

School City of Hammond

Bylaws & Policies

8510 - WELLNESS

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

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the School City'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.

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:
 - 1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
 - 2. 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.

- B. With regard to physical activity:
 - 1. **Physical Education**

A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
 - 2. **Physical Activity**

- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 - b. 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 agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- C. With regard to other school-based activities:
 - 1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
 - 2. The school shall provide attractive, clean environments in which the students eat.
 - 3. An organized wellness program shall be available to all staff.
 - 4. 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.
- D. With regard to nutrition promotion, the District shall:
 - 1. encourage students to increase their consumption of healthful foods during the school day;
 - 2. create an environment that reinforces the development of healthy eating habits.
- E. Require that by the 2014-15 school year, all foods and beverages sold as fund raisers outside of the school meals program during the regular and extended school day shall meet the USDA Competitive Food regulations.
- F. Discourage rewarding children in the classroom with candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

- G. Marketing will only be allowed for foods and beverages that may be sold on the school campus during the school day (e.g. those that meet the competitive food regulations).

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 Nutrition Services, the child nutrition 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 child nutrition program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. The child nutrition program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- E. All food service personnel shall receive pre-service training in food service operations.
- F. Continuing professional development shall be provided for all staff of the child nutrition program.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the School City's implementation and progress under this policy.

The Superintendent shall appoint the Corporation wellness committee that allows parents, students, representatives of the school food authority, nutritionists or certified dietitians, educational staff (including physical education teachers), school health professionals, the School Board, school administrators, and members of the public to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The wellness committee shall be a committee of members recruited and appointed annually.

The wellness committee shall:

- A. assess the current environment in each of the Corporation's schools;
- B. use evidence-based strategies and techniques to establish goals for nutrition promotion and education, physical activity, and other school-

based activities that promote student wellness;

- C. measure the implementation of the Corporation's wellness policy in each of the Corporation's schools;
- D. review the Corporation's current wellness policy;
- E. recommend revision of the policy, as appropriate; and
- F. present the wellness policy, with any recommended revisions, to the Board for approval or re-adoption if revisions are recommended.

Before the end of each school year the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the Corporation's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems 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 wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified. The committee also shall report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The Superintendent also shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall distribute information at the beginning of the school year to families of school children and post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

I.C. 20-26-9-18
42 U.S.C. 1751 et seq.
42 U.S.C. 1758b
42 U.S.C. 1771 et seq.
7 C.F.R. Parts 210 and 220

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