

### **Wellness Policy on Physical Activity and Nutrition**

The Board of School Trustees of Carroll Consolidated supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook and the corporation's website.

#### **I. Coordinated School Health Advisory Council**

The board will engage students, parents/guardians, teachers, food service professionals, school nurse and other interested community members in developing, implementing, monitoring and reviewing corporation-wide nutrition and physical activity policies. A Coordinated School Health Advisory Council will be formed and maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy.

**A.** In accordance with state law, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- Parents/Guardians
- Food service director and/or staff
- Teachers of Physical Education
- Students
- School Nurse
- School board members
- School administrators
- Representatives of interested community organizations

**B.** The Advisory Council shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

**C.** The Advisory Council shall report annually to the School Board on the implementation of the wellness policy and include any recommended changes or revisions.

**D.** The School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.

#### **II. Nutrition Education**

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the Indiana Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

### **III. Standards for USDA Child Nutrition Programs and School Meals**

The board will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

### **IV. Nutrition Standards for Competitive and Other Foods and Beverages**

The Board will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines available to students. Vending machines on school campus that do not meet this criteria will be turned off during the school day.

Classroom celebrations will focus on activities (e.g. giving free time, extra recesses, music and reading time rather than on food, when possible). Parents and teachers should encourage nutritious foods for birthday celebrations and classroom snacks.

### **V. Physical Activity and Physical Education**

The board supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Additionally, the board supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day. Activities such as Minds and Motion will be encouraged.

### **VI. Staff Wellness**

The board supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least twice each school year.

Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.

Staff will be encouraged to participate in community walking, bicycling or running events.

### **VII. Evaluation**

Through implementation and enforcement of this policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff. Policy language will be assessed each year and revised as needed. Carroll Consolidated School Corporation will implement the Center for Disease Control's School Health Index Evaluation Tool: A Self Assessment and Planning Guide for measuring the School Wellness Policy.

The board designates the superintendent to ensure compliance with this policy and its administrative regulations. The superintendent may designate other administrators or school employees to aid in determining compliance of this policy.

LEGAL REFERENCE:           42 U.S.C. 1758b  
                                      I.C. 20-26-9-18

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