family Wellness opportunities in the community.

Public Input

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, Corporation administrators, and the general public are permitted to participate in the development, implementation, and periodic review and update of this Policy and procedures.

Annual Notification of Policy

The Corporation will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. This annual notification will include information on how the public can get involved in the Student Wellness Advisory Council or the implementation of the wellness policy in general. This information will be made available via the Corporation website and/or Corporation-wide communications.

Evaluation

At least once every three (3) years, the Corporation will evaluate compliance with the wellness policy through [an evaluation tool] to assess the implementation of the policy and include:

1. The extent to which schools in the Corporation are in compliance with the wellness policy;
2. The extent to which the Corporation's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
3. The progress made in attaining the goals of the Corporation's wellness policy.

Administrative Guidelines

The Superintendent or his or her designee shall ensure that this Policy and procedures are duly implemented, complied with, and evaluated. The content and implementation of this Policy and procedures shall be made available to the public. On an annual basis, the Superintendent or his or her designee shall assess this Policy and procedures, including the extent to which the Corporation is in compliance with the Policy, the extent to which the Policy compares to a model policy, and a description of the progress made in attaining the goals of the Policy. The Superintendent or his or her designee shall report to the board on an annual basis an assessment of this Policy and corresponding procedures. This assessment shall be made available to the public.

The Superintendent or his designee shall develop and administer guidelines to:

1. Coordinate the work of the School Wellness Advisory Council and staff members working in Food Services, Curriculum Development, and extra-curricular activities;
2. Promote student wellness in all curricular and extra-curricular activities of the Corporation;
3. Establish goals and procedures for the implementation of this Policy, including regular assessment of progress on established wellness goals.

I.C. 20-26-9-18 et. seq.
42 U.S.C § 1758b

Greenfield-Central Community School Corporation

Adopted: 2006
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