

STUDENT WELLNESS

The Board of School Trustees of North Putnam Community School Corporation support increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the school corporation's students. Therefore, it is the policy of the Board to:

- Provide students access to nutritious food and beverages;
- Provide opportunities for physical activity and developmentally appropriate exercise; and,
- Require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U. S. Department of Agriculture.

Vending machines dispensing healthy snacks and drinks such as bottled water, fruit juice, milk, dried fruit, nuts, may be made available during school hours as well as after school. Vending machines that dispense minimally nutritious items such as carbonated sodas, gum, candy, chips, cookies, shall not be available during the school day. Water will be made available throughout the school day. Minimally nutritious snacks and drinks may not be sold on lunch lines as a la carte items.

All school-sponsored events and celebrations of special occasions should include healthy beverages and/or food among the choices available to participants.

Outside drinks or commercially prepared/vendor-prepared foods should be discouraged from being brought onto school property during the school day by students.

Each school is encouraged to incorporate several minutes of physical activity or exercise as determined at each building level in addition to the physical education curriculum. Nutrition, health, and fitness topics shall be integrated within the health education curriculum and coordinated with the school corporation's food service program. These topics may be integrated with other curriculum areas as deemed appropriate.

The Superintendent or designee and each building principal or designee shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met. The Superintendent or designee will be responsible for reporting to the Board on an annual basis the progress of the school corporation in implementing this policy.

The Superintendent or designee is also responsible to prepare rules, regulations, and guidelines to implement and support this policy. Such provisions should address all food and beverages sold and/or served to students at schools, including competitive food sales, vending machine items, fund-raising activities, and rewards to students. The

NORTH PUTNAM COMMUNITY SCHOOL CORPORATION

Wellness Policy

1. Nutrition Component

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and the development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits and their academic progress.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The North Putnam Community School Corporation shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

2. Nutrition Education

Nutrition education will:

- Be integrated into other areas of the curriculum such as math, science, language arts, and social studies.
- Involve sharing information with families and the broader community to positively impact students and the health of the community.
- Include but not be limited to healthy eating tips on the monthly school menus,

Free and Reduced Meals

Schools will make every effort to eliminate any social stigma attached to and prevent the overt identification of, students who are eligible for free and reduced price school meals. Schools may utilize electronic identification and payment systems and promote the availability of school meals to all students.

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting
- The child nutrient program will ensure that all students have affordable access to the varied and nutritious food they need to stay healthy and learn well
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast)
- The school will employ a food service director who is properly qualified, certified, and /or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements
- All food service personnel shall have adequate training in food service operations
- All foods made available on campus will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.
- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies

Meal Times and Scheduling

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch
- Lunch periods are scheduled as near the middle of the school day as possible
- Provide students with access to hand washing or hand sanitizing before they eat meals or snacks
- Drinking water is available for students throughout the day

Beverages

Allowed: water or seltzer water without caloric sweeteners; fruit and vegetable juices and fruit based drinks that contain 100% fruit juice and that do not contain additional caloric sweeteners. Unflavored or flavored low fat or fat free fluid milk and nutritionally equivalent non dairy beverages.*

Not allowed: soft drinks containing caloric sweeteners: iced teas, fruit based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners: beverages containing caffeine (elementary schools and middle school and no restrictions for the high school), excluding low fat or fat free chocolate milk (which contain trivial amounts of caffeine)

Vending Machines

- All beverage and food vending machines in the school corporation that are available to students shall provide at least 50% healthy beverages and 50% healthy foods.
- Vending machines may not be operational before school or during the school day. They may be turned on-after buses have departed. Vending machines that contain Smart Snacks can be operational during the school day.

Fundraising Activities

- To support children's health and school nutrition education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually.
- School will encourage fundraising activities that promote physical activity.

Snacks

Snacks served during the day have to be a Smart Snack (i.e. baked Lay's potato chips) or in after school care or enrichment programs will attempt to make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

www.nichd.nih.gov/milk/kidsteens.cfm

www.kidsnutrition.org

Suggestions for Nutritious Snacks

Beverages	Fruit juices, Fruit smoothies Milk, non-fat or low-fat, plain or flavored Approved sparkling or plain water
Entree' Suggestions for School Parties	Salads made with pasta and/or meat Bean burrito and/or vegetables Grilled or baked vegetable or cheese quesadillas Pasta with marinara sauce Sub sandwiches Pizza bagels (or English muffins) Baked potato with vegetable or chili topping
Low-fat Grain Foods	Tortilla wraps filled with meat and/or vegetables Baked tortilla chips with salsa Mini-bagel bread sticks Animal crackers, Graham crackers Soft pretzel, plain or flavored, Hard pretzels English muffin, Mini rice cakes (flavored) Low-fat sports bars Fig Newtons, Vanilla wafers Low-fat fruit or grain muffin (3 oz.) Dry cereal, individual servings
Fresh Fruits and Vegetables	In-season, fresh fruit Carrots, broccoli, cauliflower with low-fat dip or salad dressing
Additional Treats	100 % fruit snacks, Fruit bars Frozen low-fat yogurt, Frozen fruit bars Low-fat plain pudding Fat free popcorn, Beef jerky-95 % fat free Yogurt splits (yogurt, banana, peanut butter & crackers with toppings) or parfaits Low-fat string cheese, Low-fat sandwich cookies Fruit, nut and /or grain trail mixes (chocolate or vanilla)

2. School Requirements and Opportunities for Physical Activity

- Schools are encouraged to provide for 150 minutes of physical activity per week for students in kindergarten through grade 8 and the equivalent of 2 units of high school credit in grades 9 through 12.
 - i. This can be done in a cumulative manner in school during physical education, recess periods, intramural programs, electives or clubs.
 - ii. Incorporate daily physical activity in the classroom setting and/or academic curriculum.
- Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods, and for physical activity *incorporated* into the academic curriculum.
- Recess should compliment not substitute for PE classes.
- Students are given opportunities for physical activity through a range of before and after school programs including, but not limited to, interscholastic athletics, and activity clubs.
- The North Putnam School Corporation will work closely with the community to create ways for students to walk or bike to and from school.
 - i. Encourage students to walk or ride their bike to school for students who reside within one mile of school.
- The North Putnam School Corporation will encourage parents and guardians to support their children's participation in physical activity, to be physical active role models, and to include physical activity in family functions.
- The North Putnam School Corporation physical education teachers will provide training to teachers to incorporate physical-activity among students within their classrooms. The staff should lead by example and model healthy and physically active lifestyles.

Additional Recommendations

- Within the guidelines of the Facility Use Policy (Policy 9600), provide access to physical activity spaces and facilities for all persons outside of normal school hours.