

WELLNESS POLICY

Batesville Community School Corporation is committed to the optimal development of every student. The Corporation believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components – good nutrition and physical activity before, during and after the school day – are strongly correlated with positive student outcomes.

This policy outlines the corporation’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- students in the Corporation have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the school campus in accordance with federal and state nutrition standards;
- students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- students have opportunities to be physically active during school and after.
- schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- school staff is encouraged and supported to practice healthy nutritional and physical activity behaviors in and out of school;
- the community is engaged in supporting the work of the Corporation in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- the Corporation establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives; and
- the Corporation will coordinate the wellness policy with other aspects of school management, including the District’s School Improvement Plan when appropriate.

This policy applies to all students, staff and schools within the Batesville Community School Corporation. Specific, measurable goals and outcomes are identified within each section below.

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Wellness Council

This Wellness Policy satisfies federal legal requirements and was developed by the Wellness Council of the Batesville Community School Corporation. The Wellness Council includes representatives from each of the following health-related areas: social & emotional climate; family & community involvement; school facilities & transportation; health education; physical education & physical activity; food & nutrition services; school health services; counseling, psychological, & social work services; and school-site health promotion for staff.

1. The Wellness Council will meet bi-monthly.
2. Wellness Council members will serve a three-year term.
3. The Wellness Council will be directed by the Wellness Coordinator.

Measurement and Evaluation Guidelines

The Wellness Council, in conjunction with the building level Healthy School Teams, will be responsible for the measurement, implementation and evaluation of the corporation's Wellness Policy as well as the Healthy School Improvement Plan. It is expected that the Healthy School Teams will meet at least once per semester and report to the Wellness Council meetings. The Wellness Council will meet bi-monthly during the school year and more as needed.

The Healthy School Report Card, an assessment instrument created by the Association of Supervision and Curriculum Development (ASCD), will serve as an instrument for evaluation. Healthy School Teams will also complete the School Health Index once per school year to assess building needs and develop yearly goals. Student wellness will be assessed through the collection of body mass indexes and results will be communicated to parents. Data will be compared yearly to determine program needs and progress.

The chain of command for monitoring and implementing the Healthy School Improvement Plan and/or this Wellness Policy is as follows:

Healthy School Teams ⇒ Wellness Council;
Wellness Council ⇒ Superintendent; and
Superintendent ⇒ School Board

The Superintendent and/or designee regarding the Healthy School Improvement Plan and/or this Wellness Policy will provide an annual review to the School Board. Additionally, the Superintendent will make sure the Wellness Council is on the School Board meeting agenda each month.

Nutrition Education Guidelines

Nutrition education shall utilize health standards of the State of Indiana and include reinforcement of the importance of physical activity and health risks within the comprehensive curriculum taught at each grade level, grades preK-12. Schools will link nutrition education activities with existing wellness programs or other comparable comprehensive school health promotion frameworks.

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1. Schools will provide nutrition education lessons that cover a variety of topics such as reading a Nutrition Facts label, understanding MyPlate, nutrients, USDA Dietary Guidelines.
2. Staff members who provide nutrition education shall have the appropriate training.
3. Ongoing professional development as it relates to nutrition education will be supported through opportunities such as webinars, workshops, on-site training, and community partnerships.
4. Schools will link nutrition education activities with existing wellness programs or other comparable comprehensive school health promotion frameworks by engaging the community through websites, newsletters, email listservs, media and special events.
5. Nutritional information will be available in a variety of forms to parents, students, and staff that will include handouts, school webpages, articles, school newsletters, posters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach stakeholders. All marketing materials used will support ideal nutritional & physical activity practices.
6. Students and staff will have equal access to healthy choices in concession stands, school fundraisers, classroom celebrations, and rewards. All BCSC staff will discourage the use of unhealthy food or beverages as a reward. The Wellness Council will provide staff guidelines and tips for offering healthy choices or other non-food alternatives.

School Meals and Competitive Foods Guidelines

All meals served by the school corporation will meet the USDA requirements for School Meals in order to ensure all students have access to healthy foods to support healthier choices and promote optimal learning. Meals include breakfast and lunch at all buildings.

1. The cafeterias will be cashless during serving times.
2. All students, regardless of the type of payment they make for school meals or the food being purchased (meal or a la carte), are given a code to enter at the cash register. Applications for free/reduced priced meals are made available to all families at the beginning of the school year. The application is also available on the district website.
3. Students will have access to a reimbursable meal even if their account has a negative balance.
4. The food service department will publicize their menu and have nutritional content of meals available upon request for students, staff, and parents/guardians. Meals will be appealing to students and contain descriptive text to market food offerings.
5. Schools will routinely work with local food growers to purchase and obtain fresh food items for student and staff consumption.
6. Each building will maintain a garden to provide students and staff with fresh produce and expand nutritional education opportunities.
7. Adequate time will be provided for students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served). Facilities for meals will provide adequate space, sanitation, supervision and temperature control.

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High school administrative staff will strive to manage the lunch period schedule in a way that ensures adequate space and time for all students to eat, with the goal of eliminating the need for an “open campus” policy.

8. Schools will schedule recess before lunch when appropriate.
9. All food and drinks served outside of the reimbursable meals are subject to review by the Wellness Council regarding their content of sugar, fat, sodium, calories, and whole foods (whole grains, unprocessed foods, or fresh produce). The Wellness Council will use Smart Snack requirements as their guideline.
10. All milk offered will be fat free, grain products will be whole grain rich, legumes or beans will be served once per week, fresh fruit will be offered at least three times per week, and a dark green or orange vegetable will be served at least once per week.
11. All buildings will offer salad bar as an alternative choice for lunch.
12. School meal presentation will be attractive, temperature appropriate and appeal to their taste preferences.
13. Smarter Lunchroom techniques will be utilized and implemented in each building to promote best practices related to nutrition.

BCSC will have a vending machine policy in place (refer to BCSC Policy 8540) that supports the overall health and wellness of our students. No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. will be sold to students during the school day. Prohibits the sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels, during the school day.

Additionally, students will have access to suitable drinking water throughout the school day. Each building will continue to provide access to eco-friendly, filtered water.

All food service staff members shall have the appropriate training as it relates to nutrition, based upon their level of responsibility, and ongoing professional development will be supported as opportunities arise.

Physical Activity Guidelines

Physical activity will be integrated across curriculum and throughout the school day.

Movement can be made a part of science, math, social studies, and language arts.

1. Activities for students will be provided during recess, lunch periods, and physical activity breaks. These activities should average 30 minutes per day.
2. Daily recess will be provided for grades K-8 and physical activity will not be restricted as punishment.
3. Schools will develop a plan that provides physical activity opportunities for students throughout the school day.
4. Teachers will use non-food alternatives as rewards. For example, extra recess may be provided when time allows.
5. Movement during recess will be promoted through guided physical activities supervised by staff.

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6. All students in grades K-10 will participate in physical education in order to meet the Physical Education Standards. High school students will have the opportunity to take more PE courses beyond what is required for all Indiana diplomas.
7. Physical education will address the standards of the State of Indiana and focus on the development of skills for maintaining a lifelong physically active lifestyle. Information regarding nutrition will also be a part of the physical education program.
8. Schools will not allow students to substitute other school or community activities for required physical education class time or credit.
9. The physical education program shall be extended beyond the school day through after school clubs, classes, intramurals, and/or interscholastic activities, and/or walking or bicycling to school through developed safe routes.
10. Physical education instructors in each grade level will be licensed by the State of Indiana in physical education. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers. All buildings will be supplied with adequate equipment and facilities to conduct a robust program.
11. Each school will develop a plan focused on physical activity that involves all staff in order to meet the suggested 30 minutes per day.

The physical education program involves sharing information with families and the public to positively impact students and the health of the community. Physical activity opportunities should be provided at the school for families and community members. Family Fitness nights will be offered to parents and students at the elementary level. It also includes allowing the use of school facilities to community groups for physical activity outside of the regular school day (utilize Form 7510 F1).

Other Health & Wellness Guidelines

The corporation will maintain a Wellness Council that will develop, monitor, review and, as necessary, revise a Healthy School Improvement Plan and/or this Wellness Policy once in a three-year period.

Additionally, each building will have a Healthy School Team consisting of staff members and community members in order to assist with the implementation of the Healthy School Improvement Plan and/or Wellness Policy. These teams will regulate foods served at school parties and celebrations, as well as foods sold for the purpose of fundraising.

The Wellness Council will serve as a resource to the Healthy School Teams.

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

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The corporation will offer programs and services to promote staff wellness. These activities will include health clinic access, reduced fitness memberships, nutrition/exercise events and access to school spaces and facilities.

Opportunities for wellness are expanded through the development of community partners who lead the area in addressing healthy eating and physical activity.

Principals will encourage staff to model healthy eating and drinking behaviors when in the presence of students. Principals should request their staff refrain from eating and drinking unhealthy items in the classroom.

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