

# MONROE GREGG SCHOOL DISTRICT WELLNESS POLICY



Board Policy 8510

## **I. Coordinated School Health Advisory Council (Wellness Committee)**

Monroe Gregg School District will engage students, parents/guardians, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing corporation-wide nutrition and physical activity policies. A Coordinated School Health Advisory Council will be formed and maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy.

A. In accordance with Indiana Code 20-26-9-18, and the Healthy, Hunger Free Kids Act of 2010 (HHFKA), the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- Parents/Guardians
- Food service directors and staff
- Students
- Health care professionals/Registered dietitians
- Physical education teachers
- School board members and administrators
- Any interested members of the general public
- Representatives of interested community organizations
- Other potential members of the Council include teachers, school nurses, teaching assistants, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers.

B. The Advisory Council shall meet at least twice per year to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

C. The Advisory Council shall report annually to the Superintendent and School Board on the implementation of the wellness policy and include any recommended changes or revisions.

D. The School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.

E. The School Wellness Policy shall be made available to students and families by means of the school corporation's website.

## **II. Nutrition**

Monroe-Gregg School District will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

A. School Meal Content

1. -Meet the nutrition requirements established by the USDA for federally funded programs;
  - Be appealing and appetizing to children;
  - Contain 0 % trans fats;
  - Offer a variety of fruits and vegetables;

- 100% of the grains offered are whole grain-rich, except for waiver granted pasta items.
- 2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
- 3. The food service department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.

#### B. School Meal Participation

1. USDA School Breakfast Program is offered to all students.
2. Utilize methods to serve school breakfasts that encourage participation, including "grab and go" breakfast, breakfast in the classroom and traditional breakfast service lines.

#### C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch and breakfast
2. School meals will be served in clean and pleasant settings
3. Students will have convenient access to hand-washing and sanitizing stations
4. Drinking water must be readily available at all mealtimes
5. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

#### D. Professional Development

1. Professional development and training will be provided monthly to food service managers and staff on proper food handling techniques and healthy cooking practices.

#### E. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007) and the standards of the USDA Smart Snacks.

1. All ala carte food items will be USDA Smart Snack Calculator verified and approval on file.
  - No more than 30 % of total calories from fat.
  - Less than 10% of total calories from saturated fats,
  - No more than 35 % of calories from total sugars,
  - No more than 200 milligrams of sodium per portion as packages,
  - No more than 200 calories per package, and
  - 100 percent of grains offered are whole grain-rich

##### 2. Ala carte beverage items shall be limited to

- Elementary schools may sell 4 ounce 100% juice cups and 8 ounce unflavored lowfat milk and 8 ounce skim flavored milk.
- Middle school may sell up to 12 ounces of 100% juice and 12 ounces of unflavored lowfat milk and 12 ounces of skim flavored milk. In addition, there is no portion size limit for plain water.
- High School may sell up to 12 ounces of 100% juice, 12 ounces of unflavored lowfat milk and 12 ounces of skim flavored milk. In addition, flavored water will contain no more than 20 ounce portions of calorie-free, flavored water and other flavored carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or less than 10 calories per 20 fluid ounces. Also, 12 ounce portions of beverages with less than 40 calories per 8 ounces or less than 60 calories per 12 fluid ounces. There is no portion size limit for plain water.

#### F. Availability

- Vending machines at an elementary school which dispenses food or beverage items may not be accessible to students.

-Vending machines at a middle school which dispense sugar or caffeine drinks will not be accessible to students.

#### G. Classroom Celebrations and Food in the Classroom

-Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time rather than on food.

-Classroom celebrations that include food will be limited to one per month. Healthy food options are encouraged to be available.

### III. Physical Activity

Monroe Gregg School District 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, Monroe Gregg supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

#### A. Physical Education K-12

1. All students in grades K-12 will participate in physical education in order to meet the Physical Education Standards. Also, high schools will encourage students to take more than the required courses of physical education required for all Indiana diplomas.

2. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 30 to 1.

3. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.

4. Physical education will be taught by a licensed physical education instructor.

5. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

#### B. Daily Recess and Physical Activity Breaks

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.

2. All elementary school students will have at least one period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.

3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible and implement strategies of learning while moving.

4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

#### C. Physical Activity Opportunities Before and After School

1. Schools will offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

#### D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education class to receive instruction in other content areas.
2. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

#### E. Walking and Bicycling to School

1. Where appropriate and safe, schools will allow walking and bicycling to school.
2. To the extent possible, the school corporation will make improvements so it is safer, easier and more enjoyable for students to walk and bicycle to school.
3. The school corporation will explore the availability of both local and federal funding (e.g., Safe Routes to School funds administered by the Indiana Department of Transportation) to finance such improvements.
4. Schools will promote walking and bicycling to school, including the promotion of International Walk to School Day, which falls on the first Wednesday of October each year.

#### F. Use of School Facilities Outside of School Hours

1. School spaces and facilities, such as the playground, gym, pool and track, will be made available to students, staff and community members before, during and after the school day; on weekends; and during school vacations. School policies concerning safety will apply at all times.

## IV. Staff Wellness

Monroe- Gregg School Corporation supports the health and well-being of our staff by creating and promoting policy and environment supports to provide physical activity and healthy eating opportunities.

#### A. Nutrition and physical Activity

1. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for the faculty and staff. Presentations on health and wellness will be provided at least twice each school year.
2. The school corporation benefits department will work with local fitness centers to offer reduced membership fees.
3. The school corporation will allow staff to use facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
4. Staff will be encouraged to participate in community walking, bicycling or running events.
5. At least 50 percent of the food options available at staff meetings will meet the approved nutrition standards. During meetings lasting longer than two hours, staff will be given the opportunity to get up and stretch.

6. The school corporation will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk, in accordance with Indiana Code 22-2-14-2.

## **V. Evaluation**

Monroe Gregg School District 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**

1. The Wellness Committee 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 superintendent, who will provide a report to the school board.
3. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council.
4. Policy language will be assessed each year and revised as needed.

## MONROE GREGG SCHOOL DISTRICT WELLNESS POLICY GOALS

### GOAL I. Coordinated School Health Advisory Council (Wellness Committee)

#### Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Identify potential members and create Wellness Committee	May 2020	Follow DOE suggestions for recommended committee members	Scott Tucker

#### Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Develop specific responsibilities for each Committee member	May 2021	Identify interests and strengths of each member to delegate appropriate responsibilities	Scott Tucker Committee Members

#### Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Identify potential future members of wellness committee to take over committee responsibilities	May 2024	Each member, after fulfilling obligations of being a committee member, should identify and invite potential successor	Committee Members

## MONROE GREGG SCHOOL DISTRICT WELLNESS POLICY GOALS

### GOAL II. Nutrition

#### Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
By the end of the 2021-2022 school year, all vending machines available to students will be in compliance with the Smart Snacks in School Nutritional Standards	June 2022	- Middle School vending machines working during the school day will not have carbonated beverages. -Vending machines that are not in compliance with the Smart Snacks in School Nutritional Standards will be off from 12 a.m. to 3 p.m.	Todd Evers
There will be a fruit and vegetable of the month highlighted by the cafeteria to promote healthy choices.	September 2021	Educational facts will be read over the announcements about the fruit/vegetable of the month. Tastings will also be available in the cafeteria.	Liz Malone

#### Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Parents/Teachers will be encouraged to have a healthy food choice during classroom parties and celebrations.	August 2024	-Handbooks will have a section in which the healthy food choice will be stated to remind parents and teachers that a healthy food choice needs to be available for all parties and celebrations. - Teachers will include this in their Back to School Newsletters so that parents are aware of the changes.	Melissa York

#### Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Establish a "Farm to Plate" initiative utilizing Agri-Science and school garden.	June 2026	-Agri Science classes will design a garden to be planted in the courtyard in the middle school. -Agri Science class will work with cafeteria or local food banks to share/donate the food to be used from the garden. - Agri Science curriculum will promote the benefits of growing your own fruits and vegetables.	- High School Agri Science Teacher - High School Administrators (Mike Springer/Kyle Swafford)



## MONROE GREGG SCHOOL DISTRICT WELLNESS POLICY GOALS

### GOAL III. Physical Activity

#### Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Increase number of students who are physically active during the school day	August 2021	Have conversations with principals and guidance office regarding benefits of physical activity	School board Building principals

#### Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Have credit flexibility for Physical Education be limited to elective physical education classes	August 2023	-Have discussions with principal and school board -Present information outlining the importance of physical education	School board Building principals

#### Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Establish safe routes to school that will allow students to walk or bike	August 2025	-Contact responsible parties -Discuss issues with school board	Public Works Dept Highway Dept

## MONROE GREGG SCHOOL DISTRICT

### WELLNESS POLICY GOALS

#### GOAL IV. Staff Wellness

##### Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Hold monthly BP screenings for all staff.	October 2021	Make known this will now be done. Starting the start of the next school year.	Kami Shields, RN

##### Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Increase staff involvement in current wellness activities.	May 2023	Encourage and promote all activities currently in place. Watch for the upward trending of participation.	Joanie Stader Minette Elliott Kami Shields

##### Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
To plan and implement a corporation wide wellness activity.	September 2025	Pick an activity, plan a date and encourage all staff to participate. This activity will take place after school hours.	Joanie Stader Minette Elliott Kami Shields

## MONROE GREGG SCHOOL DISTRICT WELLNESS POLICY GOALS

### GOAL V. Evaluation

#### Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Create Rubric to evaluate goals establish by Wellness Committee	August 2022	Align evaluation questions to measurable outcomes for each goal	Wellness Committee

#### Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Create Rubric for other stakeholders (students, building staff) to evaluate Wellness Policy	August 2023	Involve multiple parties inside the school buildings in the creation and evaluation of wellness policy revisions	Wellness Committee

#### Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Create Rubric for outside agencies (community, etc) to evaluate Wellness Policy	August 2025	Involve multiple parties outside the school buildings in the creation and evaluation of wellness policy revisions	Wellness Committee