

# **SCHOOL WELLNESS POLICY SOUTH VERMILLION COMMUNITY SCHOOL CORPORATION**

The Board of School Trustees of the South Vermillion Community School Corporation supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the wellbeing of the school corporation's students and staff. Therefore, it is the policy of the Board to: Provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

## **I. Coordinated School Health Advisory Council**

A Coordinated School Health Advisory Council will be formed and maintained at the corporation level to oversee the development, implementation, and evaluation of the school corporation's wellness policy.

In accordance with state law, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- Food Service Director and /or staff
- Parent/Guardian
- Physical Education Teacher
- Students
- Health Care Professional
- School Board Member
- School Administrator
- Representatives of interested community organizations

The Advisory Council shall meet annually and as needed to review nutrition and physical activity policies. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

## **II. Nutrition Education**

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught according to standards of the Indiana Department of Education. Nutrition may also be integrated with other curriculum areas as deemed appropriate.

## **III. Physical Activity**

Physical activity or exercise, in addition to the physical education curriculum, is encouraged as determined at each building level for the health and well-being of students.

Elementary students will be provided daily physical activity, unless there is a medical or weather condition that precludes participation.

## **IV. Other School Based Activities**

Schools will be encouraged to provide community access to and encourage students and community members to use the school's physical activities outside of the normal school day.

School counselors will provide services, which safeguard the physical, emotional, and social well being of students.

Health Services will provide services to promote the health of students, and help to assure that students are healthy, in the classroom, and ready to learn.

## **V. Nutritional guidelines**

Vending machines dispensing healthful snacks and drinks such as bottled water, fruit juice containing at least 100% fruit juice, dried fruits and nuts, may be made available throughout the school day, after school and at all extra

curricular activities. Water will be made available throughout the school day.

Dispensing minimally nutritious items such as carbonated sodas, gum, candy, chips and cookies will not be allowed until the end of the school day.

Minimally nutritious snacks and drinks may not be sold on lunch lines as a la carte items.

All school-sponsored events and celebrations of special occasions will include healthy beverages and/or food among the choices available to participants.

## **VI. School Meals**

Provide access to nutritious food and beverages.

Require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture.

All children who require food are able to obtain it in a non-stigmatizing manner.

Students will be provided a clean environment, with adequate seating and adult supervision during meal times.

## **VII. Plan for measuring the School Wellness Policy**

The superintendent and/or each building principal or designee will jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met.

The superintendent and/or the designee will be responsible for reporting to the board on an annual basis the progress of the school corporation in implementing this policy.

## **VIII. Monitoring for the School Wellness Policy**

The superintendent and/or each building principal or designee is responsible to prepare rules, regulations, and guidelines to implement and support this policy