

FREMONT COMMUNITY SCHOOLS WELLNESS POLICY

As required by the law, the School Board establishes the following wellness policy for Fremont Community Schools as part of a comprehensive wellness initiative.

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, 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 through the school's meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. 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 and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the Corporation shall provide:
 - 1. Nutrition education 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.
 - 2. Nutrition education promoting the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
- B. With regard to physical activity, the Corporation shall provide:
 - a. A sequential, comprehensive physical education program for students in K-12 in accordance with the physical education academic content standards adopted by the state.
 - b. Planned instruction in physical education that will offer a wide range of physical activities meeting the needs, interests, and abilities of all

students including males, females, students with disabilities, and students with special healthcare needs.

3. Physical Activity- The Corporation will provide
 - a. Thirty(30) minutes of active recess daily for elementary students outdoors as weather permits and indoors in inclement weather.
 - b. Encouragement to families to provide physical activity outside the regular school day, such as outdoor play at home, promoting walking and biking to school.
- C. With regard to school-based activities the Corporation shall:
 1. Provide at least thirty (30) minute lunch period daily for students to eat.
 2. Provide students, parents, and other community members access to the school's physical activity facilities outside the normal school day.
 3. Use an electronic identification and payments systems, therefore, eliminating any stigma of students eligible to receive free and/or reduced meals.
 4. With regard to nutrition promotion, the Corporation shall encourage students to increase their consumption of healthful foods during the school day by creating an environment that reinforces the development of healthy eating habits.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established.

- A. 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.
- B. The guidelines for Free and Reduced priced meals for reimbursement are not less restrictive than guidelines issued by the U.S. Department of Agriculture (USDA).
- C. Students will be permitted to leave the cafeteria during meals to obtain water from a drinking fountain if water isn't offered in the cafeteria.

School Meals

1. Meals served through the National School Lunch and Breakfast Programs

- A. Be appealing and attractive to children
 - B. Be served in clean and pleasant settings
 - C. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
 - D. Offer a variety of fruits and vegetables
 - E. Offer whole grain breads
 - F. Serve only low-fat (1%), fat-free milk, fat-free flavored milk
2. Breakfast
- A. Schools will, to the extent possible, operate the School Breakfast Program
 - B. Schools will, to the extent possible, utilize methods to serve school breakfast that encourages participation.
 - C. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program
 - D. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles

Free and Reduced-priced 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 meals.

Meal Times and Scheduling:

- A. Will schedule meal periods at appropriate times, lunch should be scheduled between 10:30 and 1:00 p.m.
- B. Will not schedule tutoring, club, or organizational meetings or activities during mealtime unless students may eat during such activities
- C. Will provide students access to hand washing or hand sanitizer before they eat during such activities

Qualifications of School Food Service Staff

Qualified nutritional professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we

will provide continuing professional development for all nutritional professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility

Sharing of Foods and Beverages

Schools will discourage students from sharing their foods or beverages with one another during meals, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages

All foods and beverages sold individually outside the reimbursable meal program (including those sold through a la cart (snack) lines, vending machines, student stores, or fundraising activities) during the school day will meet the nutrition and portion size standards. Schools will be encouraged to limit the sale of beverages to water, 100% juice and milk. Healthier options will be offered for all non lunch foods consumed by students from midnight to half an hour after the close of the school day.

Fundraising Activities

1. The sale of food items must meet nutrition requirements approved through the Alliance for a Healthier Generation. They need to be put through the Smart Snack Calculator and printed and kept on file.
2. The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.
3. The state of Indiana allows 2 fundraisers a year per school. These 2 fundraisers may be exempt from the Smart Snack Guidelines.

Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

Rewards

Schools will encourage the use of non-food and non-beverage items as rewards and recommend staff use physical activity as a reward when feasible.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one (1) party per class per month. Each party should include no more than one (1) food or beverage that does not meet nutrition standards for foods and beverages sold individually.

Wellness Promotion

Principals will encourage staff to model healthy behaviors by requesting they refrain from consuming unhealthy foods and beverages in front of students and encourage staff to share their personal physical activity experiences with the students.

Schools will not promote unhealthy advertising of foods and beverages on school property and in the selection of curriculum schools will make efforts to select material/illustrations free of unhealthy information.

Closed Campus

Students are not permitted to leave school grounds during the school day to purchase food or beverages.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Superintendent shall develop administrative guidelines to implement this policy.

The Superintendent shall appoint the Corporation wellness committee that includes parents, students, representatives of the school food authority, educational staff, including physical education teachers, school health

professionals, members of the public, and school administrators to oversee the development, implementation, evaluation and periodic update, if necessary of the wellness policy.

The appointed Corporation wellness committee shall be responsible for accomplishing the following:

- A. Assess the current environment in each of the Corporation's schools
- B. Measure the implementation of the Corporation's wellness policy in each of the Corporation's schools
- C. Review the Corporation's current wellness policy
- D. Recommend revision of the policy as necessary
- E. Present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary

The Superintendent shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of the wellness policy implementation Corporation-wide, and the areas for improvement, if any that the committee identified. The committee shall also report on the status of compliance by individual schools and progress made in attaining these goals established in the policy.

The Superintendent shall also be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. The wellness policy will be posted on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

