

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Noblesville Schools.

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, 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 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 each year 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.

Wellness- Administrative Guidelines

Section I:

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

- A. With regard to nutrition education and promotion:
 - 1. Nutrition education shall be included in the Health curriculum where instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - 2. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
 - 3. The food service department will promote healthy food options so that students are aware of these food choices and motivated to try them.
 - 4. Schools will aid in nutritional promotion at wellness events, in parent newsletters, and through media outlets.

- B. With regard to physical education and activity, the Corporation shall:
 - 1. Provide a sequential, comprehensive physical education program for students in accordance with the standards and benchmarks established by the State.
 - 2. Provide a sequential, comprehensive physical education curriculum that stresses the importance of remaining physically active for life.
 - 3. Ensure physical activity is not routinely or excessively withheld as a form of discipline or punishment nor replaced by additional instruction and/or extended time for assignment completion.

- C. With regard to other school-based activities, schools may:
 - 1. Demonstrate support for the health of all students by hosting health clinics and screenings.

2. Demonstrate support for the health of all staff by offering wellness related activities and/or the use of facilities.

Section II:

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.
Continuing professional development shall be provided for staff of the food service program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and learn well.
- D. In accordance with Senate Enrolled Act No. 111, all foods sold to students outside of the meal programs and during normal schools hours which is defined from midnight until thirty minutes after the school day must qualify under the USDA's "Smart Snack" guidelines.
- E. Noblesville Schools acknowledges the increasing prevalence of childhood obesity in the United States and diseases that accompany obesity in children (e.g., heart disease, Type 2 diabetes, asthma, sleep apnea, tooth decay, and social discrimination). Thus, it is the responsibility of all Noblesville Schools' employees to assist students in making healthy choices related to nutrition and physical activity.

Noblesville Schools will demonstrate support for community efforts towards activities that increase physical activity and wellness of students (i.e. cycling to school, walking to school, trails, youth wellness organizations, etc.).

Section III:

Of concern, too, is the use of food and beverages as incentives and rewards to motivate children to learn. The following principles are supported by current research on nutrition:

- A. Nutrition principles taught in the classroom are meaningless if they are contradicted by rewarding children with candy and other sweets.
- B. Food commonly used as rewards (like candy and cookies) can contribute to the health problems listed above and the development of eating disorders.
 4. Rewarding with food can interfere with children learning to eat in response to hunger and satiety cues.

Schools can help promote a healthy learning environment by using non-food incentives and rewards.

Section IV:

All foods sold to students outside of the meal programs and during normal schools hours which is defined from midnight until thirty minutes after the school day will meet the USDA's "Smart Snack" standards with the following guidelines:

- A. Student birthdays will not be celebrated with food items on school grounds.
- B. Each building may celebrate three parties during the school year—one fall, one winter, and one spring. No outside food or beverages will be allowed for these parties. Food and beverages will be purchased through the food service department and funded by PTO or group designated by building principal. The food supplied by the food service department for these parties does not need to meet the USDA's "Smart Snack" standards. Student allergies should be taken into consideration when the PTO or designated group plans classroom parties. No soft drinks or other carbonated drinks will be allowed. Crafts, games, and socialization should be the focus of the parties.

- C. The use of food and/or beverages as incentives and rewards for students should be used sparingly, and approved by the principal/designee. Classrooms may hold a maximum of two reward parties (e.g., pizza party, popcorn party) per semester.
- D. Only food and beverages that meet the USDA's "Smart Snack" standards and guidelines may be sent home with students.
- E. Food and beverage items used as part of an instructional lesson or unit, which do not meet the USDA's "Smart Snack" standards must be curriculum-based, used sparingly, and approved by the principal/designee.
- F. Soft drinks will not be sold to students during the school day.

Supervision of implementation and interpretation of Section IV Part E when questions arise are the responsibilities of the building principal.