

WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for the 21st Century Charter School at Gary. The Board recognizes that good nutrition and regular physical activity affect the health and well being of the all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large, to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets goals in the following areas in an effort to enable students to establish a lifetime of good health and nutrition habits:

1. Nutrition education
2. Physical activity
3. Nutrition standards for all foods available on school campus
4. Other based activities to promote student wellness
5. Measurement and evaluation

Furthermore, with the underlying goal of enhancing student health and well being, and reducing childhood obesity, the following objectives and guidelines are established:

WELLNESS POLICY CONTINUED

**NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL
CAMPUS**

Objective

Foods available on school grounds and at school sponsored activities during the instructional day should meet or exceed the district nutritional standards. Emphasis will be placed on foods that are nutrient dense per calorie.

Guidelines

- Meet the requirements set forth in IC 20-26-9-19; (06) SB0111.1.2, (06) SB0111.1.4, (06) SB0111.1.5
- Plan reimbursable school meals to meet the Dietary Guidelines for Americans and follow the regulations issued by USDA.
- Serve food with consideration toward variety, appeal, taste, safety and packaging, to ensure high quality, nutritious meals.
- Eliminate access to vending machines containing snacks and beverages to 5-11 grade students during the school day.
- Make products from vending machines unavailable to students during breakfast and lunch school meal service.

WELLNESS POLICY CONTINUED

NUTRITION EDUCATION

Objective

To create a school environment that encourages students to make healthy food choices. This environment will allow opportunities and encourage staff to model healthy eating habits. School and community services will help to ensure that students and staff with nutrition-related health problems are referred to appropriate services for counseling or medical treatment.

Guidelines

- Nutrition education will be offered at each grade level as part of a sequential, comprehensive, engaging, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver accurate nutrition information.
- Nutrition education will promote the benefits of balanced eating plans and health-enhancing nutrition practices.
- Leaders will encourage students to start each day with a healthy breakfast.
- Nutrition education will emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- The school district will share information with families and the broader community to impact students and the health of the community.

WELLNESS POLICY CONTINUED

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Objectives

To create a total school environment that is conducive to healthy eating and being physically active.

Guidelines

- Fitness assessments including but not limited to Height, Weight, BMI for Age, and Cardiovascular testing will be done at the beginning and end of each school year.
- Collaborate with community organizations to offer physical activity education, nutrition education, and opportunities for students and their families to improve their health habits.
- Increase student and family participation in school events and fundraisers promoting health and wellness such as the Homeward Bound Walk.
- Create nutrition and physical education centered fundraisers.
- Encourage the use of non-food rewards.
- Educate families and the community on nutritious snacks and beverages with an emphasis on foods and beverages brought into the classroom.
- Offer each family a health assessment provided by the school nurse. The assessment would include but not be limited to fitness assessment results, nutritional assessment, and status report on their children.
- Provide recess and physical activity opportunities to students and take away that privilege only as a last resort and after trying other methods of discipline.

WELLNESS POLICY CONTINUED

PHYSICAL ACTIVITY

Objectives

To provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

Guidelines

- Physical education will be a requirement for all students.
- Physical education will meet or exceed all standards set by the Indiana Department of Education Academic Standards for Physical Education.
- School staff will allow students the opportunity to participate in daily physical activity, through daily recess periods for elementary school students, walking programs, and integration of physical activity into academic curriculum. Physical activity will meet the standards set in IC 20-30-5-7.5; (06) SB0111.1.3 and IC 20-19-3-6.
- The school will allow students the opportunity for physical activity through a variety of after school programs, such as a before or after school walking program.
- The staff responsible for physical education and physical activity programs will be adequately prepared and participate regularly in professional development activities to effectively deliver accurate information.
- Parents and guardians will be encouraged to support their children's participation in physical activity through family health nights. They will be encouraged to be physically active role models and to include physical activity in family events.
- Work with and support community efforts to provide an environment that is safe for physical activity.

WELLNESS POLICY CONTINUED

MEASUREMENT AND EVALUATION

Objective

To establish a system to accurately measure, evaluate and revise each of the 5 objectives in the wellness policy on an annual basis.

Guidelines

- The Wellness Committee, will create strategies to meet the guidelines set forth in the Wellness Policy. Benchmarks for the strategies, along with evaluation results, will be presented to the Wellness Committee Chairperson annually.
- The Wellness Committee will annually complete a Wellness Policy review with suggestions for revision to the Wellness Policy.
- The Wellness Committee Chairperson will provide an annual report to the 21st Century Charter School at Gary School Board on the implementation and progress of this policy and provide recommendations to the board for policy revisions.

The Board designates the Wellness Committee Chairperson as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Wellness Committee Chairperson shall develop administrative guidelines necessary to implement this policy.

The Wellness Committee Chairperson shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when annually and as requested to do so by the Board.

Review of this policy shall occur annually, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food services, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.