

## **BOARD OF SCHOOL TRUSTEES**

### **LINTON-STOCKTON SCHOOL CORPORATION**

#### **WELLNESS POLICY**

##### **MISSION STATEMENT**

Monitor and improve the health and well-being of the students at the Linton-Stockton School Corporation. Provide our students access to healthy food, beverages, and physical activity, ensuring a school environment that will encourage healthy choices while following the USDA nutritional guidelines.

##### **PHILOSOPHY**

The Board of School Trustees of Linton-Stockton School Corporation (LSSC) supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

Therefore, in accordance with the Child Nutrition, WIC Reauthorization Act, and Healthy, Hunger-Free Kids Act, our policy is as follows:

##### **WELLNESS COMMITTEE**

Linton-Stockton School Corporation will have a committee that will maintain the development, implementation, and evaluation of the school's Wellness Policy. This Wellness Committee will include at least the following:

- Parents/Guardians
- Students
- Food Service Director/Staff
- Physical Education Teachers
- School Health Professionals
- School Board
- School Administration
- General Public

##### **The Wellness Committee should do as follows:**

- Meet frequently and review the policy and develop more plans for the coming year.
- Meet as needed during the school year to discuss challenges.
- Report annually to the School Board and Superintendent and recommend any revisions.
- Make the policy available to students and families by means of school registration, student handbook, and LSSC website.

## **WELLNESS POLICY MINIMUM REQUIREMENTS**

- Specific goals for:
  - Nutrition Promotion
  - Nutrition Education
  - Physical Activity
  - Other School-Based Activities that promote student wellness
- Nutritional guidelines for all food and beverages available on school campus during the school day.
- Policies for food and beverage marketing, compliant with USDA Smart Snacks Standards.

## **STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS**

Linton-Stockton School Corporation will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy food to support their healthier choices.

- School Meal Content
  - Meals served through the National School Lunch and Breakfast Program will:
    - Be appealing and appetizing.
    - Meet, at the minimum, the nutrition requirements established by the USDA for federally funded programs.
    - Contain 0 trans fats.
    - Offer a variety of fruits and vegetables.
    - 100% of the grains offered are whole grain-rich.
  - 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.
  - Fresh fruits and vegetables will be purchased and offered when practical.
  - Special dietary needs of students will be considered when serving meals with a signed physician's note.
- School Meal Participation
  - To the extent possible, schools will offer the USDA School Breakfast Program to all students.
  - Schools will inform families and students about the breakfast and lunch programs.
- Mealtime and Scheduling
  - 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).
  - School meals will be served in clean and pleasant environments.
  - Students will have access to hand washing stations.
  - Potable drinking water will be readily available at all mealtimes.
  - Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

- Professional Development
  - 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.
  - At the least, the minimum hours of professional standards requirements will be met by all food service employees.

## **NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES**

Linton-Stockton School Corporation will provide and allow foods and beverages that support proper nutrition and promote healthy choices in

- Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007) and the standards of the USDA Smart Snacks.
  - K-12 a la carte, school vending, and other foods outside of school meals shall be limited to:
    - No more than 30% of total calories from fat.
    - Less than 10% of total calories from saturated fats.
    - 0% trans fat.
    - No more than 35% of calories from total sugars.
    - No more than 200 milligrams of sodium per portion as packaged.
    - No more than 200 calories per package.
    - 100 % of the grains offered are whole grain-rich.
  - K-12 a la carte, school vending, and other beverages outside of school meals shall be limited to:
    - Water.
    - Low-Fat and nonfat milk (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.
    - All beverages other than water, white milk or juice shall be no larger than 12 ounces.
  - Availability
    - A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
    - Vending machines in the high school will contain items that meet the approved nutrition standards.
    - Vending machines for school staff will not be accessible to students.
    - Students and staff will have free potable (drinking) water for consumption available water fountains throughout the school buildings.
  - Classroom Celebrations
    - Classroom celebrations that include food will be limited to store-bought items, due to the safety of students and allergies.

- Take-out Food Items
  - Lunch/take-out food items cannot be brought in, by parents/guardians during the school day at any time, due to students' safety and health.
  - ELEMENTARY ONLY: Packed lunch boxes can be brought in during the school day.
- Beverages
  - During passing times, in classrooms, and before school, water is the only acceptable beverage, for students, in the school buildings. This does not apply to after school and during lunch.

## **NUTRITION EDUCATION AND PROMOTION**

Linton-Stockton School Corporation will encourage healthy choices by all students and will educate and promote in the following ways:

- Monthly taste tests that allow student's feedback.
- Healthy choices signage.
- Miner Message recipes.
- Posters in classrooms and lunch rooms.
- Food of the Month board.

## **PHYSICAL ACTIVITY**

Linton-Stockton 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 to school.

- Physical Education K-12
  - All students in grades K-12 will participate in physical education in order to meet the Physical Education Standards.
- Daily Recess
  - Elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
  - All elementary 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.
- Physical Activity Opportunities Before and After School
  - Schools will offer intramurals, clubs, sports, and voluntary activities to increase opportunities for physical activity before and/or after school.
- Walking and Bicycling to School
  - Where appropriate and safe, schools will allow walking and bicycling to school.
  - Bicycle racks are accessible to students.

- Use of school Facilities Outside of School Hours’
  - The basketball courts and playground equipment will be made available to students, staff, and community members, before and after school; on weekends; and during school vacations.
  - School policies concerning safety will apply at all times.
- Play 30 Program
  - This program is offered to elementary students, in which the students log activities and must have 30 minutes of physical activity at least three times a week. There are monthly giveaways for participants.
- Fit Club
  - This program meets once a month after school and exercises for an hour.

#### **OTHER SCHOOL BASED ACTIVITIES**

- Students are encouraged to “Walk the Track” for Relay for Life each year.
- High school students have access to recycling bins and are encouraged to use them.

#### **EVALUATION**

Linton-Stockton School Corporation is committed to enforcing the policies and guidelines included in this document. Through the implementation of the School Wellness Policy, the corporation 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.

- Implementation and Data Collection
  - Jessica Taylor shall ensure that the schools are in compliance with the corporation’s wellness policy throughout the school year by assessing wellness implementation strategies.
  - The evaluation of the wellness policy and implementation will be directed by the Coordinated Wellness Committee and will occur annually.
  - Policy language will be assessed each year and revised as needed.
  - A Wellness Policy Evaluation tool provided by the Indiana Department of Education will be used to review the policy.
  - Annual progress reports will include:
    - The web site address for the wellness policy,
    - A description of each school’s progress in meeting the goals,
    - Contact information for the leader of the wellness policy, and
    - Information on how the public can get involved.

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