

# Indiana School for the Blind and Visually Impaired

## Wellness Policy S-13

The Board of ISBVI supports the health and well-being of the students of ISBVI by promoting nutrition and physical activity at all grade levels. Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the policy of the Board to:

Provide students access to healthy foods and beverages; provide and promote nutrition education; 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 US Department of Agriculture.

**I. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.**

- A.** ISBVI will engage students, parents/guardians, teachers, foodservice professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing corporation-wide nutrition and physical activity policies. 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 Indiana Code 20-26-9-18 and the Healthy, Hunger Free Kids Act of 2010 (HHFKA). This Advisory Council consists of, but is not limited to, parents/ guardians of ISBVI students, food service directors and staff, students, school nurse, registered dietitian, physical education teachers, school board members, school administrators, any interested member of the general public and a representative of interested community organizations.
- B.** This advisory council shall meet twice a year to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
- C.** The advisory council shall report annually to the Superintendent and school Board on the implementation of the wellness policy and include any recommended changes or revisions.
- D.** The school Board will adopt or revise nutrition and physical activity policies based on the recommendations made by the advisory council.
- E.** The School Wellness policy shall be made available to students and families by means of school registration, the student handbook and ISBVI's website.

**II. ISBVI will provide students access to healthy food and beverages through participation and promotion of the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.**

**A. School Meal Content**

All meals served through the National School Lunch and Breakfast Programs will be appealing and appetizing to children, meet at least the minimum nutrition requirements established by the USDA for federally funded programs, contain 0 percent trans fats, offer a variety of fruits and vegetables, and 100% of the grains offered will be whole grain-rich.

1. All cooked foods will be baked or steamed for breakfast and lunch. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
2. Students will have the opportunity to provide input on local, cultural, and ethnic favorites through the ISBVI student food council which meets weekly during the school year.
3. The Dietary Department will provide periodic food promotions that will allow for taste testing of the new healthier foods being introduced on the menu.
4. Special dietary needs of students will be considered when planning meals and are monitored by the dietician working in conjunction with the school nurses.
5. The Dietary Department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms including handouts and the school website and will be available upon request in greater detail.

**B. School Meal Participation**

1. To the extent possible, ISBVI will provide the USDA School Breakfast Program to all students.
2. To the extent possible, school will utilize methods to serve school breakfasts that encourage participation including serving breakfast in the classroom, serving “grab-and-go “ breakfasts and arranging transportation schedules to allow for students to receive their breakfast.
3. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
4. School meals will be served in clean and pleasant settings.
5. Students will have convenient access to hand-washing and sanitizing stations.
6. Potable water must be readily available at all mealtimes.
7. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

**C. Professional Development**

1. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

#### **D. Nutrition Standards for Competitive and Other Foods and Beverages**

1. K-12 a la carte, school vending machines and other foods outside of school meals shall be limited to no more than 30 percent of total calories from fat, less than 10 percent of total calories from saturated fats, 0 percent trans fats, no more than 35 percent of calories from total sugars, no more than 200 milligrams of sodium per portion as packaged, no more than 200 calories per package and 100 percent of the grains offered will be whole grain- rich.
2. K-12 a la carte, school vending machines and other beverages outside of school meals shall be limited to water without flavoring, additives or carbonation, low-fat and nonfat milk, 100% fruit juice in 4-ounce portions for elementary and middle school and 8-ounce portions for high school and all beverages other than water, milk or juice shall be no larger than 12 ounces.
3. Vending machines in the elementary school building that dispense food or beverage items may not be accessible to students. Vending machines in middle and high schools will not be available during mealtimes and will contain items that meet approved nutrition standards. Vending machines for school staff will not be accessible to students. Students and staff will have free potable water for consumption available in water fountains throughout the school building.
4. Concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50 percent healthy beverages and foods according to the approved nutrition standards.
5. Classroom Celebrations will focus on activities (e.g., giving free time, music and reading time) rather than on food. Classroom celebrations will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and classroom celebrations that include food will be limited to one per month. Parents/ guardians will be informed at the beginning of school of these guidelines.
6. Teachers and staff will not use food as a reward nor will school staff withhold food or drink at mealtimes as punishment.
7. 100 percent of the foods purchased to raise funds for ISBVI must meet the approved nutrition standards. ISBVI will promote the sale of non-food items for school-sponsored fundraising.

#### **III. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the Indiana Department of Education. Schools will link nutrition education and promotion activities with existing coordinated school health programs.**

- A. Nutrition education and promotion will be provided as part of a Comprehensive Health Education Program.
  1. Health education will be taught by a licensed health education instructor.
  2. ISBVI will provide good nutrition promotion to teachers and staff as well as students.
  3. Nutrition education will include lessons on choosing healthy options and portion control.
  4. Nutrition education resources will be provided to parents/guardians through handouts, newsletters or website links.
  5. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

**IV. ISBVI supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before and after school activities. Additionally, ISBVI supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.**

**A. Physical Education K-12**

1. All students in grades K-12 will participate in physical education in order to meet the physical education standards.
2. Physical Education will be taught by a licensed Physical Education instructor.
3. All staff involved in Physical Education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

**B. Daily Recess and Physical Activity Breaks**

1. The elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. Elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education. This recess will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.

**C. Physical Activity Opportunities Before and After School**

1. ISBVI will offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity after school.

**D. Physical Activity and Remedial Activities/ Punishment**

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. ISBVI Staff will not use physical activity or withhold opportunities for physical activity as punishment.

**V. ISBVI supports the health and well-being of our staff by creating and promoting policy and group activities that promote physical activity and healthy eating.**

**A. Nutrition and Physical Activity**

1. ISBVI will promote staff programs to increase knowledge of physical activities and healthy eating at least one time per year through group activities such as a “Biggest Loser Contest” in house.

**VI. ISBVI is committed to enforcing the policies and guidelines included in this document. Through implementation of this School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff.**

**A. Implementation and Data Collection**

1. ISBVI will continue to track BMI on a sample of students and compare with previous years as well as collecting data over time on heights and weights of all students.
2. The Director of the Health Center shall ensure that ISBVI is in compliance with the wellness policy halfway through the school year by assessing wellness implementation strategies. The Principals shall then report to the Superintendent who will provide a report to the school Board.
3. Policy language will be assessed each year and revised as needed.

Adopted by ISBVI Board: 1/14/08

**Revised: 10/21/13, 11/1/14**