

Union County/College Corner Joint School District

Bylaws & Policies

8510 - WELLNESS ON PHYSICAL ACTIVITY AND NUTRITION

Committee Membership

The Union County College Corner Joint School District will permit parents, food service staff, students, school health professionals, physical education teachers, school board members, school administrators, and interested members of the general public to participate in the development, implementation, and review and update of the local wellness policy.

USDA Requirements for School Meals

School meals will meet the requirements of the USDA National School Lunch and Breakfast Programs.

Nutritional Guidelines

The school district will follow the USDA set standards for all foods sold to students during the school day. This requirement is called the Smart Snacks in School Rule. This rule targets a la carte items sold in the cafeteria, school fundraisers that take place during the school day, vending machines, and any item sold during school or 30 minutes after the end of the school day.

Nutrition Education Goals

1. Nutrition education will be in accordance with the curriculum standards defined by the Indiana Department of Education.
2. Nutrition education may be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education posters such as the Food Pyramid Guide will be displayed in the cafeteria.
4. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

Nutrition Promotion

1. Teachers and staff are encouraged to use alternate forms of reward other than food.
2. Vending machines accessible to students will be locked or shut down to students during the school day. The exception would be if the machine contains all healthy food or beverage choices as defined by the Smart Snacks Rules.
3. Students will be encouraged to increase their consumption of healthful foods.
4. The cafeteria manager will provide nutritional information about any of the items sold in the food service program upon request.
5. Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District/School will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. Schools may have one party/celebration per month that includes food that does not meet the nutrition standards established by the Smart Snacks Rules.

Physical Activity

1. Each elementary school will schedule at least one period of active recess per day, but students may miss that recess as a consequence based on the school discipline plan. This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, the school will provide an indoor physical activity break.
2. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content and benchmarks adopted by the State.
3. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
4. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
5. Physical activity and movement shall be integrated when possible across the curriculum and throughout the school day.

Other Activities

1. The District will provide initial CPR training to the cafeteria manager and those staff members assigned to lunch room supervision. The District will provide initial CPR training to all high school and middle school extra-curricular coaches. All coaches must be CPR certified prior to beginning their second season. Volunteer coaches are not required to receive the training, but may choose to do so. All food service staff and cafeteria supervisors will receive training (not for certification purposes) from our school nurse(s) on the procedures for helping someone who is choking on food.
2. Students are discouraged from sharing their food or beverages with one another during meal times, given concerns about allergies and other restrictions on some student's diets.
3. All cafeteria managers will maintain current certification in food service safety and sanitation.

Evaluation

The Indiana Wellness policy Evaluation Tool will be used to measure and evaluate the local wellness policy. Every three years the School Wellness Committee will meet to determine if revisions to the policy are needed.

Monitoring Policy

The Assistant Superintendent and building principals are responsible for monitoring the local wellness policy.

Communication of Policy

The School wellness Policy will be placed on the Corporation website and in student handbooks.