

Sheridan Community Schools Wellness Policy

Preamble

Sheridan Community Schools (SCS) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create a positive, safe, and healthy learning environment at every level, in every setting, throughout the school year.

Research shows that there are two primary components that strongly correlate with positive student outcomes. Those components are good nutrition and physical activity before, during and after the school day.

This policy outlines SCS's approach to ensure all students are given opportunities and placed in environments that promote healthy eating and physical activity throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to enable students to form good health and nutrition habits.

Students in the District have access to healthy, nutritious food and beverages throughout the school day- both through reimbursable school meals and other food and beverages available throughout the school campus- they meet or exceed the federal nutritional guidelines issued by the U.S Department of Agriculture.

I. School Wellness Committee

Leadership

The Superintendent, designee(s) and wellness coordinator will review and facilitate wellness policy development and updates, and will ensure each school's compliance with the policies.

The names (s), title(s), and contact information of these individuals are listed below:

Mr. Kent Davis - Principal Sheridan Middle School

kdavis@sheridan.k12.in.us

Mr. Mike McCarthy – Teacher, Sheridan High School (Physical Education)
Wellness Club Coordinator

mmccarthy@sheridan.k12.in.us

Mr. Brian Prange – Teacher, Sheridan Elementary School (Physical Education)

bprange@sheridan.k12.in.us

Ellen Hunter – Sheridan High and Middle School nurse

ehunter@sheridan.k12.in.us

Charlotte Snodgrass – Sheridan Elementary School nurse

csnodgrass@sheridan.k12.in.us

Kelli Shockley – Community member

Alexis Ann Favors - Student

Nancy Mosna – Food Service Director, District Wellness Coordinator

nmosna@sheridan.k12.in.us

II. **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

Implementation Plan

The committee will review the policy at least once a school year and if necessary suggest revisions of the policy. Final authority to approve revisions of this policy is the responsibility of the Board. This committee will be responsible for coordinating efforts in disseminate and implement this policy. At each review this committee may select points of emphasis for the committee to focus.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at Central Office. Documentation maintained in this location will include but not be limited to:

- The written Wellness policy
- Documentation demonstrating that the policy has been made available to the public. For example, School Website, Open Houses, Newsletters.
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the (DWC);

- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website.

Annually, the District will publicize the name and contact information of the Wellness Committee Coordinator; (Nancy Mosna, Food Director, Sheridan Community Schools, nmosna@sheridan.k12.in.us; 758-4431 X-3460.) If interested in participating on the committee, please contact Nancy.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

Community Involvement, Outreach and Communication

The District will actively communicate ways in which others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. They will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in school nutrition standards through monthly newsletters and school website.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.

Lunchroom techniques:

- _ Whole fruit options are displayed in attractive bowls or baskets.
- _ Daily fruit options are displayed in a location in the line of sight and reach of students.
- _ Cafeteria staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- _ Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- _ A reimbursable meal can be created in any service area available to students (e.g., salad bars, mainline, grill line, etc.)
- _ Student surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas.
- _ Daily announcements are used to promote and market menu options.
- _ Sliced or cut fruit is available daily.
- _ Student artwork is displayed in the service and /or dining areas.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus *during the school day* support healthy eating. The foods and beverages sold and served outside the school meal programs (e.g. “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in School are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

1. Celebrations and parties. All food items brought by parents need to be store bought so ingredients and carbohydrate information is available. The District at the beginning of each school year will provide a list of healthy food ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District follows the Indiana guidelines and will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is impacting through nutrition education and health promotions efforts. It is the intent of the District to protect and promote student's health by permitting only those food and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on a vending machine.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent

that is in financially possible over time so that items are in compliance with the marketing policy.)

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

IV. **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day.

Indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours. The District has a faculty fitness room and the community is invited to walk the hallways in the winter.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students in each grade will receive physical education for at least 30 minutes a week.

All secondary students are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessment (via the Presidential Youth Fitness Program or other appropriate assessment tool).

Essential Physical Activity Topics in Health Education

Health education will be required in all grades and the District will require middle and high school students to take and pass at least one health education course. The District will include in the health curriculum a minimum of 12 of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/ hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

V. Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. Health information from outside of the district is provided by “We Care Clinic”.

Staff Wellness and Health Promotion

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies the school has used are yoga classes, Zumba classes, guest speakers, M.D.s, and dieticians.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g. increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into a math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

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