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Schools of Indiana

LOCAL SCHOOL WELLNESS POLICY

IDOE#9090

Introduction

The Law Requires

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966, "shall establish a local school wellness policy by School Year 2006." By July 2014, schools participating in the National School Lunch Program, USDA requires that a School Wellness Policy must be implemented, evaluated, and monitored.

Legislation also places the responsibility of developing a wellness policy at the local level, so that the individual needs of each district school can be addressed. According to the requirements for the Local Wellness Policy, school districts must set goals for nutrition education, nutrition standards, physical education and activity, and other school-based activities designed to promote student wellness. Additionally, districts are required to involve a broad group of individuals in policy development and to have a plan to review and measure policy implementation.

Policy Outline:

There are five specific components to the required Wellness Policy:

- I. School Health Advisory Council
- II. Nutrition
- III. Physical Activity
- IV. Evaluation

I. School Health Advisory Council

Wellness Committee: The following stakeholders will be given the opportunity to participate in the wellness committee: parents, students, representatives of the School food authority, teachers of physical education, school health professionals (school nurse), the school board, school administrators, and the school community to participate in the development, implementation, and review and update of the local wellness policy.

Matchbook Learning will allow stakeholders to participate in the development, implementation, review and revision of the local wellness policy. A 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.

- A. In accordance with Indiana Code 20-26-9-18, and the Healthy, Hunger Free Kids Act of 2010 (HHFKA), the school will form and maintain a School Health Advisory Council that may include at least the following:
 - Parents/Guardians
 - Food Service Directors and Staff
 - Students
 - School Health Professionals (school nurse)/Registered Dietitians
 - Physical Education Teachers
 - School Board Members
 - School Administrators
 - Any Interested Members of the School Community
- B. Other potential members of the Council include teachers, school nurses, teaching assistants, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers.
- C. The Advisory Council shall meet regularly 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.
- D. The Advisory Council shall report annually to the Principal and/or School Board on the implementation of the wellness policy and include any recommended changes or revisions.
- E. The School Board / Governing Authority will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.
- A. The School Wellness Policy shall be communicated to essential stakeholders in the following ways:
 - a. Annual Faculty Meeting
 - b. Wellness Committee Meetings Open Staff and Parents
 - c. During Parent Night Event Annually
 - d. During PTO meeting
 - e. To the students through physical education classes and by information distributed by the school nurse

Rationale for Policy Recommendations

- A Coordinated School Health (CSH) Advisory Council can assist a school in the promotion and protection of student and employee health. Involving parents/guardians and other community members on a CSH Advisory Council enables the school to use valuable community resources.

- An established and ongoing CSH Advisory Council increase the likelihood for sustained school wellness activities.

Goal

- Develop a well-represented Health Advisory Council, including an annual plan and strategy for communication.

II. Nutrition

Policy Requirements

Nutrition Guidelines: Include nutrition guidelines for all foods available to promote student health and encourage healthy and informed food choices that may reduce childhood obesity."

Nutrition Education and Promotion: Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote school wellness.

USDA Requirements: Has assured that the Schools Meals meet the USDA requirements.

Policy

2A. Nutrition Education and Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level according to standards of the Indiana Department of Education. Schools will link nutrition education and promotion activities with existing coordinated school health programs and social emotional learning time.

- 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. The school will provide nutrition education training opportunities to teachers and staff for all grade levels.
 3. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
 4. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating the school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).
 5. Nutrition education resources will be provided to parents/guardians.
 6. Healthy items, such as fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
 7. Nutrition labels will be provided on all foods to allow students to easily identify healthier foods.
 8. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.
- B. Marketing on the school campus during the school day is only permitted for those foods and beverages that meet the competitive food/beverage requirements of Smart Snacks in the School nutrition standards. (<http://www.fns.usda.gov/healthierschoolday/tools-schools-fovusing-smart-snacks>). Marketing includes but is not limited to any of the following activities done for the purpose of promoting the sale of a food or beverage product:
 - i. Oral communication
 - ii. Written communication
 - iii. Graphic communication

2B. Standards for USDA Child Nutrition Programs and School Meals

[SCHOOL] will provide and promote 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

1. All meals served at the school will meet the USDA requirements, at a minimum.
2. Meals served through the National School Lunch and Breakfast Programs will:
 - Be appealing and appetizing to children;
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - Offer a variety of fruits and vegetables;
 - 100% of the grains offered are whole grain-rich.
3. Students will have the opportunity to provide input on local, cultural and ethnic favorites.
4. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
5. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.
6. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information may be available in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

B. School Meal Participation

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourages participation prior to or during morning meetings.
3. The school will inform families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010.
4. The school may provide the After School Meal Program, when it becomes available, in accordance with the Healthy, Hunger-Free Kids Act of 2010.

C. Mealtimes and Scheduling

1. 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).
2. School meals will be served in clean and pleasant settings.
2. Students will have convenient access to hand washing and sanitizing stations.
3. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

D. 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.

E. Other Activities Promoting Wellness

- Annual healthy food nutrition classes given by the nurse
- Annual healthy food harvesting, growing, and cooking class with learning garden led by science department
- Annual wellness promotional information given at PTO annual event

2C. Nutrition Standards for Competitive and Other Foods and Beverages

[SCHOOL] will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.

- A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007) and the standards of the USDA Smart Snacks.
1. School à 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 are whole grain-rich.
 2. School à 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 (in 8- to 12-ounce portions),
 - 100% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8 ounces (2 portions) for high school, and
 - All beverages other than water, white milk or juice shall be no larger than 12 ounces.
- B. Availability
1. Vending machines for school staff will not be accessible to students.
 2. Food and beverages will not be sold in school stores.
 3. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.
- C. Concession Stands
1. The concession items sold at school-sponsored events to participants, fans and visitors are encouraged to include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.
- D. Classroom Celebrations
1. Classroom celebrations are encouraged to focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
 2. Classroom celebrations that include food will be limited to one per month. Food items must meet the approved nutrition standards.
 3. Schools shall inform parents/guardians of the classroom celebration guidelines.
- E. Food as a Reward or Punishment
1. Teachers and staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate.
 2. School staff will not withhold food or drink at mealtimes as punishment.
- F. Fundraisers
1. Fundraising activities will consider supporting healthy eating and wellness. Schools will consider promoting the sale of non-food items for school-sponsored fundraising.

Rationale for Policy Recommendations

- Offering healthier food and drink options at school can send a strong message about the importance and value of healthy eating.
- When students have choice and have been exposed to healthy food options, they are more likely to consume them (Yale Rudd Center for Food Policy and Obesity, 2010).

Goals

- Students will participate in the use of visual art and other classroom to promote healthy eating.
- Classroom rewards program will include activities rather than unhealthy foods.

- Classroom teachers will discuss the impact and implementation of supportive “healthy eating” classroom parties.

III. Physical Activity

Policy Requirements

Physical Activity: Include goals or nutrition promotion and education, physical activity, and other school-based activities that promote school wellness.

Policy

Matchbook Learning supports the health and well-being of students by promoting physical activity through physical education, recess including a Play Works recess and games coach, student recess and physical activity leaders, and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Additionally, Matchbook Learning supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day. No student shall have movement breaks and recess taken out of their day as a punishment.

A. Physical Education

1. All students will participate in physical education in order to meet the Physical Education Standards.
2. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
3. Physical education will be taught by a licensed physical education instructor.
4. 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 school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All 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 (NASPE). This recess period will be outdoors when possible and an indoor recess area will be established and maintained for days that outdoor is no possible. Recess will be guided and movement activities encouraged by the Play Works coach.
3. All teachers are encouraged to use physical activity breaks during classroom time as often as possible.
4. The school will discourage extended periods of inactivity (more than 2 hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity Opportunities Before and After School

1. Matchbook Learning encourages intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education or recess to receive instruction in other content areas.
2. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

E. Walking and Bicycling to School

1. Where appropriate and safe, the school will encourage walking and bicycling to school. The staff will also be part of a walking bus to help with neighborhood safety concerns for students walking.
2. To the extent possible, the school will make improvements so it is safer, easier and more enjoyable for students to walk and bicycle to school.
3. The school will explore the availability of both local and federal funding (e.g., Safe Routes to School funds administered by the Indiana Department of Transportation) to finance such improvements.

Rationale for Policy Recommendations

- According to the 2011 Indiana Youth Risk Behavior Survey, only 43.5 percent of Indiana high school students were physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- According to the 2011 Indiana Youth Risk Behavior Survey, only 34.9 percent of Indian high school students attended physical education classes on one or more days in an average week when they were in school.
- Increased physical activity has been linked to higher academic achievement (Ehrlich, 2008).
- Aerobic conditioning may help to improve memory. Exercise may strengthen particular areas of the brain and oxygen intake during exercise may enhance greater connections between neurons (Hillman, Erickson & Kramer, 2008).
- Positive experiences with physical activity and physical education at a young age help lay the foundation for being regularly active throughout life (NASBE, "Fit, Healthy, and Ready to Learn," 2000).

Goals

- Walking buses will be staffed by parent and staff volunteers and held as a priority.
- The physical education curriculum will be mapped, aligning with state standards.
- Students and staff will be encouraged to participate in various community health programs.
- Physical activity breaks will be integrated into the regular classroom instruction.
- After school physical activity programs will be developed and implemented, in addition to the organized sports program.

IV. Evaluation

Policy Requirements

Evaluation: The School Board / Governing Authority will annually evaluate the school Wellness Policy.

Person Responsible: Director of Operations

Communication: Inform and update stakeholders about the content and implementation of the school Wellness Policies.

Policy

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

A. Implementation and Data Collection

1. The Director of Operations shall ensure that the school is in compliance with the school's Wellness Policy by assessing wellness implementation strategies and then report to the School Health Advisory Council and School Board.
2. The evaluation of the Wellness Policy and implementation will be directed by the School Health Advisory Council.
3. Policy language will be assessed each year and revised as needed.

Rationale for Policy Recommendations

- Evaluating the Wellness Policy and implementation activities will give the School Health Advisory Council an opportunity to share their accomplishments with a large audience. This can create a better understanding of why it is important to realize and sustain these wellness efforts.
- An evaluation can also give a school the opportunity to showcase its efforts to strengthen the policy, the implementation of the policy, as well as the policy's impact on students and staff.

Goals

- Matchbook Learning will use the Healthy School Environment Rubric to develop a baseline level of wellness.
- A measurable action plan will be developed and implemented.

Contact Information

Director of Operations:

Don Stewart: dstewart@matchbooklearning.com

Resources

There are numerous resources available to help assist schools in assessing their Health and Wellness programs, as well as developing and implementing an action plan. Some of these resources include:

- Wellness Policy Evaluation Tool
- WellSAT
- Healthy School Environment Rubric