

# *NLCS Wellness Program Adopted: 2016-2017*

The North Lawrence Community Schools Board of School Trustees believes that increased emphasis on nutrition and physical activity positively impacts academic achievement and the development of a healthy life style. In accordance with federal and state law, the NLCS Board of School Trustees establishes a Wellness Policy to be implemented in the 2006-2007 academic year.

NLCS Wellness Committee Members:

Gary D Conner, Superintendent  
James Pentzer, Principal/SMS  
Alyssa Fowler, AmeriCorps  
Sally Summerville, NLCS Nurse  
Ashley Chapman, NLCS Nurse  
Aurora Johnson, NLCS Nurse  
Arlene Brim, Health Teacher/BMS  
Angie Timan, Consumer and Family Science Teacher / SMS  
Stacie Green, Director of Food Services/NLCS  
Karin DuBois, Hoosier Uplands  
Teri Hamilton, Title One/NLCS  
Lisa Johnson, IU Health  
Lindi Johnson,  
Tara Williams, IU Health  
Rachel Beyers, Purdue Extension



## **Nondiscrimination Statement**

*This institution is an equal opportunity provider.*

The NLCS Board recognizes that good nutrition and regular physical activity affect the health and well-being of the NLCS students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and the ability to learn.

Moreover, schools can play an important role in the development process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board however realizes this effort to support the students' development of healthy behaviors and habit 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, choices and habits.

Principals will, each school year, ensure that their schools are in compliance with the NLCS Wellness Policy by assessing wellness implementation strategies. Principals will then report to the Superintendent and or designated person(s) to report to the School

Board of Trustees.

The evaluation of the wellness policy and implementation will be directed by the NLCS

Wellness Committee.

Policy language will be assessed each school year and revised as needed.

To promote student wellness, the NLCS Board of School Trustees support goals in the following areas:

Nutritional Education

Physical Activity

Guidelines for food / beverage on school grounds / during the day

Ensure that local guidelines for reimbursable school meals meet the program requirements / nutrition standards set by federal regulations

Other school based activities that promote student wellness

Legal Reference 42 U.S.C. 1751, Sec. 204; 42 U.S.C. 1771 Indiana PL 54-2006

### **Physical Education/Physical Activity**

The school corporation will encourage families to partake in physical activity such as outdoor activities at home, participation in sports sponsored by the community, and in lifelong activities like walking, golf, bicycling, swimming, or tennis. Elementary schools will follow the NASPE Standards of 150 minutes (PE and recess) per week of Physical Education. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.

The physical education curriculum shall promote lifelong, health-enhancing physical activity by providing sequential instruction related to knowledge, attitudes, and skills necessary for an active lifestyle into adulthood.

All students in grades K-5 shall be provided with a required daily recess period. Restriction of physical activity shall not be used as punishment. Physical education classes will have the same student/teacher ratio used in other classes. Ongoing training/professional development will be provided to the physical education teachers.

Students shall engage in moderate to vigorous physical activity for at least fifty percent of scheduled physical education class time.

Physical education classes shall be instructed by properly certified, highly qualified teachers. Elementary students shall receive an average of 30 minutes per day through recess, before/after school activities, classroom-based activities, and physical education. Teachers shall use physical activity breaks during classtime.

The physical education staff shall encourage physical activity outside of the regular school day.

Some school spaces and facilities, such as the playground, gym, and track will be made available to students, staff and community members before and after the school day.

All students in grades K-5 shall be provided with a required daily recess period. Restriction of physical activity shall not be used as punishment.

The school corporation shall provide useful information through newsletters and monthly calendars with suggested activities to encourage families and to assist them in their efforts to increase their own level of physical activity into their daily lives.

The school corporation shall encourage the faculty and staff to engage in daily activity to increase their own level of physical fitness and to be role models for all students.

**Nutritional Education:**

Nutritional education shall be included in the Health curriculum to provide students with the knowledge, and skills and promote attitudes necessary to lead healthy lives.

Nutrition education shall be integrated into other subject areas of the curriculum in grades Pre K-12.

Nutrition education will be offered in cafeterias as well as classrooms by posting nutrition postings and nutrition facts.

Nutrition education should include information on the link between caloric intake and physical activity, portion size, and appropriate food choices.

**Guidelines for Food / Beverage During the School Day:**

NLCS nutritional guidelines for food and beverages sold individually (i.e. foods sold outside of the reimbursable school meals, such as through vending machines, cafeteria ala carte lines, fundraisers, school stores, etc.)

**Elementary Schools-**The school food service program will approve and provide all food and beverage sales to students in elementary schools. Food in the elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low fat and non-fat milk, fruits, 100% fruit juice, bottled water and non-fried vegetable.

**Middle / High Schools-** In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through ala carte lines, vending machines, student stores, or fundraising activities) during the school day or through programs for students after the school day, will meet the following nutrition and portion size standards:

**Recommended Food Items-**

Not more than 35% of calories from total sugars (that do not occur naturally), except yogurt with no more than 30 grams of total sugars per 8 ounce portions as packaged. K-12 & ala carte, school vending machines and other foods outside of school meals shall be limited to:

- No more than 30 percent of total calories from fat
- Less than 10 percent of total calories from saturated fats,
- 0 percent trans fats,
- No more than 35 percent calories from total sugars (that do not occur naturally), except for yogurt with no more than 30 grams of total sugars per 8 ounce portions as packaged,
- No more than 200 milligrams of sodium per portion as packaged,
- No more than 200 calories per package, and
- At least half of the grains offered are whole grains.

Peanut Free Schools- some of the NLCS schools are peanut free due to students with the allergy.

No more than 35% total calories from fat and not more than 10% of those calories from saturated fat (excluding nuts and seeds, peanut butter, and other nut butters.)

Not more than 30 grams of carbohydrates (excluding fruits and vegetables.)

Not more than 230 grams of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

### **Recommended Beverage Items**

K-12 & ala carte, school vending machines and other beverages outside of school meals shall be limited to:

- Water without flavoring, additives, or carbonation
- Low-fat and nonfat milk (in 8- to 12-ounce portions)
- 100 percent fruit juice in 4-ounce portion as packaged for elementary/middle school and 8 ounce (2 portions) for high school
- All beverages other than water, milk or juice shall be no larger than 12 ounces, High School 20 ounces.
- Water without added caloric sweeteners

Milk-low fat or fat free of any flavor or low fat yogurt drinks, soy beverages, rice beverages and other similar dairy or nondairy beverage which are calcium fortified.

Juice- 100% fruit or vegetable juice or fruit based drinks composed of no less than 50% juice without additional caloric sweeteners.

### **Portion Sizes-**

Limit portion sizes of foods and beverages sold individually to amount for one standard serving.

**Rewards-**Only food or beverages that meet recommended nutritional standards will be used as rewards for academic performance or good behavior.

**Homemade Food and Drink-**No homemade, prepared food or drink, are allowed to be brought to school. Without nutritional and ingredient labels, the school cannot control what other students receive in food brought into the school. Also, food safety is not guaranteed when food is brought into the school from home, placing students at risk.

**Celebrations-**Schools are limited to three celebrations (Fall festival, Christmas, and Valentine's Day) that involve food during the school day. The system will provide a list of healthy treat ideas to parents and teachers for these events at the beginning of the year. Parents are urged to provide healthy snacks for parties.

Access to Free Drinking Water – potable (drinking water must be readily available at all mealtimes and during the school hours of operation.

**Sack Lunches**-NLCS encourages sack lunches meet the nutritional standards set by our policy. The system will provide a list of healthy sack lunch ideas to parents and teachers. Parents are encouraged to eat with their children. Fast-food will not be allowed in the cafeteria.

**Sales of Food and Drink**-Sales of food and drink outside of Food Services are prohibited during meal periods. All sales of food and drinks available to students outside of Food Services (including vending machines) and approved fund raisers are prohibited during the entire instructional day. (Exception Schools-Career Center-Schools that do not have a cafeteria)

School Meals- to the extent possible, schools will provide the USDA School Breakfast Program to all students.

**Ensure That Local Guidelines for Reimbursable School Meals Meet the Program Requirements Nutritional Standards Set by Federal Regulations:**

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 the fiscal management of the program.

As set forth in policy 8531, entitled Free and Reduced price meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture. (USDA)

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.

**NLCS will:**

Provide students with healthy choices from the cafeteria which will include the ala carte menu using the My Plate guidelines.

Give students the opportunity to create a menu to be used in the cafeteria using the My Plate guidelines and help from the food service office.

Provide at the beginning of the school year and before school parties a list of food items that comply with the My Plate guidelines. Ask that parents send in only these items. The items being brought in need to be in a store bought package due to possible food allergies.

All food and beverages served or sold during school hours will meet or exceed local, state and federal nutrition guidelines.

An effort will be made to reduce the amount of fried foods served as part of the school meal.

An effort will be made to include baked snack foods, crackers, popcorn, cereal, pretzels, etc. in vending machines whenever possible. Items high in fat, sugar, and calories will be reduced.

Continue following the state guidelines with the appropriate portion size for all students across the corporation using the federal guidelines along with the My Plate guidelines.

An effort will be made to provide each day a break down of the nutritional value for all meals.

An effort will be made to reduce the amount of white bread and begin serving more whole grain options.

An effort will be made for teachers to ask for fresh fruits / vegetables and commercially packaged healthier snack options from parents for parties or every day snacks. Nutritional labels are necessary for food / snacks to be served.

Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

**Specific Goals for Other School-Based Activities Designed to Promote Student Wellness:**

The schools shall provide all students 20 minutes to eat after sitting down at lunch.

Wellness shall be added as a Life Skill.

This committee will develop an educational pamphlet for parents explaining wellness. It will be available to parents at student registration.

North Lawrence Community Schools has adopted the Meal Magic program for all students who receive free and reduced breakfast and lunch are comfortable in the process of getting and paying for meals.