

policy

**BOARD OF SCHOOL TRUSTEES
WEST LAFAYETTE COMMUNITY SCHOOL CORPORATION**

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WELLNESS

As required by law, the School Board establishes the following wellness policy for the School Corporation as a part of a comprehensive wellness initiative.

The Corporation recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's 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 through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students' healthy behaviors and habits with regard to eating and exercise. 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 Corporation sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education:

Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.

The standards and benchmarks for nutrition education shall be behavior focused.

Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.

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B. With regard to physical activity:

1. Physical Education

The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn and practice, developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

Physical education classes shall provide students with opportunities to learn and practice, developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

The physical education curriculum shall expose students to the importance of remaining physically active for life.

All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other similar co-curricular areas.

Planned instruction in physical education shall meet the needs of all students and shall be presented in an environment free of embarrassment and humiliation.

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- C. With regard to other school-based activities:

Schools in our system shall utilize electronic identification and payment systems to protect privacy of individual students.,

- D. With regard to nutrition promotion, the Corporation shall:

encourage students to increase their consumption of healthful foods during the school day and decrease their consumption of processed foods and sugar sweetened beverages;

A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance. Rewarding children in the classroom with candy and sweets will be discouraged;

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

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

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The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

The school food service program may involve

students,
parents,
staff,
school officials

in the selection of competitive food items to be sold in the schools.

All foods available to students in Corporation programs, other than the food service program, shall be served with consideration for promoting student health and well-being.

The Board designates the Superintendent as the individual(s) charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy.

The Superintendent shall appoint a Corporation wellness committee that may include parents, students, representatives of the school food authority, nutritionists or certified dietitians, educational staff (including physical education teachers), school health professionals, the School Board, school administrators, and members of the public to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The Superintendent shall be an *ex officio* member of the committee.

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The wellness committee shall be an *ad hoc* committee of the Board with members recruited and appointed as needed.

The wellness committee shall:

- A. review the Corporation's current wellness policy;
- B. recommend revision of the policy, as appropriate; and
- C. present the wellness policy, with any recommended revisions, to the Board for approval or re-adoption if revisions are recommended.

As needed the wellness committee shall review updates to this policy and provide recommendations to the Superintendent.

The Superintendent shall report as needed to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified.

The Superintendent also shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall:

include information in the student handbook

and post the wellness policy on the Corporation's website.

I.C. 20-26-9-18
42 U.S.C. 1751 et seq.
42 U.S.C. 1758b
42 U.S.C. 1771 et seq.
7 C.F.R. Parts 210 and 220