

Eastbrook Community School Corporation  
Bylaws & Policies

**8510 – WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the Eastbrook Community Schools Corporation.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education and promotion, the Corporation shall do the following:
1. Nutrition education shall be included in the Health/Science/Family & Consumer Science curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
  2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health.
  3. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
  4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
  5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
  6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free products.
  7. Instruction related to the standards and benchmarks for nutrition shall be provided by highly qualified teachers.
  8. Nutrition education posters, such as ChooseMyPlate, will be displayed in the cafeteria.
  9. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur by implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.

B. With regard to physical activity, the Corporation shall do the following:

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State of Indiana.
2. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
3. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
4. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physically activity.
5. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
6. Planned instruction in physical education shall be presented in an encouraging environment which seeks to be free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
7. Physical activity should not be employed as a form of discipline or punishment.
8. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
9. All students in grades K-5 shall be provided with a daily recess period or other types of physical activity.
10. The school shall encourage families and community organizations to institute programs that support physical activity.
11. Interscholastic sports programs will be offered for students in grades 6-12.
12. Schools shall discourage extended periods of student inactivity, defined as two (2) hours or more without some activity.

C. With regard to other school-based activities the Corporation shall:

1. The schools shall provide at least fifteen (15) minutes daily for students to eat.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environment in which the students eat.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
6. An organized wellness program shall be available to all staff.

7. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
8. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions.
9. Encourage staff and parents to provide healthy foods and beverages for classroom/school celebrations.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. Meals served through the National School Lunch and Breakfast Programs will meet the USDA Requirements for School Meals.
- B. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- C. All foods sold to students during the school day (Midnight – 30 minutes after school is dismissed) shall comply with the current Smart Snacks in School nutrition standards, including competitive foods available to student a la carte or from vending machines.
- D. During the school day, fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.
- E. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- F. Continuing professional development shall be provided for all staff in the food service program.
- G. Only foods and beverages that meet Smart Snack criteria will be permitted to be marketed on school campus during the school day.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every three (3) years using an Evaluation Tool, by an Advisory Council appointed by the Board, consisting of a representative of the Board, administration, food service professionals, parents, students, PE teachers, school health care professionals, and interested members of the general public. The committee shall provide the Board with any recommended changes to this policy. Eastbrook Community Schools will annually inform and update students, staff, and the community about the content and implementation of the local wellness policy by posting the results on the Eastbrook Website.

Adopted 5/22/2006

Revised 11/2012, 6/1/2017, 6/1/2021