

## Rochester Community School Corporation Bylaws & Policies

---

### 8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Rochester Community School 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 through the schools' meal programs, by supporting the development of good eating habits, and by 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, the Corporation shall:
  - 1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
  - 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 education.
  - 3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
  - 4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
  - 5. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
  - 6. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
  
- B. With regard to physical activity, the Corporation shall:
  - 1. **Physical Education**
    - a. A sequential, comprehensive physical education program shall be provided for students in 1-8 in accordance with the standards and benchmarks established by the State and for two (2) semesters during high school.
    - b. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
    - c. Properly State certified, teachers shall provide all instruction in physical education.
    - d. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

- e. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- f. Planned instruction in physical education shall include cooperative as well as competitive games and to encourage lifelong physical activity.
- g. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- h. All students in grades K-5, shall receive instruction in physical education for forty-five (45) minutes per week for the entire school year.
- i. All students in grades 6-8, shall receive instruction in physical education for forty-five (45) minutes per day for five (5) days per week for twelve (12) weeks for the entire school year.
- j. All students in grades 9-12 shall receive instruction in physical education for forty-five (45) minutes per day for one (1) school year or its equivalent.

## 2. **Physical Activity**

- a. Physical activity should be employed in a positive framework rather than as a source of discipline or punishment. All forms of physical activity should be encouraged.
- b. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- c. The elementary and middle school will explore including a five (5) minutes physical activity for all students and teachers.
- d. Schools should provide daily recess periods of at least fifteen (15) minutes per day for all elementary students outside providing the temperature is at least 15 ° or wind chill at least 15 °.
- e. Schools will encourage physical activity during outside recess. Before lunch recess is encouraged for the elementary grades.

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

- 1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- 2. The school shall provide attractive, clean environments in which the students eat.
- 3. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
- 4. The schools shall encourage teachers and parents to provide healthy foods for snacks, celebrations, and parties by providing a list of recommended choices.
- 5. School staff should be encouraged to choose healthy alternatives, i.e.: nonfood items as rewards/incentives.
- 6. Students, parents, and other community members shall have access and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
- 7. The schools shall provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
- 8. 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.
- 9. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students diets.
- 10. An organized wellness program shall be explored for all staff.

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

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. 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.
- E. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks or rewards, and from vending machines.
- F. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
- G. The school food service program shall involve students, parents, staff, and/or school officials in the selection of competitive food items to be sold in the schools.
- H. Nutrition information for competitive foods available during the school day shall be readily available on the web.
- I. All foods available to students in Corporation programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- J. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans on the web.
- K. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- L. All food service personnel shall receive pre-service training in food service operations.
- M. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Superintendent or designee as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Superintendent or designee shall report 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 as indicated in policy review schedule as adopted by the Board.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771

Adopted 7/24/06  
Revised 4/21/08