

# MSD of North Posey County

## Wellness Policy

The MSD of North Posey County Board of School Trustees supports increased emphasis on nutrition, as well as physical activity, at all levels to enhance the well-being of the school corporation's students. Therefore, the Board approves these policies:

1. A district wellness committee has been established and meets regularly throughout the school year to implement the corporation's wellness policy. Committee members consist of administrators, cafeteria director, teachers, school nurses, parents, and students. This committee will meet throughout the year and any community members/parents are welcome to attend posted meetings.
2. The school lunch and breakfast program will meet the minimum nutritional requirements established by the USDA for federally funded programs. These requirements are monitored in all schools in the MSD of North Posey County by the district's Cafeteria Director.
3. The corporation has set nutritional guidelines for foods and beverages sold on the school campus during the school day in compliance with Smart Snacks. All vending/beverage machines either meet the nutritional guidelines that are permitted to be sold during the school day or the machines are turned off during the established hours.
4. Nutritional Guidelines for Non-Sold Food and Beverages
  - a. Students are permitted to have bottled water during school hours in both the junior high and high school settings.
  - b. Each school building in the MSD of North Posey County school district has devised incentives that reward students for making healthy choices with food/exercise. The rewards will vary from building to building throughout the time of the school year.
  - c. Each school building will not celebrate student birthdays with non-healthy food items.
5. Food and Beverage Marketing
  - a. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually in compliance with Smart Snacks.
  - b. Concession stands located on school property, although operating outside the regulated hours, will also market healthy options for school events, such as ball games and other events.
  - c. Marketing/incentive techniques will follow Smart Snacks guidelines:
    - i. Logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment
    - ii. Educational incentive programs that provide food as a reward
    - iii. Free samples or coupons
    - iv. Food sales through fundraising activities
6. Nutrition Education
  - a. Signage and posters in the cafeteria promote nutrition and healthy eating, and the cafeteria staff will attempt to refer to the information and encourage students to try healthy options.
  - b. Nutrition education is included in health curriculum, as well as the physical education curriculum, so that instruction is sequential and standards-based and provides students with knowledge, attitudes, and skills necessary to lead healthy lives.
7. Nutrition Promotion
  - a. School environment will reinforce the development of healthy eating habits, including offering healthy foods and staff wellness support. (A separate employee wellness committee has been formed and will coordinate efforts with the district wellness committee throughout the school year.)
  - b. Schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

c. Foods or beverages that do not meet the nutrition standards for foods and beverages are not solely used as rewards for behavior or academic performance.

8. Physical Activity

- a. The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.
- b. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.
- c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate in their classroom setting.
- d. The student: teacher ratio for elementary physical education classes will be no larger than other classes. (30:1)
- e. School will use space available to offer indoor activities during elementary inside recesses. Possibilities include but are not limited to: games in the gym, fitness stations in the hallways, and exercise/dance videos or physical games within the rooms.
- f. When appropriate in the elementary setting, student discipline may include exercise to coincide with reflecting about appropriate behaviors.

9. Other Activities

- a. Faculty and Staff wellness programs are incorporated to build effective school health initiatives.
- b. School cafeteria staff will be hired with the understanding that they are responsible to adhere to the policies the school has in place. They will also be provided with continuing staff development.
- c. School district will host a family health fair once a year and rotate locations to encourage all families to engage in physical activities with their kids, try new foods, and learn healthy habits.

10. Every three years the evaluation of our school wellness initiatives will be assessed through the HEROES Needs Assessment format. All schools in the district will evaluate results by building then report collectively to the district committee to create goals for the following school year.

11. The North Posey High School Assistant Principal will organize meetings and coordinate efforts with the district wellness committee to ensure all district wellness initiatives and policies are implemented and followed.

12. Communication

- a. Website/Social Media – The district wellness policy will be posted on the district website and will be reviewed yearly. Each building will post a minimum of 2 times each month information regarding health and wellness, whether it be tips for health and wellness or events promoting school wellness.
- b. Each building will publicize critical information in the student agendas that is required by federal law.