

Rising Sun School Corporation Wellness Policy November, 2018

Revised 1/30/23

Signifies policy changes

The Rising Sun School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Rising Sun School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served in the school lunch program will meet the nutrition recommendations of the U.S. Dietary Guidelines of Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant setting and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in the School Breakfast program and National School Lunch program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Health and physical education classes will follow the Indiana State Standards for those courses.

School Wellness Committee

The school district and individual schools within the district will create, strengthen, and work within existing school committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committees also will serve as resources to school sites for implementing those policies.

Implementation of Goals and Strategies

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulation;

- Offer a variety of fruits and vegetables;
 - Serve a variety of low-fat (1%) and non-dairy alternatives.

Schools should engage students, through taste-tests of new entrees, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information will be made available in each cafeteria and on the school website.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Rising Sun Schools will operate the School Breakfast Program.
- Rising Sun schools will arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Rising Sun schools will notify parents and students of the availability of the School Breakfast Program periodically during the school year.
- Rising Sun schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Rising Sun Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

School Food Service Staff. As part of the school district's responsibility to operate a food service program, we will provide the opportunity for continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. Rising Sun Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Classroom Food and Beverage Items. Rising Sun Schools will only allow food or drink items that are provided for an entire class by parents, guests, or anyone else to be store bought. The items must be provided in the original package. No homemade items will be allowed to be served to an entire class. The only exception to this is fresh produce, for example whole apples, bananas, grapes, etc. An extracurricular wellness policy waiver is available and acceptable in some circumstances.

Foods and Beverages Sold Individually Outside of School Meal Program

Elementary School. The school food service program for grades PK-2nd will provide all lunch food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals. Beverage substitutions will be made to accommodate milk allergies.

3rd-12th Grades. In the middle and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through

A la carte lines and vending machines) during the school day will meet the following nutrition standards:

Beverages

- During the school day, all beverages including beverage machines meet the USDA smart snack calculation standards.
- During non-school hours, at least 50% of the beverage items for sale at school or on school grounds will qualify as better choice beverages.
- Grades PK-2; milk or milk alternative available.
- Grades 3-8; milk, water, sports drinks, juice drinks, lemonade, and tea available.
- Grades 9-12; milk, water, sports drinks, juice drinks, lemonade, and other options available.

Foods

- At least 50% of the food items for sale at school or on school grounds will qualify as better choice foods.
- At least two fruits and/or non-fried vegetables will be offered daily for sale at the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Nutrition and Physical Education

Nutrition Education. Rising Sun School District aims to teach, encourage, and support healthy eating by students. Our nutrition program:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, and taste testing;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)

- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.
- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communication with parents. The district and school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district and school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district and school will encourage parents and provide ideas for healthy celebrations/parties, rewards, and fundraising activities. The district and school will provide information about physical education and other school based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through the website, newsletter, and other take-home materials, special events, or physical education homework.

Parents will also be provided with healthy alternatives to food when supplying items for the entire class for special occasions.

Staff Wellness. Rising Sun School District highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The committee will promote staff wellness through programs including but not limited to; the city biggest loser program, staff sports/activities, and the 31 days in October exercise program.

Physical Education (P.E.) PK-12. All students in grades PK-5, including students with disabilities and special health care needs will receive weekly physical education (or its equivalent). Students in grades 6-12 will receive physical education according to state guidelines. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 20 minutes a day or its equivalent of supervised recess, preferably outdoors, during which moderate to vigorous physical activity is encouraged. Entire recess periods cannot no be taken for punishment. Students can walk instead of active play when recess time is lost due to punishment.

Physical Activity Opportunities after School. The elementary, middle, and high school may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The high school and middle school, as appropriate, may offer interscholastic sports programs that meet the needs, interests, and abilities of students.

The school offers activities that include sports for all ages, a running club for grades 2 and 3, Girls on the Run, Girls Empowerment programs, Taekwondo for grades K-8, Girl Scouts, and Mini 4H.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical education as any form of punishment.

Use of School Facilities Outside of School Hours. School spaces and facilities may be available to students, staff, and community members before, during, and after the school day. These spaces and facilities may also be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring and Policy Review

Monitoring. The Wellness Committee Chairperson (WCC) will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the WCC will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The chairperson of the wellness committee will develop a summary report every year on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school committees and school health services personnel in the district.

Policy Review. Every year, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Improvements

- Wellness tip of the month for students, staff, and parents. Will be published by the 15th of each month starting in February 2023 by the high school students on the committee

- Weekly daily exercise breaks for PK-8th grades starting February 2023 that can be utilized in the classroom for a minimum of 10 minutes
- School weight room accessible hours provided to staff on a regular basis

1 Year Goals

- Offer advanced PE class to juniors and seniors with the focus on weight lifting and conditioning with weight training included 3-4 days per week
- Spring outdoor physical activity challenge for one full month with at least one class per grade participating for a full month
- Self Defense Training completed for at least one group of students and offered to staff on at least one occasion

Revised by Wellness Committee: 1/30/23

Wellness Committee Members:

Jamie Works, RN, Director of Health Services, Wellness Committee Chairperson

Abby Friend, Administrator

Kelsey Billups, Current PE/Health Teacher

Aryn Webster, Food Service Personnel

Doreana Bruegge, RSHS UAP (Medical Assistant)

Ken Caudill, Parent

Abbey Berkley, Parent

Shelia Wilson, Retired PE/Health Teachers

Jamie Bell, Community Resource

Shannon Chipman, Community Resource

Paige Werner, High School Student

Josie Brawner, High School Student

Casey Fletcher, High School Student

Brody Morris, High School Student

Hannah Kremer, High School Student