

MSD Warren Township Wellness Policy:

The Metropolitan School District of Warren Township promotes healthy schools, students, and employees by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. A healthy environment allows children to learn and participate in positive dietary and life style practices. By facilitating learning through the support and promotion of good nutrition, physical education, and physical activity, schools contribute to the basic health status of children. We believe the potential of student performance is improved when a child's health is optimized.

A. Nutrition Education

Students will have the opportunity to participate in a variety of nutrition education learning experiences that include the following characteristics.

Classroom lessons will be designed to help students learn:

1. Nutritional knowledge- including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage.
2. Nutrition-related skills- including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising; and
3. Assessment of personal eating habits- setting goals for improvement, and planning to achieve those goals.

Nutrition lessons will be designed for possible integration into other areas of the curriculum such as math, science, language arts, and social studies; will be integrated within the sequential, comprehensive health education program; will incorporate physical activity lessons and will be based upon the most recent Dietary Guidelines for Americans.

The nutrition education program will engage families as partners in their children's education.

B. Nutrition Standards

1. The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Indiana. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.
2. Students will be encouraged to start each day with a healthy breakfast and after consultation with their family physician take a multi-vitamin.
3. All School meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.
4. School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.
5. Competitive Foods
 - a. Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores is readily available to students, parents and the school community.

- b. Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day.
- c. All a la carte snacks and beverages offered for sale to students during the school day comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value."
- d. A minimum of 20% of snack foods sold in vending machines, snack bars, school stores, and concession stands, as well as a la carte offerings that are part of the school meals program, will meet the criteria outlined below. This 20% level represents a required minimum standard. The percentage of foods and beverages meeting these parameters will be increased by 5% per year at any time as the individual school or entire district is prepared to make changes to their a la carte product profile.

Snacks

- 1) No more than 200 total calories per package
- 2) No more than 35% calories from fat
- 3) No more than 10% calories from saturated fat
- 4) No more than 480 mg sodium
- 5) No more than 35% sugar by weight
- 6) Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages

- 1) 100% fruit and vegetable juice, limited to 12 oz portion size
- 2) Fat-free and 1% milk, 8-16 oz. portion size
- 3) Water and flavored water without added sugar, unlimited portion size
- 4) Caffeine free except flavored milk
- 5) Carbonated water and carbonated 100% fruit juice with USDA approval

6. Eating as a Positive Experience

- a. MSD of Warren Township will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled near the middle of school day as possible.
- b. Recess for elementary grades will be scheduled before lunch when feasible so that children will come to lunch less distracted and ready to eat.
- c. Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.
- d. Adequate seating will be available to accommodate all students served during each meal period.
- e. Adequate supervision will be provided in the dining area.
- f. The dining area will be clean, orderly, and inviting.

7. Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), Warren Township will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

C. Physical Activities

Goal: To encourage creative programming at all grade levels via curriculum and instruction in order to maximize acquisition of the standards.

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for physical activities, maintain physical fitness, and to regularly participate in physical activity that is individualized to meet the needs of all students. Students should also understand the short- and long-term benefits of a healthy lifestyle. In addition, staff and family are encouraged to participate in and model physical activity as a valuable part of daily life.

1. Physical Education

Generally, students in the elementary grades participate in physical education for at least 120 minutes every ten days. Students in the middle schools shall participate in physical education at a minimum for one semester and high school students shall be required to take two semesters of physical education. School authorities shall minimize the use of physical education facilities for non-instructional purposes, such as using the gymnasium for school assemblies during times scheduled for physical education classes.

2. Physical Education (standards/requirements based):

Goal: To encourage our students to maximize their participation in fitness activities and electives throughout their four years of high school.

Schools shall establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives. The physical education program shall emphasize knowledge and skills for a lifetime of regular physical activity. Devote at least fifty percent of class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity. Provide many different physical activity choices such as cooperative and competitive games and fitness based activities including individual and team play. Actively teach cooperation, fair play, and responsible participation in physical activity. Be consistent with Indiana State standards for physical education and with national standards that define what students should know and be able to do.

3. Physical Education (staff training/certification)

Goal: To emphasize professional development opportunities and activities.

Preparation and professional development activities shall provide basic knowledge of the physical development of children and adolescents combined with skill practice in program-specific activities and other appropriate instructional techniques and strategies designed to promote lifelong habits of physical activity.

At least one district wide professional development conference should be organized for

elementary and secondary physical education teachers. This conference will allow physical education teachers to collaborate and share information on lesson plans, ways to motivate students, doing student assessments and other methods of teaching physical education.

4. Physical activity as part of the school day

Goal: To provide step counters to all Warren Township students for use in physical education class.

- a. Goals for all students will be 10,000 to 15,000 steps or 60 minutes of physical activity daily.
- b. Classroom teachers should provide physical activity opportunities. The physical education teacher should provide the classroom teachers a variety of age-appropriate physical activities that can be integrated into the academic standards. The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curriculum areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.

5. Physical activity outside of the school day

Goal: Schools shall provide each student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs, interests, and abilities.

- a. Intramural programs, physical activity and health clubs, and interscholastic athletics are valuable supplements to a student's education.
- b. A diverse selection of competitive and noncompetitive, structured and unstructured activities shall be offered to the extent that staffing permits. The primary focus of extracurricular physical activity programs will be on facilitating participation by all interested students, regardless of their athletic ability. All intramural programs, physical activity clubs, and athletic teams shall be supervised by qualified staff, which may or may not be certified teachers.

6. Recess to promote physical activity

Goal: Schools should provide daily recess periods of at least fifteen to twenty minutes for all elementary school students.

- a. Administrative: Recess for elementary grades will be scheduled before lunch when feasible so that children will come to lunch less distracted and ready to eat. Recess provides opportunities for physical activity, which helps students stay alert and attentive in class and provides other educational and social benefits. School authorities shall encourage and develop schedules that provide time within every school day for elementary school students to enjoy supervised recess. Every school shall have playgrounds, other facilities, and equipment available for free play. It is recommended that recess shall not substitute for physical education classes. It is also recommended that staff shall not deny a student's participation in recess or other physical activity as a form of discipline or punishment, nor should they cancel it for instructional makeup time.
- b. Walking and running incentive recess programs will be required for schools and offered to all elementary students.

7. Suggested activities that promote physical activity

Ace day

Family fitness night

Family fun night

Open gym night

Walk with teacher night

Walking and running clubs

Hoop/Jump rope for Heart

Heart rate monitors

Teacher vs. student activities

Will Power Walk/ Run

HomeFest Run

Competitive sports/ tournaments

Cold feet club

Community Runs

D. Setting Goals for Other School-Based Activities

1. Encourage school fundraising activities to sell healthy food offerings, when possible.
2. Encourage family fitness activities like skating, walking, basketball, or swimming. Consider a family wellness night at school.
3. Explore the idea of recess first, then lunch.
4. Encourage healthier food choices in vending machines, paying careful attention to sugar and caffeine content.
5. Consider staff wellness after school activities like aerobics, jazzercise, exercise, yoga, etc.
6. Model school-based activities that promote health and wellness, such as use of pedometers on a school-wide basis.
7. Have children create a personal exercise plan/monthly fitness goal.