Wellness Policy on Physical Activity and Nutrition

**Philosophy:** The Board of School Trustees of the Tri-Creek School Corporation supports the health and well-being of the school corporation’s students by promoting nutrition and physical activity at all grade levels.

The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook, and the corporation’s web site.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the goal 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 U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

I. **Coordinated School Health Advisory Council**
   The Tri-Creek School Corporation 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 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.
   
   A. 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 that includes at least the following:
      - Parents/guardians
      - Food service director and staff
      - Students
      - School health professionals/registered dietitians
      - Physical education teachers
      - School board members
      - School administrators
      - Any interested members of the general public
      - Representatives of interested community organizations
   
   Other potential members of the council include teachers, school nurses, teaching assistants, and community representatives such as recreation professionals, city planners, industry professionals, and voluntary service workers.

   B. The Advisory Council shall meet at least twice per school year 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.

   C. The Advisory Council 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 School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.

E. The School Wellness Policy shall be made available to students and families by means of the online registration process and the corporation’s web site.

II. Nutrition Education and Promotion

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

A. Nutrition education and promotion of healthy eating will be provided as part of a Comprehensive Health Education Program.
   1. The school corporation will provide nutrition education training opportunities to teachers and staff for all grade levels.
   2. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options, and portion control.
   3. 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).
   4. Nutrition education resources will be provided to parents/guardians through handouts, web site links, school newsletters, presentations, and any other appropriate means available to reach parents/guardians.
   5. 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.
   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

The Tri-Creek School Corporation 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.

A. School Meal Content
   1. Meals served through the National School Lunch and Breakfast Programs will:
      - Be appealing and appetizing to children;
      - Meet, at minimum, the nutrition requirements established by the USDA for federally funded programs;
      - Contain 0 percent trans fats;
      - Offer a variety of fruits and vegetables; and
      - Offer a wide variety of whole grain rich products.
   2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie, and sodium levels in food.
   3. Schools are encouraged to purchase or obtain fresh fruits and vegetables from local farmers when practical.
4. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
5. The food service department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
6. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.
7. The food service department will share nutritional content of meals with students and parents/guardians as requested.

B. School Meal Participation
1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast and arranging transportation schedules to allow for earlier arrival times.

C. Mealtimes and Scheduling
1. Adequate time to be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. School meals will be served in clean, pleasant settings.
3. Students will have convenient access to hand-washing and sanitizing stations.
4. Potable (drinking) water must be readily available at all mealtimes.
5. 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 to food service personnel at least annually. All school nutrition program director, assistant, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards web site to search for training that meets their learning needs.

IV. Nutrition Standards for Competitive and Other Foods and Beverages
The Tri-Creek School Corporation is committed to ensuring that all foods and beverages available to students on the school campus *during the school day support healthy eating and follow the Smart Snack guidelines per federal law. Foods and beverages sold and served outside of the *school day will be exempt from the Smart Snack guidelines, but it is encouraged that some healthy choices be promoted.

*A According to the HHFKA the school day is defined as the midnight before to 30 minutes after the end of the school day.

A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007) and the standards of the USDA Smart Snacks.
1. K-12 a la carte, school vending machines, and other foods outside of school meals during the *school day shall be limited to:
   • No more than 35 percent of 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;
• No more than 200 milligrams of sodium per portion as packaged;
• No more than 200 calories per package; and
• A variety of grains offered are whole grain rich
• Must meet HHFKA Smart Snack guidelines and must be approved by the Alliance for a Healthier Generation’s Smart Snack product calculator
https://foodplanner.healthiergeneration.org/calculator

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 nonfat milk (in 8-ounce to 12-ounce portions based on age groups and federal regulations);
• 100% fruit juice in 4-ounce portions as packaged for elementary/middle school;
• 8 ounces (2 portions) for high school; and
• All beverages, other than water, white milk, or juice, shall be no larger than 12 ounces; and
• Must meet HHFKA Smart Snack guidelines and must be approved by the Alliance for a Healthier Generation’s Smart Snack product calculator.
https://foodplanner.healthiergeneration.org/calculator

B. Availability
1. 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 schools:
   • Will not be available during mealtimes.
   • Will be off before school and turned on 30 minutes after the end of the school day.
   • Will contain items that meet at least 50% of the approved nutrition standards.
3. Vending machines for school staff will not be accessible to students.
4. Food and beverages will not be sold in school stores that do not meet the HHFKA Smart Snack guidelines and shall not be sold during mealtimes.
5. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

C. Concession Stands
1. Concessions items sold at school-sponsored events (outside of the school day) to participants, fans, and visitors shall be exempt from the HHFKA Smart Snack guidelines, but it is encouraged to offer at least 50 percent of healthy beverages and foods, according to the approved standards.

D. Classroom Celebrations
1. Schools shall inform parents/guardians of the classroom celebration guidelines and supply a list of allergies to avoid when applicable.
2. Classroom celebrations should 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. It is encouraged that all food and beverage items be store bought and left in the original sealed packing. Non-food items are highly encouraged instead of foods of minimal nutritional value.
3. In an effort to protect students with food allergies, it is recommended that classroom treats are chosen from a list of approved allergen friendly items at SnackSafely.com.

E. Food as a Reward or Punishment
1. Teachers and staff are encouraged to choose Smart Snack compliant foods when choosing food as a reward. For example, the use of sugar-sweetened beverages, candy, or donuts as a classroom reward at any school is not appropriate.
2. School staff will not withhold food or drink at mealtimes as punishment.

F. Fundraisers
1. Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser during the school day, it must meet the approved HHFKA Smart Snack nutrition guidelines.
2. Fundraisers need not meet the approved nutritional standards if the food or beverage is being consumed outside of the “school day” or away from school grounds.
3. Each school is allowed to approve two (2) non-compliant food fundraisers per school year. Exempt fundraisers may not exceed more than one school day per Indiana Code.

V. Physical Activity and Physical Education
Tri-Creek School Corporation 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. Additionally, Tri-Creek School Corporation supports physical activity among elementary students by providing them with at least one recess per day.

A. Physical Education K-12
1. Students in grades K-8 will participate in physical education in order to meet the Physical Education Standards. High school students will participate in physical education in order to meet the graduation requirements. Counselors will encourage students to participate in courses and/or activities that promote physical fitness, including elective physical education courses, JROTC, athletics, band, and clubs involving physical activity.
2. The physical education program will provide adequate space and equipment to ensure quality physical education classes for students.
3. All staff involved in 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 teachers are encouraged to use physical activity breaks when possible.

C. Physical Activity and Remedial Activities/Punishment
1. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a punishment.

VI. Staff Wellness
Tri-Creek School Corporation supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

A. Nutrition and Physical Activity
1. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. The school corporation’s benefits department will work with local fitness centers to offer reduced membership fees.
3. Staff will be encouraged to participate in community walking, bicycling, or running events.
4. The school corporation will provide wellness opportunities to faculty and staff annually.
VII. Evaluation
Tri-Creek School Corporation is committed to enforcing the guidelines included in this document. Through implementation of the Wellness, Physical Activity, and Nutrition regulations, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors.

The Tri-Creek Coordinated School Health Advisory Council will assess compliance and progress of the wellness policy requirements a minimum of every three (3) years.

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