

**Greater Jasper Consolidated Schools
Health and Wellness Policy
2013**

Philosophy: The Board of School Trustees of the Greater Jasper Consolidated School corporation supports the health and well being of the students by promoting nutrition and physical activity at all grade levels.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act, it is the policy of the Board to:

Statement of Purpose: Provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the United States Department of Agriculture. A coordinated School Corporation Wellness Advisory Board will be formed and maintained to oversee these activities, and each building in the GJCS corporation will maintain individual Health and Wellness Committees to coordinate events between the schools and the district committee.

**I. Coordinated School Health Advisory Council
GJCS will engage students, parents/guardians, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing corporation-wide nutrition and physical activity policies. A corporation Health and Wellness Committee will be formed and maintained at the corporation level to oversee the development, implementation, and evaluation of the school corporation's wellness policy.**

A. In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain a corporation level Health and Wellness Committee that includes at least the following:

- *The chairperson of each individual school's Wellness Committee
- *Parents/Guardians
- *GJCS Food Service Director
- *Students
- *Health Care Professionals/School Corporation Nursing Staff
- *Any interested community patrons or organizations

The district Health and Wellness Committee will be chaired by the Assistant Superintendent of Schools.

B. The corporation Health and Wellness Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the 2013-14 school year. This meeting shall take place in August as the new school year begins. The GJCS Health and Wellness Committee shall meet in January to review

and adjust the planned activities for the school year. It may also meet at any other time as deemed necessary by the committee chair.

C. The GJCS Health and Wellness Committee shall report annually to the Superintendent and School Board on the implementation of the Wellness Policy and include any recommended changes or revisions.

D. The Board of Education will adopt or revise nutrition and physical activity policies based on recommendations made by the GJCS Health and Wellness Committee.

E. The corporation Wellness Policy shall be made available to students and families by means of school registration and the corporation website.

II. Nutrition Education

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the Indiana Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

A. Nutrition education will be provided as part of a comprehensive health education program.

1. Health education will be taught by a licensed health education instructor at the appropriate levels as defined by the Department of Education and the local GJCS Board developed curriculum.

2. The school corporation will provide nutrition education training opportunities to teachers and staff at the K-8 level and through the academic curriculum offered through Jasper High School. The cafeterias at each building will also be responsible for making educational nutrition displays and menu information available to students and staff through the corporation Food Service Director.

3. Nutrition information in the curriculum will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion controls.

4. Nutrition information and facts will be made available to parents via school newsletters and School Reach as it is made available to the schools.

5. Nutrition educators will partner with the cafeteria managers 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.

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

III. Standards for USDA Child Nutrition Programs and School Meals

A. School Meal Content

GJCS will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

1. Meals served through the National School Lunch and Breakfast Programs will:

- *Be appealing and appetizing to children;
- *Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
- *Contain 0 percent trans fats;
- *Offer a variety of fruits and vegetables;
- *Include whole grains for at least half of all grains served.

2. All cooked items will be baked or steamed, if possible. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie, and sodium levels in food.

3. Students will have the opportunity to help build menus through communication with the corporation Food Service Director and the school student councils. This will help students and staff build an understanding of the Federal guidelines and the choices given to students on school menus.

4. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.

5. The cafeteria managers, through help from the Food Service Director, will share and publicize information about the nutritional content of meals with students and parents/guardians. This information will be available in a number of forms, but will be publicized in school menu distributions through electronic newsletters and in the newspapers.

B. School Meal Participation

1. As required, schools will provide the USDA School Breakfast Program to all students.

2. Schools will encourage participation in the USDA School Breakfast Program in schools where these services are required by statute.

C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).

2. Elementary Schools will schedule recess BEFORE lunch.

3. School meals will be served in clean and pleasant settings.

4. Students will have convenient access to hand-washing and sanitizing stations.

5. Drinking water must be readily available at all mealtimes.

6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

D. Professional Development

1. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

**IV. Nutrition Standards for Competitive and Other Foods and Beverages
GJCS will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.**

A. Approved Nutrition Standards, based on nutrition standards of the Institute of Medicine.

1. School vending machines and other foods outside school meals shall be limited to:

*No more than 30 percent total calories from fat;

*Less than 10 percent of total calories from saturated fats;

*0 percent trans fats;

*No more than 35 percent of calories from total sugars (that do not occur naturally), except for yogurt with no more than 30 grams of total sugars per 8-ounce portions as packaged;

*No more than 200 milligrams of sodium per portion as packaged;

*No more than 200 calories per package, and

*At least half of the grains offered are whole grains.

2. K-12 a'la carte, school vending machines and other beverages outside of school meals shall be limited to:

*Water without flavoring, additives, or carbonation;

*Low-fat and non-fat milk (in 8-12 ounce portions);

*100% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8 ounces (2 portions) for high school, and

B. Availability

1. In accordance with Indiana Code 20-26-9-19, a vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
2. Vending machines in middle and high school
*Will NOT be available during mealtimes.
*Will contain items that meet the approved nutrition standard.
3. Vending machines for school staff will NOT be accessible to students.
4. Food and beverages will NOT be sold in school stores during times when food lines are operating.
5. Students and staff will have free drinking water for consumption available in water fountains during breakfast and lunch mealtimes.

C. Concession Stands

1. The concession items sold at school-sponsored events to participants, fans, and visitors shall include at least 20% healthy beverages and foods, according to the approved nutrition standards.

D. Classroom Celebrations

1. Classroom celebrations will focus on activities (Ex. Giving free time, extra recess, music, and/or reading time) rather than food.
2. Classroom celebrations that include food will be limited to one per month. Food items must meet the approved nutrition standards.
3. Schools shall inform parents/guardians of the classroom celebration guidelines.

E. Food as Punishment

1. School staff will not withhold food or drink at mealtimes as punishment.

V. Physical Activity and Physical Education

GJCS 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, GJCS supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

A. Physical Education (K-12)

1. All GJCS students in grades K-12 will participate in physical education in order to meet the Indiana DOE physical education standards. Jasper High School will encourage students to participate in more than just the required physical education courses necessary for graduation.
2. Waivers will not apply towards physical education courses required for a high school diploma. Credit flexibility in physical education is offered for students who participate in athletics, marching band, cheerleading, dance, and flags.
3. When possible, care will be given by the JHS guidance department to keep physical education courses to class sizes that take student safety into account.
4. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
5. Physical education will be taught by a officially licensed instructor. (Elementary license holders may be used to teach physical education at that level.)
6. All staff involved in the teaching of physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

B. Daily Recess and Physical Activity Breaks

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. School staff will not use physical activity (ex. Running laps, push-ups) or withholding opportunities for physical activity as punishment.

D. Walking and Bicycling to School

1. Where appropriate and safe, schools will allow walking and bicycling to school.
2. Schools will promote walking and bicycling to school. (GJCS recommends the promotion of International Walk to School Day, which falls on Wednesday, October 9th in 2013.)

E. Use of School Facilities Outside of School Hours

1. School spaces and facilities, such as the playground and track, will be made available to students, staff, and community members before, during and after the school day; on weekends; and during school vacations. School policies concerning safety apply at all times. At times, school personnel will need to complete maintenance tasks (such as the spraying and spreading of fertilizer), but will make announcements as required by law to alert patrons.

VI. Staff Wellness

GJCS supports the health and well-being of our staff and has recently partnered with Memorial Hospital and Dunn and Associates to create a Staff Wellness Program. Programs that promote environmental supports to provide physical activity, healthy eating opportunities, systems for rewarding positive behaviors, and frequent check-ins for weight management and control have been created and successfully implemented.

A. Nutrition and Physical Activity

1. GJCS does promote programs to increase knowledge of physical activity and healthy eating habits for all personnel.
2. GJCS will allow employees to utilize fitness equipment at each building.
3. Schools will allow staff to use fitness facilities outside of school hours for activities such as group fitness classes, walking, and individual use up to 7PM or until the facility is in use by another appointment.
4. Staff will be encouraged to participate in fitness events as scheduled.

5. At least 20 percent of the food options available at staff meetings will meet the approved nutrition standards.

VII. Evaluation

GJCS is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, GJCS will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff.

A. Implementation and the Data Collection

1. GJCS will use an evidence-based assessment tool to track the collective health of students over time, including collecting data on height and weight.
2. Principals shall ensure that their schools are in compliance with the corporation's wellness policy halfway through the school year. They will report to the January meeting of the district Health and Wellness Committee who will in turn report to the Superintendent and Board of Education.
3. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health and Wellness Committee.
4. Policy language will be assessed each year and revised as needed.

Written and submitted to the Board of Education for approval, April, 2013.

Members:

Tony Ahrens, Jasper High School
Julie Ruhe, Jasper Middle School
Sherry Fleck, 5th Street Elementary
Phyllis Kuntz, 10 Street Elementary
Brandi Stiles, Ireland Elementary
Paula Wheeler, GJCS Food Services Director
Bob Hacker, Assistant Superintendent, GJCS Committee Chairman