

[FlatRock Hawcreek School Corporation]



18-19

Local Wellness Policy

A guide for Parents, Students, and Teachers

Table of Contents

Preface.....	1
Wellness Policy Leader, & Committee Members.....	2
Committee Responsibilities, Public Involvement, Assessments.....	3
Updates, & Records.....	4
Nutrition, Nutrition Standards	5-6
Nutrition Education.....	6
Nutrition Promotion, Marketing.....	7
Physical Activity, Physical Education.....	8
Physical Activity Promotion.....	9
Evaluations and Assessments.....	10

Recourses

Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

FlatRock Hawcreek Superintendent of Schools

Shawn Price

Contact: sprice@flatrock.k12.in.us

Wellness Policy Committee Members

Shawn Price, Superintendent

Contact: sprice@flatrock.k12.in.us

Jessica Poe, Hope Elementary Principal

Contact: jpoe@flatrock.k12.in.us

Dr. David Wintin, Hauser High School Principal

Contact: dwintin@flatrock.k12.in.us

Shanon Pittman, Food Service Director

Contact: spittman@flatrock.k12.in.us

Doug Johnson, Hope Physical Education Teacher

Contact: djohnson@flatrock.k12.in.us

Wellness Policy Committee Responsibilities

Public Involvement

FlatRock Hawcreek School Corporation permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, FRHC shall invite a variety of stakeholders within the general public including parents, students, all school faculty, school board members, & the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- [School Website, Social Media, Emails, or Newsletters,]

Triennial Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. FlatRock Hawcreek shall conduct assessments of the Local Wellness Policy every [3] years, beginning in [18/19] and occurring every [3] years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- How FRHC's wellness policy compares to the model wellness policies
- Measure the progress made in achieving the goals as outlined in our wellness policy
- Annually inform and update parents, students, staff and community about the content and implementation of the local wellness policy. This includes the evaluation of the policy and provide a way for additional stakeholders to be able to participate.

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Flatrock Hawcreek. FRHC shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- [School Website]

Records

FRHC shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

FlatRock Hawcreek School Corporation recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, FRHC commits to serving nutritious meals to students in order to prevent both over-consumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

FRHC goes beyond the basic meal requirements by offering our EXTRA bar with Fresh Fruits, and Vegetables offered weekly.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. FRHC will discourage the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will encourage the following methods for rewards and celebrations:

- Extra recess, Eat lunch outside, Listening to music

Fundraisers

All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Car Wash, Auction, candles, Plants, Magazines, Raffle, Dances

Nutrition Education

In accordance with the Indiana Learning Standards, FRHC shall meet all Indiana requirements and standards for Health Education. FRHC shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [MyPlate](#), [Team Nutrition](#), and [FoodMASTER](#)

FRHC shall incorporate nutrition education into the following curriculums for the following grade levels:

- [Elementary students will receive a minimum of 40 minutes per week of physical educational instruction. High school students will earn 2 semesters of physical education credit. Physical education will be taught by appropriate staff. Classrooms shall incorporate where possible, appropriate, short breaks that include physical movement.

Nutrition Promotion

FRHC shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

(school newsletter, School website)

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. FRHC shall implement the following Smarter Lunchrooms techniques:

- Focus on Fruit, Vary the Vegetables

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. FRHC shall participate in the following Farm to School activities:

- Agricultural education, and farm-based field trips.

Marketing

FRHC will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. FRHC recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Indiana Learning Standards, FRHC shall meet all Indiana requirements and standards for Physical Education. FRHC shall offer Physical Education class as follows:

- K-12 will be scheduled for physical education instruction in accordance with the Indiana law.
- Elementary students will receive 40 minutes per week of physical education instruction.
- High School students will earn 2 semesters of physical education credit
- Physical education will be taught by appropriate staff
- Classroom shall incorporate (where possible & appropriate) short breaks that include physical movement
- Students should not be denied participation in physical education, recess or other physically active opportunities as a form of discipline or punishment unless approved by Principal or Parent.

Other Opportunities for Physical Activity

FRHC shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- [Recess, Brain Breaks, Activity Breaks, Dance break]

www.jamschoolprogram.com

www.activeacademics.org

www.take10.net

www.getswaty.com

The following opportunities for participation in school-based sports shall be offered to students each year:

- [A variety of clubs, and sports are offered seasonally during the school year to maintain mental health, and mobility]

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- [Fuel Up to Play 60](#)
- www.kidshealth.org

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the District's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, FRHC commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

FRHC shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- [Health fairs, TV turnoff week, walk to school day, and cafeteria "try days."]

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- [K-6 daily recess, HHS Health and wellness, FFA,]

Adopted: May2006

Revised: June 2012

Assessed: August 2017

Submission to update: February 2019

Submission approved: Feb 2019