

8510- WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Jac-Cen-Del School Corporation.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, the schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits 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 the community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets goals in the following areas in an effort to enable students to establish good health and nutrition habits. A Coordinated School Health Advisory Council/Wellness Committee has been formed and maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy.

I. Coordinated School Health Advisory Council/Wellness Committee

A. In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain a corporation level Coordinated School Wellness Committee that includes at least the following:

- Parents/Guardians
- Food service directors and staff
- Students
- Health care professionals
- School board members
- School administrators
- Representatives of interested community organizations

Other potential members of the committee include teachers, school nurses, teaching assistants, and others interested in the health and well-being of students and staff.

B. The Coordinated School Health Advisory Council/Wellness Committee will meet at least two (2) times a year during the school year.

C. The School Board designates the building principals in cooperation with the Head Cooks and School Nurse as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.

D. The School Wellness Policy shall be made available to students and families by means of the Student Handbook and the Corporation's Website.

II. Nutrition Education

A. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

B. Nutrition education shall be integrated into other subject areas of the curriculum when appropriate, to complement, but not replace, the standards and benchmarks for health education.

C. Nutrition education standards and benchmarks shall be age appropriate and culturally relevant..

D. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

E. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

F. The Corporation shall provide information to parents that are designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

G. Nutrition education standards and benchmarks promote the benefits of a balanced diet that follows the current Dietary Guidelines for Americans.

H. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

III. Standards for USDA Child Nutrition Programs and School Meals

A. Meals served through the National School Lunch and Breakfast program will meet, at a minimum, the nutritional requirements established by the USDA for federally funded programs. USDA standards can be found at www.usda.gov.

B. School Meal Participation/Information

1. Schools will offer breakfast through the USDA School Breakfast Program.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, serving “grab-and go” breakfasts.
3. To the extent possible, schools will provide the After School Meal Program, in accordance with the Healthy, Hunger-Free Kids Act of 2010.
4. The food service department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
5. The district has a closed campus policy. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.
6. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas, but are asked not to bring in fast food of any kind.
7. Food services will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the school website, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.
8. Applications for free/reduced priced meals are available to families at registration and the district website. Once the application is processed, a letter of notification will be sent address provided.
9. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free/reduced priced meals.
10. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U. S. Department of Agriculture (USDA).
11. Advertising and marketing of food and beverages in school shall be in alignment with promoting student health and well-being.

C. Mealtimes and Scheduling

1. The schools shall provide an adequate number of minutes daily for students to eat.
2. The Elementary school is encouraged to investigate schedules that will allow recess before lunch.
3. School meals will be served in clean and pleasant environment.
4. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, discipline issues and other special programs or events.
5. Students will have convenient access to sanitizing stations.
6. Potable (drinking) water must be readily available at all mealtimes. Food service will provide potable water if not readily available.
7. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
8. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
9. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte or from vending machines.

D. Food Service Program/Professional Development

1. 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 to the fiscal management of the program.
2. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages that ultimately promote student well-being.
3. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
4. The food service program shall follow all State guidelines on portion limits. I.C. 20-26-9-2.

5. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
6. Head Cooks and staff will have adequate training on proper food handling techniques, healthy cooking practices, and in food service operations.

IV. Nutrition Standards for Competitive and Other Foods and Beverages With the objectives of enhancing student health and wellbeing, and reducing childhood obesity, the following guidelines are established: Smart Snack guidelines can be found at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

1. The district is in compliance with all federal and state nutrition standards for all foods served in schools.
2. All foods and beverages available to students in Corporation programs, including on-site after school programs, shall be served with consideration for promoting student health and well-being. To the extent possible, foods available will follow the USDA Smart Snacks guidelines.
3. The Corporation requires that foods and beverages served to students in before/after care, whether run by the school or an outside party is encouraged to meet Smart Snack standards.
4. The school (head cooks) shall provide on request to staff, parents, and after school program personnel a list of snack items that comply with the current Smart Snack standards.
5. In accordance with Indiana Code 20-26-9-19, a vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
6. Vending machines in the junior/senior high school will not be available during meal times and will contain items (food and beverage) that meet the approved Smart Snack standards if available during other school hours.
7. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.
8. Any food item sold during school day- from midnight the night before until 30 minutes after the end of school as a fundraiser to students must comply with the Smart Snack standards.
9. The Corporation encourages the use of non-food items to be used as fundraisers.
10. The complete Smart Snack standards can be viewed via the web link http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

V. Physical Activity and Physical Education

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
2. All students in grades K-6, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for forty to forty-five (40-45) minutes one (1) day per week for the entire school year.
3. All students, including those with disabilities, special health care needs (to the extent consistent with the students' IEPs), shall receive instruction in physical education for forty-five (45) minutes per day five (5) days per week for at least three (3) semesters in grades 7-8.
4. All students, including those with disabilities, special health care needs (to the extent consistent with the students' IEPs), shall receive instruction in physical education for forty-five (45) minutes per day four to five (4-5) days per week for at least two (2) semesters in grades 9-12.
5. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
6. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
7. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
8. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
9. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
10. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
11. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
12. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
13. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
14. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

15. Planned instruction in physical education shall include cooperative as well as competitive games.
16. Planned instruction in physical education shall take into account gender and cultural differences.
17. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
18. Daily physical activity shall be provided for all students in elementary schools.
19. The physical activity must be consistent with the curriculum and programs developed under I.C. 20-19-3-6 and may include the use of recess.
20. Students should have the opportunity to be physically active before and after school.
21. All students in grades K-6 should be provided with a daily supervised recess period, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. Recess should not be used as a punishment.
22. Physical activity and movement will be integrated, when possible, across the curricula and throughout the school day.
23. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community activities like bowling, golf, or tennis.
24. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
25. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
26. In addition to planned physical education, the school shall provide age appropriate physical activities that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.
27. All after-school child care programs shall provide developmentally appropriate physical activity for the students who participate.
28. Physical activity opportunities should be provided at the school for families and community members, for example walk-a-thon, open workout, etc.
29. All staff will be provided with information and opportunities to promote a healthy lifestyle
30. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day, as available.
31. Students will be informed of the opportunity to participate in physical activity in afterschool programs and open gym night programs.

VI. Wellness Promotion and Marketing

1. The schools may demonstrate support for the health of all students by hosting health clinics and screenings..

2. An organized wellness program shall be available to all staff. Faculty and staff will have the opportunity to be involved in wellness programs and/or efforts to build effective school health initiatives. A wellness program will strengthen morale and reduce absenteeism.
3. The staff can set a powerful example to the students by modeling healthy eating and regular exercise. School faculty and staff should encourage healthy eating behaviors by being a role model to students during school hours.
4. If staff chooses to consume food and beverages in front of students during instructional time, they are encouraged to consume healthy food and beverages.
5. The District encourages teachers, when possible, to use non-food alternatives as rewards.
6. Teachers are encouraged to use non-food alternatives as rewards and will be provided a list of alternative ideas which may include extra recess when time and space allows.
7. Teachers are discouraged from assigning physical activity as student punishment with the exception of high school elective fitness classes.
8. Teachers are encouraged to find alternatives to withholding recess or other physical activities as punishment.
9. Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school. Healthy food options will be comparably priced.
10. A broad scope of health services shall be delivered to promote the mental, physical, and emotional health of both students and staff members under the supervision of a professional health services coordinator with the support and direction of the School Board.
11. The District shall provide, as available, programs and services that support and value the mental health, social and emotional well-being of students, families and staff to build a healthy school environment.
12. The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property.
13. A review of the advertising content of all classroom and online materials/websites used for teaching should be made prior to selection of materials. Use of materials depicting food brands or logos is discouraged.
14. Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food on or in areas where food is purchased is prohibited.
15. Schools will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.
16. It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

Jac-Cen-Del Wellness Committee Members 2019-2020



Ryan Middleton Superintendent

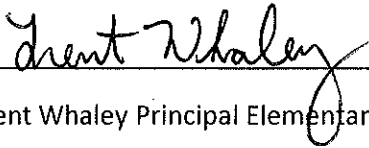
Jim Westerman Board Member



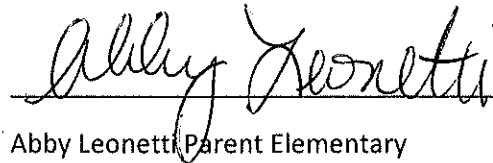
Fred Unsicker Principal Jr/Sr High School



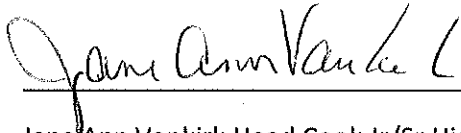
Tami Ertel Parent Elementary and Jr/Sr HS



Trent Whaley Principal Elementary



Abby Leonetti Parent Elementary



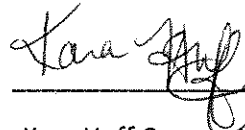
Jane Ann Vankirk Head Cook Jr/Sr High School



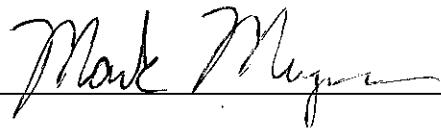
Steve Narwold Teacher Jr/Sr HS



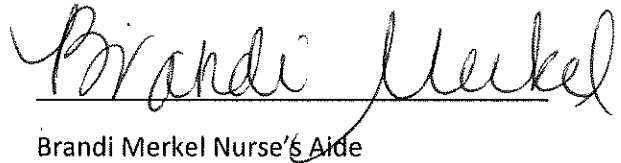
Brenda Beverly Head Cook Elementary



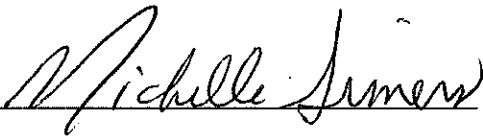
Kara Huff Corporation Nurse



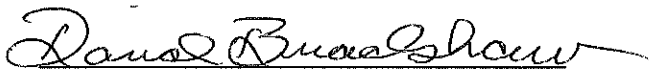
Mark Meyer PE/Health Teacher Elementary



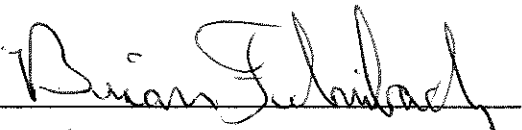
Brandi Merkel Nurse's Aide



Michelle Simers PE/Health Teacher Jr/Sr HS



David Bradshaw PE/Heath Teacher Jr/Sr HS



Brian Fehribach Assistant Principal Jr/Sr HS