

Monroe Central School Corporation

Wellness Policy

BOARD RESOLUTION

The Monroe Central School Corporation is committed to providing a school environment that enhances learning and development of lifelong wellness.

- Whereas, sequential and interdisciplinary Nutrition Education in Monroe Central Community School Corporation is promoted and provided;
- Whereas, all school-based activities are consistent with local wellness policy goals;
- Whereas, all foods and beverages made available on campus (including vending, concessions, a' la carte, students stores, parties, and fundraising) during the school day are consistent with the current *Dietary Guidelines for Americans*; and
- Whereas, the school environment is safe, comfortable, pleasing, and allows ample time for eating meals. Food and / or physical activity are not used as a reward or a punishment.
- Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and
- Whereas, reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and
- Whereas, schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and
- Whereas, the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all corporations with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006-07 school year;

THEREFORE BE IT RESOLVED, that it is the intent of the Board of Education of the Monroe Central School Corporation to fully comply with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and

BE IT FURTHER RESOLVED that the Superintendent shall seek the involvement of parents, students, representatives of the school food service program, the school board, school administrators, and the public as this Corporation's wellness policy is developed, and shall recommend a policy to the Board no later than March 2006; and

BE IT FURTHER RESOLVED that the board reserves the right to modify the recommended policy as it deems necessary; and

BE IT FURTHER RESOLVED that said policy shall be adopted no later than May 2006 and shall be effective the first day of the school year beginning after July 1, 2006.

WELLNESS

The Monroe Central School Corporation is committed to creating a healthy school environment through the development and implementation a wellness policy. This wellness policy is intended to protect the health and improve the academic potential of our students. The school environment is an important and critical part of nutrition and physical fitness education that can improve children's overall health. This policy promotes a school environment that models good health and takes action to combat the rising health risks to children.

The Monroe Central School Corporation shall promote healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The corporation supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and helps ensure that no child is left behind.

Beginning with the 2006-2007 school year, Monroe Central School Corporation will enact a wellness policy that includes:

1. Nutrition education that promotes student wellness and healthy lifestyle choices.
2. Physical activity including recess and physical education.
3. Other school-based activities that target food, beverage, candy, commercial advertising, and incentive rewards.

Policy Goals

1. Establish a corporation-wide healthy school environment
2. Educate the students and parents about healthy food choices and physical fitness.
3. Provide the students with healthy food choices to optimize their learning ability.
4. Provide physical activity that promotes lifetime fitness.
5. Reduce childhood obesity and prevent diet-related chronic diseases.

Nutrition Education and food Service Guidelines

With regard to nutrition education, the Monroe Central School Corporation is committed to improving academic performance in all groups so that no child is left behind. Educators, administrators, parents, health practitioners, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and physical activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all

student needs are being met. The board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positive influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.
- B. Building nutrition knowledge and skills help children make healthy eating and physical activity choices. To make a difference, nutrition education for children should be appropriate to the students' ages and provide opportunities for them to practice their skills and have fun.
- C. Support and promote proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the corporation Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.
- D. Students should be provided the opportunity to possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Every school shall create a school environment that encourages the students to make healthy choices. It is acknowledged that the feeding of children is primarily a family responsibility. However, every school shall supplement their efforts by operating a food service program to ensure that all students have affordable access to the varied and nutritious food they need to stay healthy and learn well.
- E. Healthy school meals provide energy and nutrients children for sound minds and bodies. Studies confirm that children who are not well nourished have difficulty learning. The variety of healthy foods offered in school meal programs allows children to learn to enjoy different foods and develop healthy eating patterns.
- F. The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical skills taught in the classroom. Food service staff shall also work closely with those responsible for the components of the school health program to achieve common goals.
- G. School vocational programs shall provide a consistent learning experience that reinforces the objectives of the school food service program and will comply with the dietary Guidelines for Americans where appropriate.
- H. The full meal program will continue to follow the U.S. Government's Nutrition Standards. The Hot Lunch/Breakfast provider shall be expected to make every effort to follow the corporation's Nutrition Standards when determining the items in the a' la carte sales. Items in the a' la carte that do not meet the Corporation's Nutrition Standards may be acceptable when offered on an intermittent basis.
- I. A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed. It is encouraged that the lunchroom environment be a place where students have:
 - a) adequate space to eat and pleasant surroundings
 - b) adequate time for meals, and
 - c) convenient access to hand-washing facilities before meals.

- J. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state.
- K. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
- L. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
- M. Staff responsible for providing instruction in nutrition education will have the opportunity to participate in professional development activities designed to better enable them to teach the benchmarks and standards.
- N. 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.
- O. All foods available to students in the dining area during food service hours, should comply with the current USDA Dietary guidelines for Americans, including competitive foods available to students a' la carte or from vending machines.
- P. The school may distribute to staff, parents, and after school program personnel, a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
- Q. All food service personnel shall receive pre-service training in food service operations.

Physical Activity

The Board sets the following goals in an effort to enable students to establish good physical activity habits:

- A. Physical activity shall not be employed as a form of discipline or punishment.
- B. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- C. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like walking, swimming, golf, tennis, etc.
- D. Resources are readily available for student and their families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- E. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
- F. All students in grades 4 – 12 shall have the opportunity to participation interscholastic sports programs.
- G. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.
- H. Schools shall discourage extended periods of student inactivity, by giving periodic breaks during class where students should be encouraged to stand and be moderately active.
- I. Corporation encourages teachers and other adults in the school setting to serve as role models for students.
- J. Schools should consider having recess before meals periods or at another time other than the meal period.

- K. School staffs are encouraged to model healthy eating behaviors. Schools may encourage wellness programs that include instruction about healthy eating and physical activity.
- L. Consideration of the school lunch environment and the overall instructional day shall be taken into account when scheduling recess. The importance of physical activity for children of all ages and supervised playtime for younger children shall be duly acknowledged. *Center for Disease Control defines physical activity as any bodily movement produced by skeletal muscles that result in an expenditure of energy.* It is encouraged that schools provide recess before lunch or at a different time than lunch.

Physical Education

The Board sets the following goals in an effort to enable students to establish good physical education programming:

- A. A quality physical education program is an essential component for all students including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the student's IEP's), to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades K through 12 (as defined by State physical education requirements). Physical activity should include regular instructional physical education, co-curricular activities, and recess. Substituting any one of these components for others is not appropriate.
- B. Indiana Code recommends weekly minimum time allocations for physical education:
- Grades 1, 2, and 3 motor skills development and health education – 105 minutes weekly
 - Grades 4, 5, and 6 physical education – 75 minutes weekly
 - Grades 7 and 8 physical education – 100 minutes weekly
 - High school graduation requirement – 2 semesters
- C. A school corporation that currently is operating with less than the minimum minutes recommended for physical education may find it necessary to increase the minutes allocated for physical education in order to fully meet the standards for physical education as outlined in this document.
- D. Best practice calls for the utilization of a certified physical education teacher, especially at the elementary level. Recess periods should not be substituted as instructional time for physical education.
- E. The Indiana Administrative code 511 IAC 6.1-5-2.5 states that: *Elementary school physical education shall provide experiences through which students develop:*
- *fundamental stability and manipulative skills;*
 - *locomotor and non-locomotor skills;*
 - *rhythm and dance movement skills; and*
 - *knowledge skills in:*
 - *aerobic endurance;*
 - *body composition;*
 - *flexibility; and*
 - *muscular strength and endurance*

- F. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- G. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- H. All schools shall align the physical education curriculum with the Indiana State Standards. The National Standards were developed by the National Association for Sport and Physical Education and endorsed by the Centers for Disease Control and the U.S. Department of Health and Human Services and went through a very thorough national review process.

Standard 1 Demonstrates competency in many movement forms and proficiency in a few movement forms.

Standard 2 Applies movement concepts and principles to the learning and development of motor skills.

Standard 3 Exhibits a physically active lifestyle.

Standard 4 Achieves and maintains a health-enhancing level of physical fitness

Standard 5 Demonstrates responsible personal and social behavior in physical activity settings.

Standard 6 Demonstrates understanding and respect for differences among people in physical activity settings.

Standard 7 Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

- I. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
- J. 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 physical activity.
- K. The K-12 program shall include instruction in physical education as well as opportunities to participate competitive and non-competitive team sports to encourage lifelong physical activity.
- L. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least (50%) of scheduled class time.
- M. Properly certified, highly qualified teachers shall provide instruction in physical education.
- N. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
- O. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- P. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- Q. Planned instruction in physical education shall take into account gender and cultural differences.
- R. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

Other School-Based Activities

The Monroe Central School Corporation strongly encourages the sale or distribution of healthy foods for all school functions and activities. In an effort to support the consumption of nutrient dense foods in the school setting the Corporation has adopted a policy governing the sale of food, beverage, and candy on school grounds. The board sets the following goals in an effort to establish other school-based activities that will promote wellness:

- A. The quality of the school nutrition environment depends on the quality of all foods and beverages sold or served at school. Foods that provide little nutrition compete with healthy school meals and send mixed messages to students. This undermines nutrition education efforts and discourages healthy eating habits. School nutrition practices should address all foods and beverages sold or served during the school day to students. This includes foods and beverages sold in vending machines. Decisions about the sale of competitive foods should be based on nutrition goals for students, not profit making.
- B. Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the Corporation website, newsletters, or presentations that focus on nutritional value and healthy lifestyles.
- C. School counselors and school health services shall consistently promote healthy eating strategies to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.
- D. Strong consideration should be given to nonfood items as part of any teacher-to student incentive programs. Should teachers feel compelled to utilize items as an incentive, they are encouraged to follow the Corporation Nutritional Standards.
- E. An organizational wellness program shall be available to all staff.

Beverages

- A. Sales of soda or artificially sweetened drinks will not be permitted on school grounds during the school day.
- B. The sale of non-vending soda or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the school day.
- C. The vending sale of beverages, other than soda, with less than 10% fruit juice may begin at the conclusion of the school day.
- D. Milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.

Candy

- A. Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar sucrose or syrup) listed as one of the first two ingredients.
- B. Vending sales of candy will not be permitted on school grounds during the school day.
- C. The sale of non-vending candy will be permitted at the conclusion of the instructional day.

Commercial Advertising and Fundraising

- A. Partnerships between schools and businesses are encouraged, and business sponsorship of educational activities and materials shall be duly acknowledged. However, such partnerships shall be designed to meet educational needs and healthy school environment goals and shall be evaluated for educational effectiveness by the school corporation on an ongoing basis.
- B. Advertising messages should be consistent with and reinforce the objectives of the educational goals of the Corporation. Advertising of foods or beverages in areas accessible to students during meal times must be consistent with established nutrition environment standards.
- C. All fundraising projects are encouraged to follow the Corporation Nutrition Standards. All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the Corporation's Nutrition Standards when determining the items being sold. Items being sold that do not meet the Corporation Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student). Items being sold that do not meet the Corporation Nutrition Standards may be acceptable when offered on an intermittent basis.
- D. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- E. The school shall provide attractive, clean environments in which students eat.
- F. Students at Monroe Central Elementary School and Monroe Central Jr/Sr High School are allowed to have bottled water in the classroom.
- G. The schools shall demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other health insurance programs for which they may qualify.
- H. Schools in our system utilize electronic and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- I. 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.

Tobacco, Drugs, and Alcohol

It is the recommendation of the Monroe Central Community School Corporation Wellness Committee that effective upon adoption of this policy Board Policy 7434 (Use of Tobacco on School Premises) will be revised as well to prohibit smoking anywhere on the grounds of the Monroe Central Community School Corporation campus.