

SEYMOUR COMMUNITY SCHOOLS WELLNESS POLICY

The Board of School Trustees within the Seymour Community Schools (SCSC) recognizes the importance of nutrition and physical activity as it relates to the prevention of childhood (and subsequent adult) health issues, including but not limited to obesity. Furthermore, we recognize the school's influence in establishing lifelong healthy habits. Our community members will be encouraged to lend their support to students so they may achieve not only high academic performance, but also lifelong health.

1. Nutrition Education Goals:
 - a. Whenever possible, nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
 - b. Through various means, the school's food service department will participate in educational opportunities related to nutritional training for all Seymour Community School students, families, and staff.
 - c. Students are provided with a foundational knowledge in nutrition through their involvement in core content courses such as health, biology, etc. and have the opportunity to gain further understanding through various electives such as nutrition/wellness.
2. Physical Activity Goals:
 - a. At school, opportunities for physical activity including recess will be present.
 - b. Physical activity will continue to be the stated aim of elementary recess.
 - c. Recess can be used as a reward but should not be taken away as punishment.
 - d. Recognizing that each of us has an opportunity to be a role model for today's youth, school facilities will be made available when possible for the community's physical fitness use in accordance with the Board's facility usage policy.
 - e. Students, parents, and the community are urged to consider safe routes to school and the benefits of walking or biking to school.
3. Nutrition Standards for Cafeteria Food Provided by the SCSC Food Service Department:
 - a. Food items and meals will meet the nutritional guidelines established by the U.S. Department of Agriculture along with the guidelines from other regulatory agencies impacting the national school lunch program.
 - b. All foods and beverages sold to children at school during the school day will meet the nutrition standards required by the Healthy, Hunger-Free Kids Act of 2010.
 - c. Information related to nutritional content of menu items will be made available to customers.
4. Other Student Activities Related to Wellness:
 - a. Those involved in fund raising will strive to seek opportunities that promote and encourage good nutrition and/or physical activity along with generating revenue.
 - b. Food items provided in the classroom for celebrations or for other educational purposes will be encouraged to abide by the criteria listed in the administrative guidelines.
5. Goals for Measurement and Evaluation:
 - a. SCSC faculty, students, and community members, shall review this policy each year.
 - b. The wellness committee will prepare a report annually for the Superintendent evaluating the policy and include any recommended changes or revisions to the policy and/or the accompanying Administrative Guidelines.

Seymour Community Schools

Wellness Policy

Administrative Guidelines

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. The following procedures are set forth to provide students with an environment that promotes and supports a healthy lifestyle through an integrated approach to educate and motivate students to make good wellness choices.

Nutrition Education and Wellness

- A. Nutrition, health and fitness topics may be integrated within the comprehensive health education curriculum taught at every grade level (K-12) according to the Indiana Standards. These topics shall be coordinated with the school corporation's food service program and may be integrated with other curriculum areas as deemed appropriate.
- B. The nutrition education program will work with the school food service program and use the cafeteria as a learning lab.
- C. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and menu planning.
- D. Each school in the District should encourage staff to model healthy eating and physical activity as a valuable part of daily life.
- E. Schools will strive toward integrating nutrition education activities with the coordinated school health approach.
- F. Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents/guardians. The school will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback the results will be reviewed to identify any opportunities for improvement. Any improvements made based on the student surveys will be shared with students and their parents.
- G. Food Services may label healthy food items available so students know which items are healthy. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.
- H. Education materials shall be free of brands and illustrations of unhealthful foods.

- I. In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain the **School Health Advisory Committee** to create, strengthen, or work within existing school health councils to develop, monitor, review, and revise nutrition and physical activity policies. The SHAC will serve as a resource to schools for implementing these policies.
- J. The SHAC will include the following members: Parents/Guardians, School Food Service Director, Physical Education Teachers, Students, School Health Care Professionals/Registered Dietitians/School Nurses, School Board Members, School Administrators, Interested Members of the Public, and Interested Representatives of Community Organizations.
- K. The SHAC will meet as needed during the school year to review nutrition and physical activity policies and to develop an action plan for the coming year.

Physical Education and Physical Activity

- A. All students in grades K-12 may participate in physical education in order to meet the Physical Education Standards.
- B. Schools will use NASPE standards as a guide when planning physical education classes.
- C. Schools will make an effort to plan classes so that students may participate in physical education daily.
- D. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school should not exceed an average of 30 to 1.
- E. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students and conform to all applicable safety standards.
- F. Physical education will be taught by a licensed physical education instructor.
- G. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
- H. Academic activities shall not take the place of physical education. However, students on the school's sports teams may substitute participation for physical education credits.
- I. Classrooms may incorporate, where possible, appropriate, short breaks that include physical movement and implement strategies of learning while moving.
- J. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers may give students periodic breaks for moderate physical activity.
- K. Intramural and other physical activity classes, clubs and offerings should be maintained at present levels and steadily increased to accommodate elementary, middle, and high school grades.

- L. The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.
- M. Students will not be removed or excused from physical education class to receive instruction in other content areas.
- N. School staff should not use physical activity (running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- O. All elementary school students shall have daily recess in accordance with Indiana Code 20-30-5-7.5.
- P. Elementary students who wish to walk or ride bicycles, scooters, skates, or skateboards to school must do so with written parent approval on file. It is strongly encouraged that parents accompany children in or below third grade when walking or taking one of the other listed two wheel options.
- Q. Students must use designated areas when walking or riding on school property.
- R. The school corporation urges parents to consider the availability of safe routes to school when giving approval to their child to walk or ride bicycles, scooters, skates or skateboards to school. It is expected that students riding these items will wear safety approved helmets.
- S. The school corporation recognizes the personal benefits associated with wellness and supports parents as they promote age appropriate choices for their children to walk, bicycle, skate or utilize skateboards or scooters to or from school.

Standards for USDA Child Nutrition Programs and School Meals

- A. All schools will provide breakfast through the USDA School Breakfast Program. Students should have at least ten (10) minutes to eat after sitting down for breakfast. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- B. Students will be provided adequate time (a suggested minimum of 20 minutes) to eat lunch.
- C. Meals served through the National School Lunch and Breakfast Programs will:
 - Be appealing and appetizing to children
 - Be served in clean and pleasant settings
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs
 - Contain zero grams of trans fats per serving (nutrition label or manufacturer's specification)
 - Be moderate in sodium

- Offer a variety of fruits and vegetables; serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by the USDA) and
 - Include grains that are whole grain-rich
 - Meet the nutrition needs of school children within their calorie requirements
- D. Food Services may provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- E. Schools will be encouraged to schedule recess before lunch.
- F. Shall ensure that professional development in the areas of food and nutrition and food safety are provided for food service employees, and that all food service staff complete the annual minimum required training hours.
- G. The Food Service Department will share and publicize information about the nutritional content of meals with students and parents upon request.

Nutrition Standards for Other Foods and Beverages Available During School Day

- A. All food not part of the school meal program, and available for sale to students, will meet the current nutritional standards for competitive foods as established by current USDA guidelines.
- B. K-12 a la carte, school vending machines and other beverages outside of school meals shall be limited to:
- Water
 - Low-fat and nonfat milk
 - 100% fruit or vegetable juice
 - Elementary schools may sell up to 8oz portions of milk, and 100% fruit or vegetable juice, while middle schools and high schools may sell up to 12oz portions. There is no portion size limit for plain water.
 - High schools may sell up to 20oz portions of “no calorie” or “lower calorie” beverages as defined by the USDA’s “All Food Sold in Schools” standards.
- C. Availability
- Vending machines in middle and high schools:
 - Will not be available during mealtimes

- Will contain items that meet approved nutrition standards if available during other school hours
 - Vending machines for school staff will not be accessible to students.
 - Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.
- D. Concession Stands
- The concession items sold at school-sponsored events to participants, fans and visitors may include healthy beverages and foods, according to the approved nutrition standards.
- E. Classroom Celebrations
- The District encourages healthy snacks at parties and will provide a list of suggested healthy snacks and class activities (giving free time, extra recess, music and reading time, etc) to teachers and parents/guardians.
 - Celebrations involving food during the school day shall be at the discretion of the school principal.
 - Schools shall inform parents/guardians of the classroom celebration guidelines.
- F. Healthy rewards or incentives used in classrooms to encourage student achievement or desirable behavior will be encouraged. Non food rewards should be used when feasible.
- G. Fundraising activities will strive to support healthy eating and wellness. Fundraisers selling food items during the school day, that do not meet the federal nutrition guidelines, will be limited to two such fundraisers per school building per school year.

Staff Wellness Nutrition and Physical Activity

- A. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided throughout the school year.
- B. The school corporation benefits department may work with local fitness centers to offer reduced membership fees.
- C. Schools may allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
- D. Staff will be encouraged to participate in community walking, bicycling or running events.

Evaluation

- A. The district will strive to implement the policy for the current school year.
- B. The Advisory Council shall meet at least annually to review nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements.
- C. The advisory council shall prepare a report annually for the Superintendent and School Board on evaluating the implementation of the policy and regulations and include any recommended changes or revisions.
- D. The SHAC will meet to discuss revisions to policy and the policy shall be revised as necessary.
- E. The School Wellness Policy shall be made available to students and families by means of school registration, student handbook and the corporation's website.