

LAFAYETTE SCHOOL CORPORATION WELLNESS POLICY

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity,

Whereas, 28% of Lafayette School Corporation are at risk for being overweight and 12% are overweight;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, nationally, students do not participate in sufficient vigorous physical activity and do not attend daily physical education classes;

Thus, the Lafayette School Corporation has established a Coordinated School Health Council that has written a Wellness Policy that will advocate for a healthy school community using the coordinated school health approach to improve the health and wellness of our students.

Therefore, it is the policy of the Lafayette School Corporation to achieve the following policy goals.

Nutrition Education Goals

- Schools shall strive to provide current nutrition education that is interactive and that teaches the skills necessary to adopt lifelong healthy eating behaviors.
- Schools shall strive to integrate nutrition themes into core curriculum (i.e. math, science, language arts) where appropriate.
- Schools shall strive to make health information (emphasizing nutrition and exercise) available to parents and community members).
- Schools shall strive to offer nutrition education in the school dining room with coordination between foodservice staff and teachers.
- Schools shall strive to provide consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.
- Schools will encourage teachers and food service staff to attend professional development opportunities related to wellness policy goals.
- Staff who provide nutrition education will have appropriate education.

Nutritional Standards for all foods available on the school campus during the school day

- The school nutrition program shall operate in accordance with the School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of state.

- The school nutrition program will encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables, and decrease the daily intake of fats.
- Schools will comply with the new IC 20-26-9-19; SEO111.1.3 that applies to food or beverage item that is sold prior to the start of school and throughout the instructional day that is not part of a federally reimbursed school program.
 - School cafeteria ala carte
 - Vending machines
 - School snack bars/stores
 - Concession stands

(For the 2007-2008 school year, it is recommended that 60% of the foods offered are better choice foods increasing to 75% in the 2008-2009 school year)

- Foods offered outside of the instructional day are recommended to follow the new IC 20-26-9-19; SEO111.1.3
 - Vending machines
 - Concession stands
 - School-sponsored fund raising activities
 - Classroom snacks
 - Refreshments provided for school activities
- Schools shall strive to offer foods that accommodate medically necessary dietary needs of students.
- Procedures will be in place for providing families, on request, information about the ingredients and nutritional values of foods served.
- In the school cafeteria, breakfast/lunch food may only include school prepared meals or a meal prepared at home.
- Qualified nutrition professionals will administer the school nutrition programs.

Physical Activity and Physical Education Goals

- Elementary students will be given opportunities for daily physical activity. (IC 20-30-5-7-SEO111.1.4)
- Schools shall strive to promote daily physical activity through instruction and programs for all children.
- Schools will strive to integrate appropriate physical activity into the curriculum and classroom setting.
- Schools shall strive to encourage student involvement in extracurricular non competitive school physical activities and promote participation in community health programs.
- School will strive to establish community partnerships by engaging community resources and services that promote physical activity.
- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- School will encourage professional staff development that enables teachers and other school staff to promote enjoyable lifelong physical activity for students.
- Equipment and facilities used for physical activities will be safe.

Other School Based Activities

- Schools will strive to provide a clean and safe meal environment for students.
- Schools will provide time for students to enjoy eating healthy foods scheduled as near the middle of the school day as possible.
- Schools are encouraged to find alternatives to the use of food as a reward or punishment.

- Schools are encouraged to find alternatives to using recess or other physical activity as a form of discipline.
- Schools shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value.
- All employees of the corporation are encouraged to be a positive healthy lifestyle role models for students in the areas of good nutrition and fitness.
- An attempt will be made to provide an area in each cafeteria designated as food allergen free. Cafeteria workers and supervisory staff must be trained by the food service director to keep the area safe, clean, and allergen free, to the best of their ability.
- Parents and teachers should encourage nutritious foods for birthday celebrations and classroom snacks.

Resource and Implementation Tools

The Lafayette School Corporation Coordinated School Health Council will formulate the action plan using the Wellness Policy. (*Use of Action Steps form-School Wellness Policy Template, Tyson foodWISE, 2005*)

The following websites provide excellent resource materials to assist in implementation.

www.actionforhealthykids.org/resources_wp.php

www.schoolnutrition.org

www.nasbe.org/HealthySchools/fithealthy.html

www.fns.usda.gov/tn/Healthy/changing.html

www.cdc.gov/HealthyYouth/changing.html

www.aappolicy.aappublications.org/cgi/content/full/pediatrics

www.idoe.gov.in.us

Policy Review and Evaluation

The Coordinated School Health Council will evaluate and revise the Wellness policy every 3 years.

The Wellness Policy will be assessed and evaluated using the following methods: 1. The CDC School Health Index (Coordinated School Health Council) 2. Yearly scientific sample students' heights and weights (Health Services) 3. Yearly attendance record (Administration) 4. Number of students participating in the school lunch program (Food Services)