

Huntington County Community Schools

Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Huntington County Community School Corporation.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being 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.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such 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, the Corporation shall:
 - </
 - 1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
</
 - 2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
</
 - 3. Nutrition education may include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, student projects and others.
</
 - 4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
</
 - 5. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
</
 - 6. Nutrition education shall extend beyond the school by engaging and involving families and the community.

</

7. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

</

8. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.

</

B. With regard to physical activity, the Corporation shall:

</

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

</

2. The sequential, comprehensive physical education curriculum shall provide 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. The planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

</

3. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.

</

4. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted. The instruction shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

</

5. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

</

6. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

</

7. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

</

8. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

</

C. With regard to other school-based activities the Corporation shall:

</

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

- </
2. The school shall provide attractive, clean environments in which the students eat.
</
 3. Students at all HCCSC facilities are permitted to have bottled water only in the classroom during instructional times.
</
 4. Students, parents, and other community members shall have access to, and be encouraged to use, the school's designated indoor/outdoor physical activity facilities during posted hours.
</
 5. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
</
 6. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
</
 7. Treats provided by students and parents for classroom celebration must be either prepackaged items or items prepared by an approved kitchen (i.e.: Owens or Marsh Supermarkets' bakery). The school corporation strongly encourages healthy snacks for celebrations. See the suggested list posted on the HCCSC website.
</

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
</
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
</
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
</
- D. Beginning with the 2007 - 2008 school year, all foods and beverages available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
</
- E. Beginning with the 2007 - 2008 school year, all foods and beverages available to students on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.

</

- F. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.

</

- G. Beginning with the 2008 - 2009 school year, each classroom party or holiday celebration held during the school day may include no more than one (1) food or beverage that does not meet the current USDA Dietary Guidelines for Americans.

</

- H. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

</

- I. All food service personnel shall receive pre-service training in food service operations.

</

- J. Continuing professional development shall be provided for all staff of the food service program.

</

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771

Revised 6/12/06