

# *NLCS Wellness Program*

## *Adopted: 2018-2019*

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 lifestyle. In accordance with federal and state law, the NLCS Board of School Trustees establishes a Wellness Policy to be implemented in the 2017-2018 academic year.

### NLCS Wellness Committee Members:

Gary D Conner, Superintendent

James Pentzer, Principal/SMS

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, Purdue Extension

Lisa Johnson, IU Health

Alexandra Muhlbach, Hoosier Uplands

Rachel Beyer, Purdue Extension



### **Nondiscrimination Statement**

*This institution is an equal opportunity provider.*

## **NLCS Board Statement**

The North Lawrence Community School Board recognizes that good nutrition and regular physical activity affect the health and well-being of NLCS students. Public health research also suggests that there is a positive correlation between student health and well-being and the ability to learn.

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 school system can play an important role in assisting students to establish healthy habits.

The Board realizes the 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 and staff 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 and implementation of the wellness policy will be directed by the NLCS Wellness Committee.

## **Overview & Governance**

The NLCS Wellness Policy covers a variety of important topics to promote student wellness, the NLCS Board of School Trustees support goals in the following areas:

- Physical Activity
- Physical Education
- Nutrition Education
- Food and Beverage Guidelines
- Rewards and Celebrations
- Federal & State School Meal Requirements
- And other school based activities that promote wellness

## **Wellness Committee**

- The Wellness Committee will be chaired by a designee assigned by the Superintendent.
- Members of the Committee will include NLCS staff member(s), interested community representative(s), NLCS student(s), and parent(s).
- The Committee will annually evaluate and review the policy.
- The Committee will meet at least 4 times per year.
- A Committee member will present to principals and Board once each year.
- Each school year, Principals will ensure that their schools are in compliance with the

NLCS Wellness Policy by assessing wellness implementation strategies. Principals and staff will report to the Wellness Committee who will compile information and present a report to the Superintendent and School Board.

The following pages explain the official details of the NLCS School Wellness Policy. These guidelines reflect federal and state law and apply to all schools in our district.

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 participate in physical activity at home, participating in sports sponsored by the community, and in lifelong activities like walking, golf, bicycling, swimming, and tennis. 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.

The Physical Education curriculum for K-12 shall promote lifelong, health-enhancing physical activity by providing sequential instruction related to knowledge, attitudes and skills necessary for an active lifestyle into adulthood. State standards for Physical Education will be used to develop course curriculum.

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.

Physical Education classes for 6-12 will have the same student/teacher ratio used in other classes. Classes for grades 7 and 8 will be one period per day, alternating quarters with Health. Sixth grade students will have one quarter of physical education per year. High School will meet state requirement of two credits of physical education during their freshman year. Students shall engage in moderate to vigorous physical activity for at least fifty percent of scheduled physical education class time. Ongoing training/professional development will be provided to the Physical Education teachers.

K through 12 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. Elementary principals will be encouraged to schedule recess prior to lunch. Recess time will not be restricted as a form of punishment. Teachers shall use physical activity breaks during class time.

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.

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.

**Nutrition Education:**

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

As appropriate, nutrition education shall be integrated into other subject areas of the curriculum in grades Pre K-12. Indiana State standards for FACS and Health will be used to design nutrition education.

Nutrition education is designed and implemented to help students learn nutrition knowledge including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, and handling and storage safety of food. Nutrition education shall apply opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations. Nutrition education should include information on the link between caloric intake and physical activity, portion size and appropriate food choices.

Cafeteria staff will participate in providing nutrition education. Students will be educated through new food experiences and exposed to a wide variety of food choices. Nutrition education will be offered in cafeterias as well as classrooms by posting nutrition postings and nutrition facts.

**Guidelines for Foods & Beverages during the School Day:**

NLCS nutritional guidelines are for food and beverages sold individually (i.e. foods sold outside of the reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.) A breakdown of the nutritional value for all meals is available upon request.

**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. Foods and beverages sold individually will be limited to low fat and nonfat milk, fruits, 100% fruit juice, bottled water and non-fried vegetables.

**Middle / High Schools-** In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la 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.

K-12 & a la carte, school vending machines and other foods outside of school meals shall be limited to:

- No more than 35 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
- At least half of the grains offered are whole grains
- 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.)

### **Recommended Beverage Items**

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

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

### **Additional Food and Drink Notes**

**Portion Sizes-**Portion sizes of foods and beverages sold individually should be limited to one standard serving.

**Rewards-**Only food or beverages that meet recommended nutritional standards can be used as rewards for academic performance or good behavior. NLCS recommends verbal or non-caloric rewards for students. Such rewards include extra computer time, longer recess, line leader, “great job” compliments, or other non-food rewards. Remember that rewards are most effective when they are connected to the attainment of some standard of performance.<sup>1</sup>

**Promotion:** Marketing/incentivizing unhealthy food is prohibited. The promotion of healthy foods during the school day is approved, as long as Smart Snack guidelines are followed:

- Sales of fruit for fundraiser
- Promotion of water sales in vending machine
- Pricing structures which promote healthy options in a la carte lines or vending machines

NLCS will limit food and beverage marketing to the promotion of foods and beverages which meet the nutritional standards for meals or for foods and beverages sold individually.

<sup>1</sup>Marzano, Robert J., Classroom Instruction that Works (Pearson, 2001) pp 55-56.

**Homemade Food and Drink-**No food prepared at home is allowed to be brought to school. This is due to concerns of ingredients and preparation safety. The schools cannot control what ingredients other students place into food brought from home, posing a serious potential health risk. Also, food safety is not guaranteed when food is brought from home, placing students at extended risk.

**Celebrations-** School celebrations involving food are only allowed three times per year: at the Fall Festival, Christmas, and Valentine's Day. Parents and teachers are encouraged to provide healthy, properly portioned snacks for school parties. Some examples of healthy treats include: fruit kabobs, 100% fruit popsicles, raw veggie trays with low-fat dip, low-fat popcorn, granola bars, yogurt parfaits, raisins and other dried fruit, or whole grain crackers with reduced fat cheese. For other classroom celebrations and rewards, consider activities that do not include food.

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.

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

**Access to Free Drinking Water** – Potable drinking water is readily available at all meal times 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.

**Afterschool Snack-**All students participating in afterschool activities, such as sports or clubs, are offered Smart Snack compliant refreshment. They receive 1 oz. of grain and 6 oz. of 100% fruit juice.

**Sales of Food and Drink-**Sales of food and drink outside of Food Services are prohibited during the school day. All sales of food and drinks available to students outside of Food Services (including vending machines) and approved fundraisers are prohibited during the entire instructional day. Vending machines should be turned off thirty minutes before school begins and turned on no sooner than thirty minutes after school releases. (Exception Schools-Career Center-Schools that do not have a cafeteria).

**School Breakfast-** Schools will provide the USDA School Breakfast Program to all students.

### **Ensure That Local Guidelines for Reimbursable School Meals Meet the Program Requirements and 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 must meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).

Professional development and training will be provided 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 and a la carte menu, using USDA MyPlate guidelines.
- NLCS will offer free-reduced lunch applications to all parents during online registration, and will be available at all school offices throughout the school year. This service will keep the application process anonymous. Those families who are approved for free or reduced meals will be recorded into Meal Magic. As approved, students are serviced in the cafeteria, without other students being aware of their status. Parents can also access the application on the NLCS website throughout the year.
- Give students the opportunity to offer menu ideas using the MyPlate guidelines.
- Inform teachers of rules concerning healthy treats for parties and snacks in the classroom. Teachers will be asked to support the Committee's recommendation. Recommendations will include fresh fruits / vegetables and commercially packaged healthier snack options for parties and every day snacks. Nutritional labels are necessary for food / snacks to be served.
- Will provide appropriate supervision in the cafeteria and insure rules of safe behavior shall be consistently enforced.

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

- The schools shall provide all students at least 20 minutes to eat after sitting down at lunch.
- Wellness shall be added as a Life Skill.
- Students will learn good nutritional eating habits and the benefit of daily activity.

#### **Supportive and Informative Sites:**

For national School Lunch and Breakfast standards go to

<https://www.fns.usda.gov/school-meals/nutrition-standard-school-meals>

The Smart Snack guidelines can be found at

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

More information about USDA MyPlate can be found at <https://www.choosemyplate.gov/>