

# **MEDORA COMMUNITY SCHOOLS WELLNESS POLICY**

## **on**

### **Physical Activity and Nutrition**

The Medora Community Schools supports the health and well-being of its youth by promoting good eating habits and physical activity at all grade levels. In accordance with Child Nutrition, WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the policy of the Medora Community Schools Corporation to provide youth with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the facility meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

A coordinated wellness committee will maintain and oversee these activities. The Medora Community Schools Wellness Policy on Health and Nutrition shall be made available to youth and families by means of program handbooks, parent intake packets, and the Medora Community Schools website.

#### **I. WELLNESS COMMITTEE**

Medora Community Schools will engage students, parent/guardians, Food Service Director and staff, School Health Professionals and staff, Physical Education Teachers, Classroom Teachers and Assistants, School Board Members, Administrators, and Community Organization Representatives in developing, implementing, monitoring and reviewing the Medora Community Schools Wellness Policy on Health and Nutrition. The Wellness Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

#### **II. NUTRITION EDUCATION**

Nutrition education will be integrated within the education curriculum and taught according to the standards set forth by the Indiana Department of Education.

1. Nutrition education and promotion will be provided as part of a Comprehensive Health Education Program.
2. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options, and portion control. School staff will collaborate with community groups and organizations when available to provide opportunities for student projects related to nutrition and physical activities.
3. Nutrition education resources will be provided to parents/guardians through website links, school newsletters, flyers, and any other appropriate means available to reach parents/guardians.
4. Nutrition labels will be provided on all pre-packaged foods to allow students to easily identify healthier food choices.

### **III. Standards for USDA Child Nutrition Programs and School Meals**

Medora Community Schools 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. Meals served through the National School Lunch and Breakfast Programs will
  - Be appealing and appetizing to students
  - Meet, at a minimum, the nutrition requirement established by the USDA for federally funded programs
  - Contain 0% trans fat
  - Offer a variety of fruits and vegetables
  - Provide whole grain rich products
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
3. Student with special dietary needs will be accommodated according to the document *Accommodating Children with Special Dietary Needs in School Nutrition Programs*.

#### **B. School Meal Participation**

1. Medora Community Schools will participate in the USDA School Breakfast Program.
2. Medora Community Schools will inform families of the availability and location of summer food service program meals.
3. Medora Community Schools will participate in the Backpack Food Program.

#### **C. Mealtimes and Scheduling**

- 1.. Adequate time will be provided to students to eat lunch (at least 20 minutes) and breakfast (at least 10 minutes) after being served.
2. Elementary school will provide lunch recess.
3. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to hand-washing or sanitizing stations.
5. Drinking water will be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior consistently enforced.

### **IV. NUTRITION PROMOTION**

Medora Community Schools aims to teach, encourage, and support healthy eating by residents. The facility will engage in nutrition promotion that:

1. Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
2. Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
3. Include training for staff.

### **V. PHYSICAL ACTIVITY**

The Medora Community School Corporation supports the health and well-being of youth by promoting physical activity. Additionally, Medora Community Schools supports physical activity among elementary students by providing them with at least 20 of the recommended 60 minutes of physical activity per day.

**A. Physical Education K-12**

1. All students will meet the State of Indiana Physical Education requirements for schools. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for all students.
2. Physical education will be taught by a licensed physical education instructor and will be provided opportunities for professional development focusing on physical activity, fitness, health, and wellness.

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

1. Medora Community Schools will provide daily physical activity.
2. All Medora Elementary Schools students will have at least one 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. If outdoor recess is not possible due to inclement weather, teacher will provide an indoor physical activity break in the classroom.

**C. Physical activity opportunities after school**

1. Medora Community Schools offers clubs, interscholastic sports, and voluntary activities to increase physical activity after school with the appropriate adult supervision.

**VI. MEAL CONTENT**

**A. Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs.**

1. Contain 0% trans fats;
2. Less than 10% of total calories from saturated fats;
3. Offer a variety of fruits and vegetables, with a minimum of ½ cup fruit for breakfast and 1 cup both fruit and vegetable for lunch;
4. Include whole grains for at least half of all grains served;
5. Offer low-fat and non-fat milk;
6. Offer only 100% fruit juices.
7. Make potable (drinking) water readily available at all mealtimes.
8. Be appealing and appetizing to students.

**B. Availability**

1. Vending machines for school staff will not be accessible to students.
2. Any vending machines will be stocked with items that comply with nutrition standards.

**C. Classroom Celebrations**

1. Each school building shall set goals to limit food being offered as a classroom celebrations.
2. Each school building can set goals to increase use of activities such as giving free time, extra recess, music, etc. rather than food.

**D. Food Reward/Punishment**

1. Each building shall set goals limiting the use of food as a reward.
  2. School staff will not withhold food or drink at mealtimes as punishment.
- E. Fundraisers
- A. As directed by the Indiana Department of Education, two exempt fundraisers per school per building per year will be allowed that do not meet nutrition standards. The maximum duration of one exempt fundraiser is one day. All fundraisers that occur after school hours are exempt.

## **VII. STAFF WELLNESS**

The Medora Community Schools supports the health and well-being of staff by promoting physical activity.

### **A. Nutrition and Physical Activity**

1. Staff members are encouraged to participate in daily recreational activities with youth. Staff members are also provided opportunities to access the facility gymnasium and equipment, when not in use by the youth, during lunch breaks or after school hours.
2. Medora Community Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.
3. The school corporation will pass along information on wellness and nutrition through electronic and paper newsletters and other means.

## **VIII. EVALUATION**

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

### **A. Implementation and Data Collection**

1. The Wellness Committee will meet annually, at minimum, or more often as needed to evaluate the implementation and impact of the Wellness Policy on Physical Activity and Nutrition. Goal attainment will be measured using a tool designed by the Medora Community Schools and goals will be revised and updated or newly created. Policy language will be assessed each year and revised as needed.
2. The building principal will ensure that his or her building is in compliance with the Medora Community School's Wellness Policy on Physical Activity and Nutrition. The principal will submit his or her findings to the committee and the superintendent. The superintendent will provide a report to the Medora Community School Board members if deemed necessary.

### **B. Policy Review**

1. Policy, policy language, goals, and interventions will be assessed on an annual basis.