**New! Nutritional Guidelines for Non-Sold Foods and Beverages**

*Has set Nutritional Guidelines for foods and beverages not sold but made available on the school campus during the school day*

| Students are permitted to have bottled water only in the classroom. |
| School will not allow outside food (parents may not bring Subway, etc.). |
| Classroom celebrations only include activities (e.g., giving free time, extra recess, music and reading time) rather than food. In lieu of treats or gifts, it is encouraged that a book be donated to the library or an item for recess may be donated to the classroom. |
| Foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, are not used as rewards for academic performance or good behavior. |
| Students are not allowed to bring in food or beverages to celebrate their birthday. Birthdays are celebrated using non-food items or special activities (develop a school building birthday recognition system). |
| Teachers and staff will not use food as a reward. |
| We will not reward our kids with candy. Only non-food birthday treats are allowed. |
| Rewarding children in the classroom will not involve candy and other foods that can undermine children’s diets and health and reinforce unhealthy eating habits. |
| All foods offered on the school campus will meet or exceed the USDA Smart Snacks in school nutrition standards, including: |
| 1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. |
| 2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards. |
| 3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. |

**New! Food & Beverage Marketing**

*Permits marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)*

Marketing unhealthy foods is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is enforced.

| These marketing/incentive techniques will follow Smart Snacks: |
| These marketing activities that promote healthful behaviors (and are therefore allowable) will be used: |
| • logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment |
| • educational incentive programs that provide food as a reward |
| • in-school television, such as Channel One |
| • free samples or coupons |
| • food sales through fundraising activities. |
| • vending machine covers promoting water; |
| • pricing structures that promote healthy options in a’ la carte lines or vending machines; |
| • sales of fruit for fundraisers; |
| • coupons for discount gym memberships. |
School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.

Nutrition Education
*Has at least 2 goals for Nutrition Education (For example: Team Nutrition materials)*

Nutrition education is designed and implemented to help students learn nutrition knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage, caloric balance between food intake and energy expenditure (physical activity/exercise), and adequate fruits and vegetables, whole grains and low-fat dairy.

Nutrition education is designed and implemented to help students learn nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food advertising.

Nutrition education is designed and implemented to help students learn how to assess one’s personal eating habits, and how to set and achieve goals for improvement.

Nutrition education is included in health curriculum so that instruction is sequential and standards-based and provides students with knowledge, attitudes, and skills necessary to lead healthy lives.

Nutrition education shall apply opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

Cafeteria staff will participate in providing nutrition education. Students will be educated through new food experiences and exposed to a wide variety of food choices. Consistent encouragement should be given to children to try new foods. Discourage students from making negative comments about new foods and healthy foods so that the child will learn to try new flavors.

The school district supports the integration of a farm to school program into the school food program and the curricular and co-curricular activities as appropriate to facilitate the nutritional and educational goals of the school district.

The school district will support the development of farm to school programs to help students eat more nutritious foods and promote healthier lifelong eating patterns; support the local economy and local farmers; and teach students about the origins of their foods and how their food is grown.

The school district will integrate Team Nutrition materials within the school curriculum. USDA’s Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Nutrition Promotion
*Has at least 2 goals for Nutrition Promotion (For example: Smarter Lunchroom techniques)*

Our district uses evidence-based strategies from The Smarter Lunchrooms Movement to encourage selection and consumption of healthy food choices in the cafeteria. Each school will complete the Smarter Lunchrooms Scorecard annually with a goal of achieving Gold. This goal will be overseen and implemented by the Food Service Director.

Our district uses evidence-based strategies from The Smarter Lunchrooms Movement to encourage selection and consumption of healthy food choices in the cafeteria. All schools participating in the National School Lunch Program will utilize at least 5 of the following Smarter Lunchroom strategies:

- Fruit is offered in at least two locations on all service lines, one of which is right before the point of sale.
- Sliced or cut fruit is offered.

These are established school policies from the Southern Indiana region. Compiled and supported by HEROES, an initiative of the Welborn Baptist Foundation.
- A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- At least two kinds of vegetables are offered.
- Vegetables are incorporated into the main entrée at least monthly.
- White milk is offered in all beverage coolers.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- Students are offered a taste test of a new entrée at least once a year.
- Students provide feedback (informal — “raise your hand if you like...” or formal – focus groups, surveys) to inform menu development.
- Students, teachers, or administrators share the daily menu in announcements.

Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.

School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).

Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.

Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.

Healthier food options are clearly identified on menus, lunch lines, and concessions.

All teachers who provide health education instruction at all grade levels, will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

Schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

Schools will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.

School environment will reinforce the development of healthy eating habits, including offering healthy foods, health-conscience fundraising, and staff wellness support.

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

School will implement at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.

School ensures 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

**Physical Activity**

*Has at least 2 goals for Physical Activity*

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Teachers and other school and community personnel will not arbitrarily use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

*These are established school policies from the Southern Indiana region.*

*Compiled and supported by HEROES, an initiative of the Welborn Baptist Foundation.*
The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school.

Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.

The student teacher ratio for physical education classes will be no larger than other classes (30-1).

Students will not be removed or excused from physical education to receive instruction in other content areas.

School prohibits extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers will implement periodic breaks during which students are lead to stand and be moderately active.

The school arranges yearly walk audits to make needed improvements for safer and easier walking/biking routes to school.

School will allow and encourage walking and bicycling to school. The school will explore the availability of both local and federal funding to finance such improvements.

Schools shall promote families to provide physical activities outside the regular school day, such as outdoor play at home, participation in sports, and in lifelong physical activities.

Schools will schedule recess before meals when possible.

Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

The Board actively 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. Additionally, the Board mandates physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

Students, parents, and other community members shall have access to, and be encouraged to use, the school’s outdoor physical activity facilities outside the normal school day and when appropriate will inform the community of the availability of such spaces and facilities through the website handouts.

Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.

If outdoor recess is not possible, due to inclement weather, teachers will provide an indoor physical activity break in the classroom or gym.

Staff-led walking programs are utilized as well as programs and/or contests to encourage fitness and healthy eating. School staff members are encouraged to use fitness facilities before or after school.

Students will be given the opportunity to exercise prior to the beginning of each school day. Weathers permitting, students will have access to the running/walking track and also fitness/cardio stations on the upper level playground. During inclement weather, students will use the hallways for the stations before the morning announcements.

Class schedules will be designed to engage students in physical activity throughout the day. The teacher is given freedom to tailor this to his/her individual classroom but some examples are Take 10!, presidential fitness stations, dance/workout videos, running, etc.

School will use space available to offer indoor activities during inside recesses. Possibilities include but are not limited to games in the gym, fitness stations in the hallways, and exercise/dance videos or physical games within the rooms.

Waivers will not apply towards the physical education courses required for a diploma. Credit flexibility in physical education will be limited to elective physical education courses.
After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

Schools will schedule walking and bicycling to school events, including the promotion of International Walk to School Day, which falls on the first Wednesday of October each year and Bike to School on the first Wednesday of May each year.

Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.

Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

Taking away recess for punishment is prohibited and enforced.

### Other Activities that Promote Student Wellness

**Has at least 2 goals for Other School-Based Activities that promote student wellness**

- Schools will host health clinics/fairs and screenings and encourage parent to enroll their children in Medicaid or in other children’s health insurance programs for which they may qualify.

- A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children’s behavior and academic performance.

- The concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.

- School will host a family health fair once a year to encourage all families to engage in physical activities with their kids, try new foods, and learn healthy habits.

- Nutrition education and wellness will be offered to students, parents, and staff through health fairs, healthy eating and wellness seminars, newsletters, handouts, and Internet information consistent with current USDA Dietary Guidelines for Americans.

- Faculty and staff wellness programs are incorporated to build effective school health initiatives.

- At least 50 percent of the food options available at staff meetings will meet the approved nutrition standards. During meetings lasting longer than one hour, staff will have the opportunity to stretch and be physically active.

- Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.

- Educational presentations on health and wellness will be conducted at least twice each school year.

- School cafeteria staff will be hired with the understanding that they are responsible to adhere to the policies the school has in place.

- School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revision to the policy.

- School walking program will be offered every morning.

- After school child care and enrichment programs will provide daily periods of moderate to vigorous physical activity for all participants.

- The school will work with local fitness centers to offer reduced membership fees.

- Foods and beverages that meet good nutrition guidelines as set forth in the policy will be available at school-sponsored events such as, but not limited to, athletic events, dances, or performances.

- Snacks served in after-school care or enrichment programs will make a positive contribution to children’s diets and health; emphasizing fruits, vegetables, whole grains, low-fat dairy products, and the importance of water as a beverage.

- The school will develop and/or promote farm to school activities such as school gardens, nutrition, culinary, and agriculture education, and use of local foods in the Child Nutrition Programs.

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These are established school policies from the Southern Indiana region. Compiled and supported by HEROES, an initiative of the Welborn Baptist Foundation.
**Evaluation**

*Every three years has evaluated the local wellness policy with an Evaluation Tool and has notified the public of the results.*

The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council. And will be responsible for the three-year assessment of each school’s compliance with the policy and its regulations. The three-year assessment must measure:

- the implementation of this policy and its regulations
- the extent to which each school is in compliance with the policy
- the extent this policy compares to other model school wellness policies
- progress made in attaining the goals of the wellness policy

Policy and regulation language will be assessed using the [Department of Education’s Checklist](#) and revised as needed.

To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff using the [Action for Healthy Kids School Health Index](#) Evaluation.

**Person Responsible**

*Has identified at least one person as responsible for monitoring the local wellness policy Name/Title of Person: ________*

The school administrator will ensure compliance with established nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance.

School food service staff will ensure compliance with nutrition policies and will report on this matter to the school principal.

Principals shall ensure that their schools are in compliance with the corporation’s wellness policy halfway through the school year by assessing wellness implementation strategies. The principals shall provide a written report to the superintendent, who will provide the report to the school board. The principal’s report shall contain the following information:

- the schools progress toward meeting the wellness goals over the previous year
- the website address for the wellness policy and how the public can receive a copy of the policy
- a description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy
- the name, position, and contact information or the school official coordinating the health advisory council or the school’s wellness team
- information on how individuals and the public can get involved with the school’s wellness team.

Principals shall ensure that their schools are in compliance with the Corporation’s Wellness Policy halfway through the school year by assessing wellness implementation strategies. The principals will submit a written report to the Superintendent and the Coordinated Schools Advisory Council. The Superintendent will provide a report to the School Board.

**Communication**

*Has annually informed and updated parents, students, staff, and the community about the content and implementation of the local wellness policy*

Progress reports should be shared with the public using the following channels of communication: The Message, school newsletter, website, School Messenger, and other forms of communication.
Progress reports ensure transparency by including: the web address of the wellness policy, a description of each school’s activities and progress toward meeting the wellness goals, contact details for committee leadership, and information on how to join the committee.

Superintendent shall distribute information at the beginning of the school year to families of school children, include information in the student handbook, and post the wellness policy on the Corporation’s website, including the assessment of the implementation of the policy prepared by the Corporation.

The Superintendent shall also be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy.