

MISSISSINEWA COMMUNITY SCHOOLS

Wellness Policy on Physical Activity and Nutrition

Mississinewa Community Schools support the health and well-being of its students by promoting good eating habits and physical activity. In accordance with federal law, it is the policy of the school district to provide students with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school system meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated Wellness Committee has been formed to maintain and oversee these activities. The Mississinewa Community Schools Wellness Policy shall be made available to students and families by means of the school website.

I. WELLNESS COMMITTEE

The Mississinewa Community School Corporation will engage administrators, school board members, teachers, food service professionals, health professionals, students, parents and the general public in developing, implementing, monitoring and reviewing the Mississinewa Community Schools 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 for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

II. NUTRITION EDUCATION

Nutrition education shall be included in the Health/Science curriculum in order to provide students with the knowledge, attitudes and skills necessary to lead healthy lives. Nutrition education posters will be displayed in the cafeterias. Nutrition education will be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health. Food Service personnel also receive hands-on training regarding food preparation, safety, proper sanitation, menu planning, portion control, reading recipes, reading labels, etc. during mandatory trainings twice per year.

At least one kitchen personnel will be certified in the Servsafe program.

GOALS:

- Promote whole grains, low/no fat dairy and increase quantity and variety of fruits and vegetables.
- Make nutrition education interactive and teach students skills to adopt healthy eating behaviors.
- Food Service personnel will participate in a minimum of two in-service trainings per year.

III. NUTRITION PROMOTION

Mississinewa Community Schools aims to teach, encourage, and support healthy eating by students and staff. The school system will engage in nutrition promotion that:

GOALS:

- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise.)
- Include training for staff.

FOOD AND BEVERAGE MARKETING IN SCHOOLS:

Mississinewa Community Schools are committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Foods and beverages marketed or promoted to students on the school campus during the school day should meet or exceed the USDA Smart Snacks in School nutrition standards.

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:

- 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
- Advertisements in school publications or school mailings
- 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, school supplies displayed, distributed, offered or sold by the District.

(Note: replacement of these items is not required; however as MCS/ Child Nutrition Services/ Athletics Department/ PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.)

IV. PHYSICAL ACTIVITY

Mississinewa Community Schools support the health and well-being of students by promoting physical activity during the day through physical education classes, daily recess periods for elementary students or the integration of physical activity into the academic curriculum. Schools will encourage physical activity during both indoor and outdoor recess.

GOALS:

- A combination of aerobic, stretching and muscle building activities will be rotated to ensure a varied and holistic workout.
- Students will be provided opportunities to develop knowledge and skills for specific physical activities.
- Students will be educated on the short and long-term benefits of a physically active lifestyle.
- Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of students.
- Limit TV and downtime.
- Mississinewa Community Schools prohibits the use of physical activity as punishment and prohibit the exclusion from PE class as punishment.

V. OTHER SCHOOL-BASED ACTIVITIES

GOALS:

- Have a garden on the school campus.
- Will limit the use of unhealthy food as fundraising opportunities. Instead, Mississinewa Community Schools will benefit from physical activity based fundraising such as the 100-mile club walk-a-thon, golf scramble etc.

VI. MEAL CONTENT

1. Meals served through the National School Lunch and Breakfast Programs will:
 - a. Be appealing and appetizing to children;
 - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - c. Contain 0% trans fats;
 - d. Less than 10% of total calories from saturated fats;
 - e. Offer a variety of fruits and vegetables, with a minimum of ½ cup fruit or vegetable selected for lunch.
 - f. Include whole grains for at least half of all grains served;
 - g. Offer low-fat and non-fat milk;
 - h. Offer only 100% fruit juices.
 - i. Make drinking water readily available at all mealtimes.
2. A Registered Dietetic Technician will write menus.
3. 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*.

GOALS:

- 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.
- All grains meeting the grain requirement must be whole grain rich.
- Provide opportunities for taste testing of new healthier foods being introduced on the menu.
- Menus will include larger variety of vegetables.
- Vending machines turned on during the school day will only sell Smart Snack approved products.

COMPETITIVE FOODS AND BEVERAGES

Mississinewa Community Schools are committed to encouraging that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold should meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information as well as a Guide to Smart Snacks in Schools is available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

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 to students on the school campus during the school day should meet or exceed 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, ala carte options in cafeterias, vending machines, school stores and snack or food carts.

CELEBRATIONS AND REWARDS

Mississinewa Community Schools encourages that food and beverages offered on the school campus meet the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties: MCS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents: MCS will provide a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives: MCS will provide teachers and other relevant school staff a list of alternative ways to reward children. MCS should limit the use of foods and beverages used as a reward, and should not use as punishment for any reason, such as performance or behavior.

VII. MEALTIME SCHEDULE AND LOCATION

1. Adequate time will be provided for students to eat meals. A minimum of 10 minutes at breakfast and 20 minutes at lunch will be provided for every student after meal is in hand.
 - a. Meals will be served as follows:
 - Breakfast from 7:00 AM- 8:45 AM
 - Lunch from 10:30 AM- 1:30 PM
2. Meals will be served in a clean, safe and appropriate setting.
3. Appropriate supervision is provided in the dining area and rules for safe behavior shall be consistently enforced.
4. Meals and snacks will not be used as reward for good behavior or withheld for any reason, including punishment for inappropriate behavior.
5. Convenient access to hand washing and sanitizing stations are available.

VIII. STAFF WELLNESS

Mississinewa Community Schools support the health and well-being of staff by promoting physical activity. Staff members are encouraged to participate in daily recreational activities with students. Staff members are also provided opportunities to access the facility gymnasium and equipment during lunch breaks when not in use by the students.

GOALS:

- Increase staff involvement during student recreational periods.
- Attempt to make arrangements with local fitness centers to offer reduced membership fees to staff.
- Schedule more physical team building/stress relieving activities for staff.

IX. EVALUATION

The Wellness Committee will meet annually, at minimum, or more often as needed to evaluate the implementation and impact of the Wellness Policy on Physical Activity and Nutrition. Goal attainment will be measured using a tool designed by the Indiana Department of Education and goals will be

revised and updated or newly created. Policy language will be assessed each year and revised as needed. The public will be notified of the results of this evaluation.

The Director of Child Nutrition is responsible for monitoring daily implementation of the Wellness Policy within his/her department. Teachers and other staff report directly to the Assistant Superintendent. The Director of Child Nutrition and the Assistant Superintendent are responsible for calling the committee to meet for any concerns or changes.

GOALS:

- Meet in the third quarter of each year.
- Review cyclic menus, production records, temperature charts, special diet documentation, and substitution documentation monthly.
- Confirm staff and students are receiving nutrition education as prescribed.

Committee Members for 2019-2020:

Amanda Worrick, Director of Child Nutrition

Lezlie Winter, Assistant Superintendent

Christa Yeakle, School Nurse

Laura Friday, Physical Education Teacher

Nikki Kimes, Physical Education Teacher

Lori Elson, Physical Education Teacher

Brooks Holloway, Media Specialist

Steve Quaderer, Mississinewa High School Principal

Jamie Eckstein, RJBaskett Middle School Principal

Amanda Varner, Northview Assistant Principal

Bruce Smith, Westview Elementary Principal

Terri Fratus, School Board Member

Teresa Clevenger, Elem. Cafeteria Manager

Alysha Scott, Teacher NV

We would like to add students, parents and community members.