School Wellness

Section 1.  **Statement of Purpose.**  East Allen County Schools recognizes its responsibility, as mandated by federal and state law, to promote a healthy learning environment by supporting wellness, good nutrition and regular physical activity.

Section 2.  **Annual Review.**  To fulfill the School Corporation’s responsibility to promote a healthy learning environment, as mandated by federal and state law, the Board of School Trustees will review, on an annual basis (before July 1 of each year) the School Corporation’s wellness policies, reviewing established nutrition guidelines and goals for nutrition education, physical activity, and promoting student wellness.

Section 3.  **Public Hearings.**  The Board of School Trustees will hold, in association with the Board-appointed school health advisory council, on or before July 1 of each year (beginning on or before July 1, 2007), at least one (1) public hearing at which public testimony and comment will be allowed on the School Corporation’s wellness policy.

Section 4.  **Adoption of School Corporation Policy on Child Nutrition and Physical Activity.**  As required by I.C. 20-26-9-18, the Board of School Trustees shall adopt, or renew, a district policy on child nutrition and physical activity taking into consideration recommendations made by the School Corporation’s school health advisory council.  However, nothing in this Policy should be interpreted as limiting the authority of the Board of School Trustees to be the final decision-maker regarding any district policy on child nutrition and physical activity.  The Board of School Trustees, after considering the recommendations made by the School Corporation’s school advisory council annually, may reject any, or all, of such recommendations in developing the district’s policy on child nutrition and physical activity.

Section 5.  **Individual School Wellness Committee.**  Each school shall form an “in house” wellness committee to serve as the building liaison for nutrition and wellness communication and resources for students, parents and staff and monitor their school plan.  This school wellness committee shall consist of (at a minimum) the Principal, Food Service Manager, School Nurse, a P.E. teacher, a classroom teacher, and a student representative.  The school wellness committee shall meet at least twice per year.  In addition, the Principal shall hold one staff meeting for the entire staff of the school to discuss the individual school’s wellness plan and the goals.  Normally, this meeting shall be conducted as part of the North Central evaluation or P.L. 221 evaluation process each year.  One or more members of each School Wellness Committee shall attend an annual collaborative meeting with the EACS Wellness Advisory Council.  At the
annual collaborative meeting with the Council, School Wellness Committees representatives shall be asked to report on their in-house meetings held during the school year.
School Health Advisory Council

Section 1. Establishment of Advisory Council. The Board of School Trustees shall appoint a school health advisory council ("advisory council") on or before January 1, 2007 as required by I.C. 20-26-9-18.

Section 2. Membership on Advisory Council. In appointing the members of the advisory council, the Board of School Trustees shall comply with the provisions of I.C. 20-26-9-18 which requires that the advisory council include:

1. Parents;
2. Food service directors and staff;
3. Students;
4. Nutritionists or certified dieticians;
5. Health care professionals;
6. School Board members;
7. A school administrator; and,
8. Representatives of interested community organizations.

The advisory council shall also include at least one (1) member who is a teacher with the School Corporation. In addition, at least forty percent (40%) of the advisory council shall be parents who are not employees of, and do not have a contractual relationship with, the School Corporation.

Section 3. Length of Terms. Appointments by the Board of School Trustees to the advisory council shall be made on an annual basis, no later than January 1 of each year. There shall be no limits on the number of terms an individual may serve on the advisory council.

Section 4. Responsibilities of the Advisory Council. The advisory council shall, on an annual basis, review the School Corporation’s wellness policy and suggest to the Board of School Trustees changes to the policies before July 1 of each year. In carrying out its advisory function, the advisory council, in association with the Board of School Trustees, shall conduct annually at least one (1) public hearing at which public testimony and comment will be allowed on the School Corporation’s wellness policy.
Nutrition Standards

Section 1. Meals Served Through the National School Lunch and Breakfast Program. Meals served through the National School Lunch and Breakfast Program shall:

1. Meet, at a minimum, nutrition requirements established by local, state, and federal regulations;
2. Offer a variety of fruits and vegetables;
3. Serve only low fat and fat free milk;
4. Offer low fat salad dressings;
5. Use fat free butter substitutes to flavor vegetables instead of margarine;
6. Use baked products, instead of deep frying when possible;
7. Use whole grain items, when feasible.

Section 2. Food Items Portion Limits. A food item available for sale at a school or on school grounds may not exceed the following portion limits if the food item contains more than two hundred ten (210) calories:

1. One and seventy-five hundredths (1.75) ounces for potato chips, crackers, popcorn, cereal, trail mixes, nuts, seeds, dried fruit, and jerky;
2. Two (2) ounces for cookies or cereal bars;
3. Three (3) fluid ounces for frozen desserts, including ice cream;
4. Eight (8) ounces for non-frozen yogurt; and,
5. In the case of ala carte entrée items and side dish items, including french fries and onion rings, the food items available for sale may not exceed the portion of the same entrée item or side dish item that is served as part of the school lunch program or school breakfast program.
Section 3. **Beverage Size Limitations.** A beverage item available for sale at a school or on school grounds may not exceed twenty (20) ounces.

Section 4. **Better Food and Beverage Choice Standards.** At least fifty percent (50%) of the food items available for sale at a school or on school grounds must qualify as better food choices and at least fifty percent (50%) of the beverage items available for sale at a school or on school grounds must qualify as better choice beverages.

Section 5. **Better Food Choices Definition.** Food items that meet all the following standards are considered “better choice foods”:

1. Not more than thirty percent (30%) of the food item’s total calories are from fat;
2. Not more than ten percent (10%) of the food item’s total calories are from saturated and trans fat; and,
3. Not more than thirty-five percent (35%) of the food item’s total weight is from sugars that do not occur naturally in fruits, vegetables, or dairy products.

Section 6. **Better Beverage Choice Definitions.** The following qualify as “better choice beverages”:

1. Fruit or vegetable based drinks that:
   A. Contain at least fifty percent (50%) real fruit or vegetable juices; and
   B. Do not contain additional caloric sweeteners.
2. Water and seltzer water that do not contain additional caloric sweeteners;
3. Low fat and fat free milk, including chocolate milk, soy milk, rice milk, and other similar dairy and non-dairy calcium fortified milks; and
4. Isotonic beverages.

The following do **not** qualify as “better choice beverages”:

1. Soft drinks, punch, iced tea, and coffee;
2. Fruit or vegetable based drinks that contain less than fifty percent (50%) real fruit or vegetable juice or that contain additional caloric sweeteners; and

3. Except for low fat and fat free chocolate milk, drinks that contain caffeine.

Section 7. Prohibition Against Serving or Selling Foods of Minimal Nutritional Value. As mandated by federal regulations, foods of minimal nutritional value shall not be served or sold anywhere a reimbursable meal is served, sold, and/or eaten. Foods of minimal nutritional value, as defined by the United States Department of Agriculture, include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondants, licorice, spun candy, and candy-coated popcorn.

Section 8. Exceptions to Portion Size Limitations and Better Food and Beverage Choices Requirements. The portion size limitations and better food and beverage choice requirements contained in this Policy do not apply to a food or beverage item that is:

1. Part of a school lunch program or school breakfast program;

2. Sold in an area that is not accessible to students;

3. Sold after normal school hours; or

4. Sold or distributed as part of a fundraiser conducted by students, teachers, school groups or parent groups, if the food or beverage item is not intended for student consumption during the school day.

Section 9. Vending Machines in Elementary Schools. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
Nutrition Education Goals

Section 1. **Statement of Goal.** East Allen County Schools will implement, in a manner consistent with all other academic goals, objectives, and requirements, nutrition education from preschool through secondary school as part of a sequential, comprehensive school health education program designed to help students adopt healthy eating behavior.

Section 2. **Utilization of Food Service Staff.** Nutrition education should take place in the school cafeteria as well as in the classroom. Print materials promoting healthy eating standards shall be posted or available in all school cafeterias or other designated eating areas.

Section 3. **Responsibility for Implementation.** The Superintendent, or the Superintendent’s designee, shall be responsible for developing implementation strategies directed at achieving the stated goal.
Physical Activity Goals

Section 1. **Statement of Goal.** East Allen County Schools will provide a physical education program, for all students in Grades 1-12, to learn about and participate in physical activity. In addition to the regular physical education program East Allen County Schools will implement, in a manner consistent with all other academic goals, objectives, and requirements, a plan to integrate physical activity across curriculum and throughout the school day. Also, East Allen County Schools will create wider opportunities for students to voluntarily participate in before-and-after school physical activity programs that may include intramurals, and at the secondary level, interscholastic athletics. Finally, East Allen County Schools may collaborate with local recreational departments and youth fitness programs as approved by the Board of School Trustees to promote participation in lifelong physical activity.

Section 2. **Daily Physical Activity for Elementary Students.** As required by I.C. 20-30-5-7.5 and beginning with the 2006-07 school year, each student in elementary school, other than students in half-day kindergarten or students who have a medical condition that precludes participation in the daily physical activity, shall be provided daily physical activity which may include recess. On a day when there is inclement weather or unplanned circumstances have shortened the school day, an elementary school may provide physical activity alternatives or elect not to provide physical activity.

Section 3. **Elementary Recess.** Where feasible, and not later than the 2007-08 school year, elementary recess shall be scheduled before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior. Where feasible, and not later than the 2007-08 school year, elementary recess periods shall be at least twenty (20) minutes in length.

Section 4. **Implementation of Goals.** The Superintendent, or the Superintendent’s designee, shall be responsible for developing implementation strategies to implement the goals outlined in this policy.
Other School-Based Activities

Section 1. Statement of Goals. The following goals are established for other school-based activities:

1. Schools will schedule students with a minimum of twenty (20) minutes to eat for lunch.
2. Schools will schedule students with a minimum of ten (10) minutes to eat for breakfast.
3. Schools will encourage fundraising activities that promote physical activity.
4. Schools will promote alternate choices to candy as an academic and/or behavioral reward. (See addendum #1 for a list of alternative rewards.)
5. Recognizing concerns about food safety, allergies and other restrictions to some students’ diet:
   A. All food for student consumption will be commercially prepared (other than home prepared foods for individual student lunches). The exception to this would be when a classroom is preparing a food item as part of the learning curriculum.
   B. Schools will encourage students not to share their food or beverages with one another during meal and snack times. Schools will promote involvement in community-sponsored wellness activities like “Focus on Health” or fitness events.
6. Elementary schools will provide parents with a list of ideas, including recommended food and beverage items, for healthy classroom celebrations and parties.
7. The School Corporation’s Food Service Department will post nutrition tips on the elementary school’s website and provide nutrient analyses of elementary school menus.
8. The School Corporation’s Food Services Department will adopt marketing techniques to promote healthy choices.

9. The School Corporation will promote workplace wellness.

10. No candy sales on school grounds before or during the school day.

Section 2. Implementation of Goals. The Superintendent, or the Superintendent’s designee, shall develop implementation strategies to achieve the goals stated in this guideline.