Beech Grove City Schools
Wellness Policy

Beech Grove City Schools' Wellness Policy

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Beech Grove City Schools' Wellness Policy

The Board of School Trustees of Beech Grove City Schools (hereby referred to as the district) supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of the district to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

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

I. Coordinated School Health Advisory Council

The district will engage parents/guardians, food service professionals, teachers of physical education, students, school health care professionals, school board members, school administrators, 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 state and federal law, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council (hereby referred to as the District Wellness Committee or DWC) that includes at least the following:

    - Parents/Guardians
    - Food Service Director/Professionals
    - Teachers of Physical Education
    - Students
    - School health care professionals/Registered Dietitians/School Nurse
    - School board members
    - School administrators
    - Any interested member of the public
    - Representatives of interested community organizations

    Other potential members of the DWC include teachers, teaching assistants, SNAP-Ed educators, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers.

B. The DWC shall meet at least twice annually to review nutrition and physical activity policies, discuss implementation activities and address barriers and challenges, and develop an action plan for the coming year.

C. The school district will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the district. The district will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The district will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The district will also use these mechanisms to inform the community about the availability of the annual and triennial* reports.

D. The School Food Authority (SFA) Foodservice Director will convene the DWC and facilitate development of updates to the wellness policy and will ensure each school's compliance with the policy.

E. The district will adopt or revise nutrition and physical activity policies based on recommendations made by the DWC.

II. Nutrition Education and Nutrition Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the Indiana Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

III. Standards for USDA Child Nutrition Programs and School Meals

The 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.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

A. The district will provide and allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards (commonly referred to as Smart Snacks) in vending machines, school stores and concession stands. This also includes food and beverages made available in schools during the school day* for such events as school fundraisers and food and beverages brought into the schools by students or other people for such events as birthdays and classroom celebrations.

Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.

B. The district will allow marketing in school buildings and on school grounds during the school day* for only those food and beverages provided by the school that meet the federal nutrition standards (Smart Snacks). Marketing that promotes student health will be permitted in school buildings and on school grounds.

V. Physical Activity and Physical Education

The district actively 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, the district supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day. To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

VI. Other Activities that Promote Student Wellness

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

VII. Evaluation

The DWC will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff at least every three years. The district will notify the public of the results of the three-year assessment and evaluation.

The district designates the SFA Foodservice Director to ensure compliance with this policy and its administrative regulations. The SFA Foodservice Director is responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The SFA Foodservice Director will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the corporation's three-year assessment and evaluation.

LEGAL REFERENCE: 42 U.S.C. 1758b
7 CFR Part 210
I.C. 20-26-9-18.5

Administrative Regulations:

I. Nutrition Education

1. Nutrition education is designed and implemented to help students learn nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition misinformation, and commercial food advertising.
2. Periodically, students will be given the opportunity to learn about the Superfood Hero's. The goal of the program is to encourage students to keep trying the goods and develop a taste for them.

II. Nutrition Promotion

1. Nutrition education and promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
2. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).
3. Nutrition education and promotion resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.

III. Standards for USDA Child Nutrition Programs and School Meals

A. School Meal Content

1. Meals served through the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Summer Food Service Program (SFSP) will:
   - Be accessible to all students;
   - Be appealing and appetizing to children;
   - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
   - Contain 0 grams trans fats;
   - Offer a variety of fruits and vegetables;
   - 50 percent whole grains and the remaining grains in the food are enriched or are 100 percent whole grain.

- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulation. (Beech Grove City Schools offers reimbursable school meals that meet compliance with the USDA nutrition Standards).

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. Schools are encouraged to purchase or obtain fresh fruits and vegetables from local farmers when practical.
4. Menus will be created and/or reviewed by a Registered Dietitian or other certified nutrition professional.
5. The food services department shall provide periodic food promotions that will allow for taste testing of new and healthy foods being introduced on the menu.
6. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs.*
7. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

B. School Meal Participation

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving “grab-and-go” breakfasts and arranging transportation schedules to allow for earlier arrival times.
3. Schools will inform families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010. Schools in which more than 50 percent of students are eligible for free or reduced-priced school meals will sponsor the Summer Food Service Program when feasible.
4. Schools will provide the After School Meal Program, when it becomes available, in accordance with the Healthy, Hunger-Free Kids Act of 2010.
5. All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register as a cashless option.
6. Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.

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. Potable (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. Nutrition Promotion

1. Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.
2. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.
3. Nutrition promotion includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.
4. The school district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through implementation of at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.

E. Professional Development

1. All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Programs website to search for training that meets their learning needs.

IV. Nutrition Standards for Competitive and Other Food and Beverages

A. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold, marketed, and/or promoted to students on the school campus* during the school day* will meet the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

1. 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:
        - Will not be available during mealtimes.
        - Will contain items that meet the approved Smart Snack Standards.
    iii. Vending machines for school staff will not be accessible to students.
    iv. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building. Drinking water will be available where school meals are served during mealtimes.
    v. High school principals are encouraged to limit the sale of food and beverages with caffeine to high school students (e.g. coffee from the school store).

2. Classroom Celebrations
    i. All K-12 Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food. Healthy party ideas are available from the Alliance for a Healthier Generation.
    ii. Classroom celebrations that include food will be limited to one per month.
    iii. Schools shall inform parents/guardians of the classroom celebration guidelines.

3. Food as a Reward or Punishment
    i. Teachers and staff will not use 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.

4. Fundraisers
    i. Foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*.
    ii. Prohibits all advertising of food and beverages that cannot be sold to students during the school day/do not meet Smart Snack nutrition standards and specifically prohibits school participation in fundraising programs promoting brands or food and beverage companies.
    iii. USDA and Indiana Department of Education allows each school building two exemptions per school year for food items that do not meet Smart Snacks in Schools nutrition standards. The maximum duration of one exemption is one day.

B. Foods and Beverages served and sold after the school day*
   1. Snacks in aftercare are served via the Child and Adult Care Food Program and meet the requirements of that program.
   2. All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day*.

C. Non-sold food and beverages:
   1. Any other food and beverages that are not sold but made available during the school day will meet the USDA Smart Snacks nutrition standards.

D. Food & Beverage Marketing
   1. Signage or similar media on school campus* during the school day* may only advertise food and/or beverages provided and sold by the school that meet the competitive foods standards for foods sold in schools (i.e. Smart Snacks).
   2. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:
      - Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
      - Displays, such as on vending machine exteriors
      - Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards
      - Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold.
      - Advertisements in school publications or school mailings.
      - Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.
   3. As the district/school nutrition services reviews existing contracts and considers new contracts, equipment and product purchasing/replacement decisions will reflect the applicable marketing guidelines established by the district wellness policy.

V. Physical Activity and Physical Education

A. Physical Education K-12
   1. All students in grades K-12 will participate in the written physical education curriculum, using age appropriate, sequential physical education curriculum in order to meet the Physical Education Standards. The written physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “Essential

Physical Activity Topics in Health Education" subsection). The curriculum will support the essential components of physical education.

2. All schools are required to develop comprehensive school physical activity programs that address family and community engagement in physical activity, and provide a wide-variety of offerings.
3. Elementary school students in grades K-1 shall receive an average of 150 minutes per week of physical education instruction and physical activity throughout the school year.
4. Elementary school students in grades 2-3 shall receive an average of 200 minutes per week of physical education instruction and physical activity throughout the school year.
5. Elementary school students in grades 4-6 shall receive an average of 150 minutes per week of physical education instruction and physical activity throughout the school year.
6. All students in grades 7-9 shall receive one semester (18 weeks) of physical education instruction throughout the school year. This translates into an average of 200 minutes per week during the 18 week semester.
7. All students in grades 10-12 shall have the opportunity to engage in physical education courses as an elective.
8. Physical education for grades K-12 is recommended to be taught by a certified/licensed teacher who is endorsed to teach physical education. Non-certified/licensed teachers shall be trained by certified/licensed teachers within the district.
9. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics specifically for physical education teachers.
10. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students. All students will be provided equal opportunity to participate in physical education classes. The school district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
11. Unless otherwise exempted, all students will be required to engage in the District's physical education program.
    a. Participation in JROTC may be substituted for the ½ credit of PE required to graduate from high school.
    b. Participation in Marching Band may be substituted for the ½ credit of PE required to graduate from high school.

B. Daily Recess and Physical Activity Breaks

1. Students in Kindergarten through 5th grade will be offered at least 20 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

2. Outdoor recess will be offered when weather is feasible for outdoor play. The building administrator will make his/her best judgment for the safety conditions. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.
3. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active.
4. The district recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The district recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week.
5. The district will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

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.

D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education 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. Physical Activity Goals

1. Schools shall promote families to provide physical activities outside the regular school day, such as outdoor play at home, participation in sports, and in lifelong physical activities.
2. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day and when appropriate will inform the community of the availability of such spaces and facilities through electronic messaging sources.
3. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.
4. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

VI. Other School Based Activities

A. Walking and Bicycling to School

1. Where appropriate and safe, schools will allow walking and bicycling to school.

2. To the extent possible, the district will make improvements so it is safer, easier and more enjoyable for students to walk and bicycle to school.
3. The district 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.

B. Community Health and Promotion and Family Engagement

1. Schools should develop joint-use agreements in order to provide physical activity opportunities for community members at the school when facilities are not being utilized by students and faculty.

C. Student Wellness

1. As long as scheduling allows, students will be given a block of 30 minutes one day per week for physical activity. The goal of this time is to have all students engage in a sustained cardiovascular activity such as exercise stations, running, dancing, and team games.
2. Faculty and staff wellness programs are incorporated to build effective school health initiatives.
3. Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.
4. All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC.
5. All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

D. Staff Wellness and Health Promotion

1. Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

VII. Evaluation of Wellness Policy

A. Implementation and Data Collection

1. At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and include: the extent to which schools under the jurisdiction of the district are in compliance with the wellness policy; the extent to which the wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and a description of the progress made in attaining the goals of the District's wellness policy. As a result of this assessment and evaluation the policy and regulations will be revised as needed.

2. The person responsible for managing the triennial* assessment is SFA Foodservice Director, Brian Garman.
3. The three-year assessment and evaluation report will be made available to the public by posting it on the school corporation website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.
4. The DWC will update or modify the wellness policy based on the results of the triennial* assessments and/or as school district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial* assessment.

Appendix A:

The following are specific goals listed within the wellness policy that BGCS is actively working to achieve.

Nutrition Education (Page 5)

1. Nutrition education is designed and implemented to help students learn nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition misinformation, and commercial food advertising.
2. Periodically, students will be given the opportunity to learn about the Superfood Hero's. The goal of the program is to encourage students to keep trying the goods and develop a taste for them.

Nutrition Promotion (Page 5)

1. Nutrition education and promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
2. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).
3. Nutrition education and promotion resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.

Physical Activity (Page 11-12)

1. Schools shall promote families to provide physical activities outside the regular school day, such as outdoor play at home, participation in sports, and in lifelong physical activities.
2. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day and when appropriate will inform the community of the availability of such spaces and facilities through electronic messaging sources.
3. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.
4. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

Other Activities that Promote Student Wellness (Page 12)

1. As long as scheduling allows, students will be given a block of 30 minutes one day per week for physical activity. The goal of this time is to have all students engage in a sustained cardiovascular activity such as exercise stations, running, dancing, and team games.
2. Faculty and staff wellness programs are incorporated to build effective school health initiatives.

3. Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.

Appendix B:

Members of the District Wellness Committee are as follows.

Name	Title / Relationship to the School or District
Brian Garman	Director of Personnel & Grants SFA Foodservice Director
Lauren Fields	BGCS Resident Dietitian
Alison Youngman	Hornet Park Physical Education Teacher
Brandee Beikman	Corporation Nurse
Chelsea Vance	BGMS Health/PE Teacher
Dara Hibschman	Central Intermediate Guidance Counselor
Garret Daniel	BGHS Athletic Director
Logan Duffy	Central Intermediate Health/PE Teacher
Mike Shanahan	BGMS Athletic Director
Rachel Saylor	BGHS Health/PE Teacher
Stephanie Cotter	South Grove Principal
Tonya Reid	Hornet Park Elementary Asst. Principal
Macy Cruea	South Grove Elementary PE Teacher
Erin Addington	BGHS Counselor
Lena Morgan	Student Representative
Nola Alford	Student Representative
Steph Alford	Parent Representative
Ryan Morgan	Parent Representative

Glossary:

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.