

# Wellness Policy

## I. POLICY STATEMENT

The Metropolitan School District of Warren County promotes healthy students and staff by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The school corporation supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children; improved health optimizes student performance potential.

## II. GOALS

The Metropolitan School District of Warren County has established the following goals to promote student wellness.

### A. Nutrition Policy

- The Board of School Trustees MSD School Corporation recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in academic success.
- The Board will commit that all schools will participate in available child nutrition programs, including breakfast and lunch during the instructional day.
- The Corporation will provide adequate resources to implement and maintain the Nutrition Policy.
- All employees of the corporation will support the implementation of the Nutrition Policy.
- Parents/guardians will be encouraged to support the corporation's nutrition education efforts by considering nutritional quality when selecting snacks.
- All foods available to students before and during school hours shall be selected to contribute to student's nutritional well-being and prevention of disease; prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthful eating habits; and provide a variety of healthy choices at all sites.
- All school sites will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced.
- The Superintendent or designees will ensure practices are in place to foster mutual respect between food service providers, school personnel and students.

### B. Nutrition Guidelines

- All foods provided to students by MSD staff during the instructional day shall meet or exceed the Corporation Nutrition Standards and will not be less restrictive than regulations and guidance issued by the USDA. (see below-nutrition standards)

- Breakfast and lunch will emphasize foods nutrition dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.
- All fundraising sales shall follow the Corporation District Nutrition Standards.
- All food or beverages sold in vending machines accessible to students shall follow the Corporation Nutrition Standards.
- The school community shall encourage all school groups to include healthy foods during after school events.
- The school community shall encourage parents to bring healthy foods to school sponsored events and parties.
- All instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate.

### C. Nutrition Standards

The MSD of Warren County has adopted the following Nutritional Standards governing the sale of food, beverages, and snack items on school grounds during the instructional day.

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- Consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables will be encouraged by all school staff.
- Beverages including water, milk, Gatorade, Propel and 100% fruit juice may be sold on school grounds both prior to and throughout the instructional day. All vending machines accessible to students will follow these guidelines.
- Sale of pop or artificially sweetened drinks will not be permitted before or throughout the instructional day.
- Groups selling beverages after the school day will be encouraged to offer nutritional choices.
- Current candy fundraisers will be limited to a 2-week maximum. No new candy sales will be approved. Candy is defined as any item that has sugar (brown sugar), corn sweetener, eon syrup, fructose, glucose (dextrose), honey, invert sugar, lactose, maltose, raw sugar (sucrose), syrup listed as one of the first two ingredients.

### D. Physical Activity

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
- Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics,

and physical activity clubs. (The use of the new Sports Facility is encouraged as a means of continuing fitness during the lunch hour and offering intramural programs).

- Schools will work with the community to encourage and create ways for students to safely walk and bicycle to and from school. (Williamsport/Pine Village)
- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools will provide training to enable staff to promote enjoyable, lifelong physical activity among students.

#### E. Wellness Education

- All beginning of the year newsletters will include the nutritional guidelines. (PTO newsletter, beginning of the year newsletter, handbooks, etc.)
- Every nine weeks, include nutritional information in newsletters or other publications.
- The MSD Central Office will educate public through newspaper article explaining the Wellness Policy and Plan.
- Each school will provide recommended list for alternative party treats.
- Each school will display posters and signs for nutritional and fitness education.
- The School Corporation will promote nutrition and wellness at our sports facility grand opening.
- Schools will incorporate brainstorming sessions at grade level meetings regarding facts about nutrition.
- Schools will utilize morning announcement time to provide information, questions and incentives.
- Schools will coordinate curriculum utilizing all school personnel (cooks, nurse, P.E. teachers, etc.)
- Each elementary school will become a "Team Nutrition School" program and will be encouraged to write grants to promote good nutrition.
- Schools will promote education programs for the new facility (exercise, diet and nutrition).
- Schools will promote teacher programs for fitness to meet in new facility (walking clubs, weight loss programs, etc.)
- Schools will be encouraged to conduct an annual health fair based on grade level curriculum at each building

#### F. Evaluation Plan

An evaluation committee consisting of the building principals, nurses, community representative(s), student representative(s) and at least one teacher representative from each school shall meet annually to review the Wellness Policy programs. This committee will be called and chaired by the superintendent of schools.