

Wabash City Schools

Bylaws & Policies

6090 – WELLNESS

As required by law, the Board of Education establishes the following wellness policy for Wabash City Schools.

The Board recognizes that good nutrition and regular physical activity affects the health and well-being of the Corporation's students. Research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. 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.

The Board, also 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 to support and model such healthy behaviors and habits.

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

- A. With regard to nutrition education, the Corporation shall:
 1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate.
 3. Nutrition education shall reinforce lifelong balance by emphasizing the link between calorie intake [eating] and exercise in ways that are age-appropriate.
 4. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
 5. The Corporation will provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

6. Nutrition education will include information on the following: Choose My Plate.gov, calories, food labels, healthy diet, healthy heart choice, healthy snacks, limiting of junk food, proper sanitation and the importance of exercise.
- B. With regard to physical activity, the corporation shall:
1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
 2. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity. The planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
 3. Planned instruction in physical education shall meet the needs of all students including those who are not athletically gifted. The instruction shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
 4. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
 5. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day, stress the importance of remaining physically active for life.
 6. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming or tennis.
 7. In addition to planned physical education, the school shall provide age-appropriate physical activities [e.g., recess during the school day and interscholastic sports] that meet the needs of all students, including males, females, students with disabilities and students with special healthcare needs.
- C. With regard to other school-based activities the Corporation shall:
1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
 2. The school shall provide attractive, clean environments in which the students eat.
 3. Students at Wabash City School facilities are permitted to have bottled water only in the classroom during instructional times.

4. Our school system utilizes electronic identification and payment systems, therefore, eliminating any identification of students eligible to receive free and/or reduced meals.
5. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
6. Treats provided by students and parents for classroom celebration must be either prepackaged items or items prepared by an approved kitchen [i.e., Krogers, Walmart, Bakery or Wabash Middle School Café]. The school corporation strongly encourages healthy snacks for celebrations.

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].
- C. 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.
- D. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte or from vending machines.
- E. Nutrition information for competitive foods available during the school day shall be readily available upon request.
- F. 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.
- G. All food service personal shall receive pre-service training in food service operations.
- H. Continuing professional development shall be provided for staff of the food service program.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

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