

Wellness Policy 2015

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| Book | BYLAWS AND POLICIES |
| Section | 8000 OPERATIONS |
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| Adopted | |

Wellness Policy on Physical Activity and Nutrition

The Board of School Commissioners of the Indianapolis Public Schools 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 will be formed and maintained to oversee these activities.

The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook and the corporation's website.

I. Coordinated School Health Advisory Council

The board 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 state law, 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
- Students
- Health care professionals/Registered dietitians/School Nurse
- School board members

- School administrators
- 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 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.

II. Nutrition Education/Nutrition 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. Nutrition newsletters and on/line nutrition activities/education will be available through the IPS web site.

III. Standards for USDA Child Nutrition Programs and School Meals

The board will provide and promote the National School Lunch and Breakfast Programs meeting USDA school requirements and ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

The Board 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.

V. Physical Activity and Physical Education

The board 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, the board supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day. The board supports activity goals for other school- based activities.

VI. Staff Wellness

The board 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.

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.

The school corporation will work with local fitness centers to offer reduced membership fees.

Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.

Staff will be encouraged to participate in community walking, bicycling or running events.

VII. Evaluation

Through implementation 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 evaluate implementation efforts and their impact on students and staff. Policy language will be assessed each year and revised as needed. The evaluation and implementation of the Wellness Policy will be directed by the Administrative Coordinator for Nursing Services and the Wellness Coordinator. The health of IPS students will be measured using HECAT and PECAT evidence based tools.

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 of this policy.

LET'S MAKE OUR SCHOOL A HEALTHY SCHOOL!

START

Join the Healthy Schools Program

The 6 Step Process is a circular journey where schools continuously take a status check, work on making improvements, learn from successes and challenges and keep pushing the needle forward. When schools repeat the cycle each year, their healthy changes become embedded in the culture of the school and efforts to become a healthy school are sustained.

HERE'S WHAT IT LOOKS LIKE



Your School Wellness Team can move through the 6 Step Process together. That's easy enough to do when you hold regular, quarterly meetings.

HERE'S HOW YOU DO IT

1

1st School Wellness Team Meeting

WHEN: Within the first 2 months of joining the Healthy Schools Program

GOAL: Build your Team and start working on your Assessment.

AGENDA AND ACTION ITEMS:

- Decide who will be in charge of completing each of the Modules.
- Print off the Assessment Guide as handout.
- Following the meeting, each Team Member should work on his/her assigned Module.

2

2nd School Wellness Team Meeting

WHEN: Within the first 4 months of joining the Healthy Schools Program

GOAL: Move forward through your Assessment and Action Plan.

AGENDA AND ACTION ITEMS:

- Review your Assessment results.
- Choose a Module to focus on this school year.
- Identify 1-3 goals on your Action Plan to accomplish this school year.

3

3rd School Wellness Team Meeting

WHEN: Within the first 6 months of joining the Healthy Schools Program

GOAL: Check your progress on your Assessment and Action Plan.

AGENDA AND ACTION ITEMS:

- Update your Assessment.
- Review your Action Plan progress.
- Apply for the National Healthy Schools Award (if applicable).

4 (Final One!)

4th School Wellness Team Meeting

WHEN: Within the first 9 months of joining the Healthy Schools Program

GOAL: Celebrate your accomplishments and plan for next school year.

AGENDA AND ACTION ITEMS:

- Review your progress.
- Celebrate your accomplishments of the year.
- Choose a Module to focus on next school year.

CONTINUE

You'll want to hold these meetings every school year as you continue to make your school a healthy school!
Schools.HealthierGeneration.org

