

STUDENT WELLNESS

The Board of School Trustees of Carroll Consolidated School Corporation supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the school corporation's students. Therefore, it is the policy of the Board to:

- Provide students access to nutritious food and beverages;
- Provide opportunities for physical activity and developmentally appropriate exercise; and
- Require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Vending machines dispensing healthy snacks and drinks such as bottled water, fruit juice, milk, dried fruit, nuts, may be available throughout the school day, after school, and at all extra curricular activities. Water will be made available throughout the school day.

Vending machines that dispense minimally nutritious items such as carbonated sodas, gum, candy, chips, cookies, shall **not** be available during the school day.

Minimally nutritious snacks and drinks should not be sold on lunch lines as a la carte items.

Healthy beverages and foods are encouraged as choices at all school-sponsored events and celebrations of special occasions.

Outside drinks or commercially prepared/vendor-prepared foods are discouraged from being brought on the school property during the school day by students.

Each school day shall incorporate several minutes of physical activity or exercise as determined at each building level in addition to the physical education curriculum.

Nutrition, health, and fitness topics shall be integrated within the health education curriculum taught at every grade level K-12, and coordinated with the school corporation's food service program. These topics may be integrated with other curriculum areas as deemed appropriate.

The superintendent and each building principal or designee shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met. The superintendent will be responsible for reporting to the board on an annual basis the progress of the school corporation in implementing this policy.

The superintendent is also responsible to prepare rules, regulations, and guidelines to implement and support this policy. Such provisions should address all food and beverages sold and/or served to students at schools, including competitive food sales, vending machine items, fund-raising activities, and rewards to students. The superintendent should also prepare regulations for staff development, community involvement and program evaluation.

LEGAL REFERENCE; 42 U.S.C. SEC. 1751

Adopted July 2006