

NORTH HARRISON COMMUNITY SCHOOL CORPORATION

WELLNESS POLICY

Philosophy: The Board of School Trustees of the North Harrison Community School Corporation supports the health and well-being of the students by promoting good nutrition and physical activity at all grade levels.

Wellness Committee Information

A Coordinated 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. In accordance with Indiana Code 20-26-9-18, and the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council including the following:

- **Chairman:** Shannan Murphy RN
- **Administrator:** Dr. Lance Richards
- **Parents/Guardians:** Jill Beyerle
- **Food Service Director/Head Cooks:** Kathy Chinn, Paula Powers
- **Student:** Kelsey Johnson
- **School Health Professionals/Dieticians:** Shannan Murphy RN, Virginia Gardner RN
- **Physical Education Teacher:** Kent Rentschler
- **School Board Member:** Steve Hanger
- **Community Members:** Annette Lawler

OVERALL POLICY GOALS

1. Establish a district-wide healthy school environment.
2. Educate the students and parents about healthy food choices and physical fitness.
3. Provide the students with healthy food choices to optimize their learning ability.
4. Provide physical activity that promotes lifetime fitness.
5. Reduce childhood obesity and prevent diet-related chronic diseases.

The Advisory council shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

The Advisory Council shall report annually to the Superintendent and the Board of School Trustees on the implementation of the wellness policy and include any recommended changes or revisions.

The School Wellness Policy shall be made available to students and families by means of the corporation's website.

The Board of School Trustees of the North Harrison Community School Corporation supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the school corporation's students. Therefore, it is the policy of the Board to:

- Provide students access to nutritious food and beverages;
- Provide opportunities for physical activity and developmentally appropriate exercise; and
- Require that all meals served by the school corporation meet the federal and state nutritional guidelines issued by the U.S. Department of Agriculture.

I. NUTRITIONAL EDUCATION

Nutrition, health, and fitness topics shall be integrated into the health education curriculum taught at every grade level K-12. Faculty is encouraged to integrate wellness and nutrition information with other curricular areas as deemed appropriate.

GOALS:

- Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables.
- Make nutrition education interactive and teach youth skills to adopt healthy eating behaviors.
- Involve all staff as role models for youth. Staff members will consume the same healthy food and drink.

II. NUTRITION PROMOTION

North Harrison Community Schools aims to teach, encourage, and support healthy eating habits for all students and staff. The facility will engage in nutrition promotion that:

GOALS:

- Support and promote proper dietary habits contributing to students' health status and academic performance.
- All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the federal and state and nutritional guidelines.
- Positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

- Provide students with a relaxed, enjoyable climate in the lunchroom including:
 - a) Adequate space to eat and pleasant surroundings;
 - b) Adequate time for meals, and
 - c) Convenient access to hand-washing facilities before meals

III. PHYSICAL ACTIVITY

North Harrison Community Schools' staff guides students to understand the value of physical activity both in and out of school. Students should have opportunities during the school day to be physically active, including but not limited to, recess, physical education, and the classroom setting. Teachers should attempt to make learning kinesthetic and active whenever possible. Students should understand how meaningful physical activity connects to their lives outside physical education and wellness classes.

GOALS:

- A combination of aerobic, stretching and muscle building activities will be rotated to ensure a varied workout.
- Youth will be provided opportunities to develop knowledge and skills for specific physical activities.
- Youth will be educated on the short and long-term benefits of a physically active lifestyle.
- Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of youth.
- Limit TV and downtime in the classroom.
- North Harrison School district will encourage teachers and staff to use other forms of discipline rather than deny a student participation in recess or other physical activity or for classroom make-up time unless approved by the building principal.

IV. OTHER SCHOOL-BASED ACTIVITIES

The North Harrison Community School District strongly encourages the sale or distribution of healthy foods for all school functions and activities. In an effort to support the consumption of nutrient dense foods in the school setting the district has adopted a policy governing the sale of food, beverage, and candy on school grounds.

GOALS:

- Vending machines will dispense healthy snacks and drinks such as bottled water, fruit juice, milk, dried fruit, nuts, etc. These items will be available throughout the school day, after school, and at all extra-curricular activities.
- Vending machines that dispense minimally nutritious items as defined by the United States Department of Agriculture such as gum, candy, chips and cookies shall NOT be made available during the school day.
- Nutrient infused carbonated beverages are permitted in vending machines during the school day. Other carbonated beverages cannot be sold during the school day.
- Chips and cookies sold in vending machines and a la carte areas must meet USDA minimum standards to be included as selections in vending machines.
- Fundraising projects are encouraged to include healthy options. Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.
- Classroom celebrations will focus on activities rather than on food. Classroom celebrations that include food will be limited. It is encouraged that classroom celebrations be limited to one event per month. The school will inform parents/guardians of the classroom celebration guidelines.
- Any food item that is served for classroom celebrations should be pre-packaged and approved by the teacher and/or building principal.

V. EVALUATION

The superintendent and committee chairman or designee shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met. The superintendent will be responsible for reporting to the board at the end of the year the progress of the school corporation's implementation of this policy.

The Coordinated School Health Advisory Council will meet a minimum of once in the spring to evaluate and adjust the policy to meet current needs and changes in state and federal requirements encompassed in this policy.