

TIPPECANOE VALLEY **SCHOOL CORPORATION**

WELLNESS POLICY **ON PHYSICAL ACTIVITY & NUTRITION**

I. Coordinated School Health Advisory Council

The Tippecanoe Valley School Corporation Wellness Committee, led by the Food Service Director, will engage administrators, department supervisors, teachers, food service professionals, health professionals, the purchasing agent, and youth in developing, implementing, monitoring and reviewing the TVSC Wellness Policy on Physical Activity and Nutrition. The Wellness Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges. Local wellness policies, as required by the US Congress in Public Law 111-296, Section 204 and Indiana Code, 20-26-9-18, are essential to creating a healthy school environment with supportive programs and activities.

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High School Principal
6-12 Health & P.E. Teacher Rep.
Assistant Superintendent
T.V.H.S. Student Representative
T.V.H.S. Student Representative
Community Representative
Head Cook at Akron Elementary
Parent Representative
Corporation Nurse
School Board Member
Faculty Representative
F.A.C.S. Teacher
K-5 P.E. Teacher Representative

II. Nutrition Education & Promotion

The primary goal of nutrition education is to influence the eating behaviors of students. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices.

- a. Nutrition education and promotion will be provided as part of a Comprehensive Health Education Program.
 - i. The school corporation will provide nutrition education opportunities to teachers and staff for all grade levels.
 - ii. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
 - iii. Nutrition education resources will be provided to parents/guardians through handouts, websites links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.
 - iv. Nutrition labels will be provided on all foods to allow students to easily identify healthier foods.
 - v. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.
 - vi. School environment will reinforce the development of healthy eating habits, including offering healthy foods, health-conscience fundraising, and staff wellness support.

III. Standards for USDA Child Nutrition Programs and School Meals

Foods made available in schools will, at a minimum, comply with the current Healthy Hunger Free Kids Act and the USDA Dietary Guidelines for Americans for: Regular meals (breakfast and lunch), a la carte, and beverages.

- a. Regular Meals
 - i. All entrees provided by the foodservice program should be combined with a variety of fruits and vegetables and a low fat beverage to make an average week's meals fall within the 30% fat guidelines set by the USDA for school meal programs.
 - ii. Breakfast should provide one-fourth of the Recommended Dietary Allowance (RDA) and Lunch should provide one-third of the RDA for key nutrients and calories.
 - iii. All schools will provide and encourage students to consume, a healthy breakfast provided through the USDA school breakfast program.
 - iv. All meals should provide less than 10% of calories from saturated fat over the course of one week.
 - v. Offer a variety of fruits and vegetables daily. Canned fruits should be packed in natural juice or light syrup.

- vi. Offer 1% or skim milk. Flavored milks must be fat free and contain less than 35 grams of sugar per serving.
- vii. Offer whole grain breads daily.
- viii. Increase servings of other whole grain rich foods to 100% of grain offerings.
- ix. Reduce sodium content of meals per Healthy Hunger Free Kids Act guidelines.
- x. Fruit juices will contain 100% fruit juice and provide 100% of the daily Vitamin C requirement.
- xi. Prices for meals will be reasonable to encourage students to participate in the reimbursable meal program. Prices for a la carte will be higher to further encourage the purchase of a full reimbursable meal.

IV. Nutrition Standards for Competitive and Other Food Beverages

Tippecanoe Valley School Corporation will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.

- a. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007) and the standards of the USDA Smart Snacks.
 - i. K-12 ala carte, school vending machines and other foods outside of school meals shall be limited to:
 - 1. No more than 30% of total calories from fat,
 - 2. Less than 10% of total calories from saturated fats,
 - 3. 0% trans fats,
 - 4. No more than 35% of calories from total sugars,
 - 5. No more than 200 milligrams of sodium per portion as packaged,
 - 6. No more than 200 calories per package, and
 - 7. 100% of the grains offered and whole grain-rich.
 - ii. K-12 ala carte, school vending machines and other beverages outside of school meals shall be limited to:
 - 1. Water without flavoring, additives, or carbonation,
 - 2. Low-fat and nonfat milk (in 8- to 12-ounce portions),
 - 3. 100% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8 ounces (2 portions) for high school, and
 - 4. All beverages other than water, white milk or juice shall be no larger than 12 ounces.
- b. Availability
 - i. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
 - ii. Vending machines in middle and high schools:
 - 1. Will contain items that meet the approved nutrition standards.

- iii. Vending machines for school staff will not be accessible to students.
- iv. Students and staff will have free drinking water for consumption available in water fountains throughout the school building.
- v. Students and staff will have access to a daily lunch salad bar
- vi. Farm to School food options will be available from school raised beef cattle and local area fruits and vegetables. Tower gardens will be utilized in six classrooms during the 2017-2018 school year.
- c. Concession Stands
 - i. Healthy options such as water, string cheese and yogurt will be sold at school sponsored events to participants, fans and visitors.
- d. Classroom Celebrations
 - i. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
 - ii. Classroom celebrations that include food will be limited to one per month. Food items must be pre-packaged and meet the approved nutrition standards.
 - iii. Schools shall inform parents/guardians of the classroom guidelines.

Healthy Options		
Bottled water	Low fat string cheese	Nuts
Low fat/fat-free milk	Low fat/fat-free yogurt	Trail mix
100% fruit juice	Dried fruit, 100% fruit leather	Fresh veggies with dip
Unsweetened iced tea	Applesauce (no sugar added)	Frozen 100% fruit bars
Coconut water	Whole grain crackers*	Non-food items, such as supplies and merchandise that features the school logo
Fresh fruit	Granola bars*	
Single-serve fruit bowls	Natural snack bars*	
Freeze-dried fruit	Popcorn*	
Squeezable Fruit	Baked chips	*low fat/low sodium/low sugar

- e. Food as a Reward or Punishment
 - i. Teachers and staff are discouraged from using food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate.
 - ii. School staff will not withhold food or drink at mealtimes as punishment.
- f. Fundraisers
 - i. Fundraising activities will support healthy eating and wellness. School will promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards.
- g. Food and Beverage Marketing
 - i. Marketing unhealthy foods is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is enforced.

- ii. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.

V. Physical Activity and Physical Education

Tippecanoe Valley School Corporation supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before-and after-school activities; and walking and bicycling to school. Additionally, TVSC supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

- a. Every student from kindergarten through high school will have the opportunity to receive regular, age-appropriate, quality physical education.
- b. Certified education teachers will teach physical education classes.
- c. Programs of physical education will strive to meet the Indiana Code recommendation and involve moderate to vigorous physical activity.
- d. Students will be provided opportunities and encouragement to voluntarily participate in before- and after-school physical activity programs such as: intramurals, clubs, and interscholastic athletics.
- e. Supervised recess time to all elementary students will be provided. 4th and 5th grade students will have the opportunity to participate in Walking Club during recess time.
- f. Withholding physical education, morning or afternoon recess as a punishment will be discouraged.
- g. Teachers are encouraged to utilize Brain Breaks in the classroom throughout the school day.
- h. Respect the need for all students to participate in regular physical activity.
- i. Coordinate the physical education curriculum with contemporary health issues.
- j. Provide adequate space and equipment that is safe and well-maintained for students to participate in structured physical activity.
- k. Buildings will be available to the general public during non-school hours for walking.

VI. Staff Wellness

Tippecanoe Valley supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

- a. Nutrition and Physical Activity
 - i. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.

- ii. The committee will participate in grant writing to facilitate the availability of cardio equipment to community members, students and staff.
- iii. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, swimming, walking programs and individual use.
- iv. Staff will be encouraged to participate in Fit Club and community walking, bicycling or running events.
- v. Transition to healthier food and beverage choice in vending machines over a two year period.
- vi. Adult nutrition education classes will be offered through Purdue Extension throughout the school year.
- vii. Organize a district-wide health fair for staff.
- viii. Staff will receive an incentive for participating in wellness opportunities.

VII. Evaluation

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

- a. Implementation and Data Collection
 - i. The school corporation will use an evidence-based assessment tool every three years to track the collective health of students over time by collecting data such as Wellness School Assessment Tool (WellSAT).
 - ii. The Assistant Superintendent shall ensure that their schools are in compliance with the corporation's wellness policy halfway through the school year by assessing wellness implementation strategies. The principals shall then report to the assistant superintendent, who will provide a report to the school board.
 - iii. The evaluation of the wellness policy and implementation will be directed by the TVSC Wellness Committee.
 - iv. Policy language will be assessed each year and revised as needed.
 - v. The TVSC Wellness Committee will annually inform and update parents, students, staff, and the community about the content and implementation of the local wellness policy.