

Penn-Harris-Madison School Corporation Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of School Trustees establishes the following wellness policy for the Penn-Harris-Madison School Corporation as part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and wellbeing of the Corporation's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students, healthy behaviors and habits with regard to eating and exercise. A partnership with parents, schools and community is necessary to develop healthy behaviors in students. Adults need to promote and model healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. **With regard to nutrition education:**
1. Provide nutrition education in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 2. Offer nutrition information in lunchrooms as well as in classrooms through coordination between the food service and instructional staff.
 3. Teach nutrition education consistently in grades K-8 to support the adoption of healthy eating behaviors. Students in grades 9-12 will receive nutrition education through the PE and health courses required for graduation, along with any elective courses available.
 4. Endorse nutrition education beyond the school by engaging P-H-M staff and involving families and the community.
 5. Provide information to parents designed to encourage them to reinforce at home, the nutrition standards and indicators being taught in the classroom.

B. With regard to physical education:

1. Require all students in grades 1 through 9 to participate in a sequential, comprehensive physical education program that meets or exceeds the standards established by the state.
2. Provide a sequential and comprehensive physical education curriculum to students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong health-enhancing physical activity.
3. Provide planned instruction in physical education that requires all students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of class time.

C. With regard to physical activity:

1. Provide opportunities for physical activity and movement whenever possible, across the curricula and throughout the school day.
2. Provide all students in grades K through 5 with a daily recess period of at least twenty (20) minutes. Recess shall not be used as reward or punishment or be used for academic work or remediation.
3. Offer students opportunities for physical activity through a wide range of before-school and after-school programs including, but not limited to, intramurals, interscholastic athletics and activity clubs.
4. Encourage parents, guardians, faculty, and staff to support participation in physical activity, to be physically active role models, and to include physical activity in family activities and other out-of-school activities.
5. Encourage faculty, staff, parents and students to develop healthy lifelong habits.

D. With regard to nutrition promotion:

1. Provide a clean, safe, enjoyable meal environment for students.

2. Provide adequate time for eating lunch.
3. Encourage all students to participate in school meal programs and protect the identity of students who eat free and reduced priced meals.
4. Encourage students to increase their consumption of healthy foods during the school meal.
5. Ensure that all food available to students during meals complies with state and federal child nutrition program regulations.
6. Create an environment that reinforces the development of healthy eating habits.

E. Foods and Beverages on School Campuses

1. All food items and beverages available for sale to students for consumption on campus between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans.
2. Administration will develop guidelines for classroom celebrations and snacks.

Staff Wellness

The Board supports the health and well-being of our staff by creating and promoting policy and a work environment that provides physical activity and healthy eating opportunities.

Other School-Based Activities Designed to Promote Student Wellness

The Board designates the Superintendent to ensure compliance with this policy and to develop appropriate administrative guidelines. The Superintendent may designate other administrators or school employees to aide in determining compliance of this policy.

In accordance with State Law, the School Corporation must fill and maintain a wellness committee that includes parents/guardians, students, representatives of the school food authority, nutritionists or certified dieticians, educational staff (including physical education teachers), school health professionals, the School Board, school administrators, and members of the public to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The wellness committee shall be an ad hoc committee of the Board with members recruited and appointed annually.

The wellness committee shall:

- A. Measure the implementation of the Corporation's wellness policy in each of the Corporation's schools.
- B. Review the Corporation's current wellness policy.
- C. Present the wellness policy, with any recommended revisions, to the Board for approval or re-adoption if revisions are recommended.

The Superintendent shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified.

The Superintendent also shall post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

I.C. 20-26-9-18
42 U.S.C. 1751 et seq.
42 U.S.C. 1758b
42 U.S.C. 1771 et seq.
7 C.F.R. Parts 210 and 220

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