

## SECTION 541 - WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

The Rossville Consolidated School District's Board of Education supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of the Board to 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 has been formed to maintain and oversee these activities.

### **I. Coordinated School Health Advisory Council**

Rossville Consolidated 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, 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/or staff
  - Teachers of physical education/health wellness
  - Students
  - Health care professionals/registered dietitians/school nurse
  - School board members
  - School administrators
  - Any interested members of the general public
  - Representatives of interested community organizations
- B. The Advisory Council shall meet annually 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 school registration, the student handbook and/or the corporation's website.

## **II. Nutrition Education and Promotion**

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the Indiana Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

1. Nutrition education will include lessons that cover topics such as reading and using food labels, choosing healthy options and portion control.
2. Nutrition education resources will be provided to parents/guardians through the school website.
3. Nutrition information is available on all packaged foods to allow students to choose healthier foods.
4. Information regarding proper diet/exercise will be provided to stakeholders.
5. Sliced or cut fruit will be available daily to promote healthy eating habits.
6. Whole fruit options will be displayed attractively to promote healthy food choices.

## **III. Standards for USDA Child Nutrition Programs and School Meals**

Rossville Consolidated School District 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. Mealtimes and Scheduling:**

1. Adequate time will be provided to students to eat breakfast and lunch.
2. School meals will be served in clean and pleasant settings.
3. Students will have convenient access to hand-washing and sanitizing stations.
4. Water is readily available at all mealtimes.
5. Appropriate supervision will be provided in the cafeteria, and rules for safe behavior shall be consistently enforced.

## **IV. Nutrition Standards for Competitive and Other Foods and Beverages**

Rossville Consolidated School District will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.

### **A. Classroom Celebrations**

1. Guidelines for nutritional standards along with suggestions for healthy snacks will be provided to parents. A link to the Smart Snack Calculator may be accessed on the district's website.
2. Classroom celebrations will promote activities (e.g., giving free time, extra recess,

music and reading time) rather than food.

**B. Food as a Reward or Punishment**

1. Teachers and staff will limit the use of food as a reward and will adhere to the healthy snacks list. The use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate.
2. Alternative non-food rewards/list of healthy snacks will be available to teachers.

**C. 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 and to be consumed during the school day (midnight until 3:30 p.m.), it must meet the approved nutrition standards.

**D. Non-Sold Food and Beverages**

1. Non-sold food and beverages will comply with federal nutritional standards.

**V. Physical Activity and Physical Education**

Rossville Consolidated School District 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. Additionally, Rossville Consolidated School District supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

**A. Daily Recess and Physical Activity Breaks**

1. Each elementary school shall provide daily physical activity.
2. All elementary school students will have at least one period of active recess per day that is at least 20 minutes in length. This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, an indoor physical activity break will be provided in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time.

**B. Physical Activity Opportunities Before and After School**

1. Schools will offer and/or promote clubs, interscholastic sports or voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. Community-based physical activity opportunities will be promoted.

**VI. Other School-Based Activities**

**A. Walking and Bicycling to School**

1. A "Walk/Ride to School Day" will be promoted at least one time per school year with a focus on safety.

B. Promoting Student Wellness

1. Wellness information will be shared monthly on the school website.

**VII. Staff Wellness**

Rossville Consolidated School District 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. Presentations on health and wellness will be provided at least twice each school year.
2. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
3. Staff will be encouraged to participate in community walking, bicycling or running events.

**VIII. Evaluation of Wellness Policy**

Rossville Consolidated School District is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. and enforcement of this policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will use an evidence-based assessment tool to evaluate implementation efforts and their impact on students and staff. Policy language will be assessed each year and revised as needed.

The board designates the superintendent to ensure compliance with this policy and its administrative regulations. The superintendent may designate other administrators or school employees to aid in determining compliance with this policy.

LEGAL REFERENCE: 42 U.S.C. § 1758b  
IC 20-26-9-18

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