

# Porter Township School Corporation

## Bylaws & Policies

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### 8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Porter Township 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, 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 eating 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 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:
  - 1. 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.
  - 2. The standards and benchmarks for nutrition education shall be behavior focused.
  - 3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
  - 4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
  - 5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
  - 6. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
  - 7. The Corporation shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
- B. With regard to physical activity, the Corporation shall:
  - 1. **Physical Education**
    - a. 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.

- b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- c. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- d. 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.
- e. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
- f. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

## 2. **Physical Activity**

- a. All students in grades K- 5 shall be provided with a daily recess period.
- b. 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.
- c. All students in grades 5 - 12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.

### C. With regard to other school-based activities the Corporation shall:

- 1. The schools shall provide at least twenty (20) minutes daily for students to eat.
- 2. The school shall provide attractive, clean environments in which the students eat.
- 3. Students at Porter Township Schools may be permitted and encouraged to have bottled water in the classroom as needed.
- 4. 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.
- 5. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
- 6. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals. The system allows parents to monitor what their children eat.
- 7. 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.

## **Nutrition Standards for All Foods Served During the School Day**

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available to them. This policy has been established to address the foods and beverages sold or served to students including those available outside of the school meal programs.

- A. Students are offered low-fat milk, flavored or unflavored on a daily basis.

- B. Students are offered a variety of meats/poultry, fruits, vegetables and whole grains on a daily basis.
- C. School menus will be provided weekly to students and parents.
- D. School food services staffs are trained in the appropriate substitution of foods in order to meet the nutritional standards of the USDA.
- E. The guidelines that are set by the United States Department of Agriculture for portion sizes of food or beverages offered to students will be followed.
- F. Schools' full meal program will continue to follow the USDA nutrition standards.
- G. A State certified food service staff member will oversee the preparation and serving of meals.
- H. Meals served through the National School Lunch and Breakfast Programs will:
  - 1. be appealing and attractive to children;
  - 2. meet at a minimum, nutritional requirements established by local, State, and Federal statutes and regulations;
  - 3. offer a variety of fruit and vegetables;
  - 4. increase whole grains when feasible.

#### **Other Activities Designated to Promote Wellness**

The Porter Township School Corporation will strive to create school environments that provide consistent wellness opportunities conducive to healthy living.

- A. Fundraising efforts will be encouraged to utilize healthy choices in products/services utilized. Principals will encourage fundraising activities that promote products that meet the "Healthy Choices" guidelines.
- B. It is recognized that the effort to promote a healthy lifestyle involves both the school and family. Communication to parents and families about nutritional topics and health issues will be sent via the school newsletters.
- C. Strong consideration should be given to nonfood items as part of student incentive programs. If food is used as an incentive teachers are encouraged to offer nutritional items. Teachers will be provided with a list of healthy snack alternatives.
- D. Student vending machines will consist of water, milk, juices and sports drinks. No carbonated soft drinks will be provided in vending machines to students.
- E. Concessions stands for after school events will provide healthy alternatives to patrons as well as traditional snacks such as candy and soft drinks.
- F. Parents will be provided with a list of healthy snacks for choices for class celebrations. Parents will be encouraged not to provide sweets, candy, and cakes for classroom celebrations. The school food service department will offer to provide healthy snacks parents can purchase for classroom celebrations.

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

- A. 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.

- B. 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).
- C. 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.
- D. 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 student a la carte or from vending machines.
- E. All foods available to students in Corporation programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- F. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
- G. The food service program shall be administered by a qualified nutrition professional.

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 necessary to implement this policy.

The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every two (2) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771

Adopted 7/26/06  
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