

FRHC Wellness Policy Guide

A Guide for Parents, Students, and Teachers



Dear Parents, Staff, and Students,

Flat Rock-Hawcreek is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

On behalf of FRHC, I pledge my support to the Committee for a Healthier Community in their efforts to create a healthier school environment by implementing standards for foods and beverages sold and served in the school environment.

Encouraging all that we come in contact with about healthier choices in how we live.

Dr. Kathy Griffey
Superintendent of Schools

The Hope Committee for a Healthier Community will serve as a resource to the school for implementing the Wellness Policy for FRHC and assisted with related programs.

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The publication of this guide is the result of a collaborative effort of the Hope Committee for a Healthier Community and Healthy Communities Initiative of Bartholomew County in an effort to provide ideas and resources to create a healthy learning environment, healthy students, and healthy staff for the school district.

Wellness Policy Guide

In May 2006 as a requirement for all schools participating in the National School Lunch Program, a wellness policy was created for Flat Rock-Hawcreek School Corporation.

The policy was strengthened by Hope Committee for a Healthier Community in June 2012. Assistance was received from Healthy Communities who had received a federal grant, Communities Putting Prevention to Work (CPPW), in 2010 from the Department of Health and Human Services. The program is for obesity prevention initiatives in Bartholomew County.

The new policy addresses nutrition education, school meals, competitive foods and beverages, physical education and activity. The policy was approved by the school board June 2012. The school encourages all parents, students and school staff to follow the recommendations outlined in this booklet when in the school environment.

How do I find a copy of the wellness policy?

The new wellness policy (Policy 5-9) is available online at www.flatrock.k12.in.us. Once you are on the FRHC home page, click the Board of Education tab; select Board Policy.

If you do not have internet access, you may pick up a copy in the school office.



Parents, teachers, staff, and coaches are role models for students. By promoting healthy behaviors, we can all:

- Increase students' level of alertness and ability to learn
- Reduce absences
- Improve behavior & self image
- Teach lifelong healthy eating and physical activity habits
- Prevent premature onset of chronic diseases such as diabetes, high blood pressure, heart disease, respiratory complications and orthopedic problems
- Improve overall quality of life

Creating a Healthy Home Environment

Remember *you* are the policy maker at home!

Creating a healthy environment at home will reinforce the healthy lifestyle messages students learn at school. Most children get their nutrition information from their parents. If you eat healthy and stay active, chances are your kids will too.

- Teach your kids that making healthy food choices will help them perform better now—whether it's at school, sports, activities, or play.
- Healthy eating isn't just about what your kids eat, but it's also about how much they eat. The right amount is just as important as the right foods.
- Teach your kids about balance. Eat right, play hard!

Physical Education

The policy makes the following statements regarding physical education for students.

- All students in grades K-12 will be scheduled for physical education instruction in accordance with Indiana State Law.
- Elementary students will receive a minimum of 40 minutes per week for physical education 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.
- Students should not be denied participation in physical education, recess or other physical activity opportunities as a form of discipline or punishment unless necessary or approved by principal or parent.

Safe Routes to School

A great way to increase physical activity is by walking or biking to school via a safe route.

FRHC has received a grant for a safe routes to school plan from the Indiana Department of Transportation. They are currently working with a company called DLZ on a comprehensive plan. Check the school website for updates on the project.



Physical Activity at School

National experts recommend that children and youth participate in at least 60 minutes of physical activity each and every day. Physical activity is bodily movement of any type.



Students participate in physical education in accordance with Indiana State law but we need to add more physical activity into the school day. Some ideas to add physical activity into the school day include:

- Schedule physical activity breaks during classroom time as often as possible and implement strategies of learning while moving.
- Create opportunities for students to be active between classes.
- Provide physical activity before, during, and after school and through organized programs such as intramurals and recess.

Physical activity breaks can increase daily physical activity levels and leave students more focused and ready to return to their academic studies.



Physical Activity Ideas for the Classroom

Integrating physical activity into classroom learning provides another opportunity to infuse meaningful activity during the school day. Physical activity in the classroom helps activate the brain, improve on-task behavior during academic instruction time, and increases daily in-school physical activity levels among children.

For more resources on physical activity breaks:

- **Jammin' Minutes**– is designed to teach kids (and adults) healthier lifestyle habits.
www.jamschoolprogram.com
- **Active Academics**– activities integrate physical activity into lessons, by grade and subject
www.activeacademics.org
- **Elementary Energizers**- download "booklets" of energizer activities for elementary and middle school classrooms.
www.eatsmartmovemorenc.com/Energizers
- **Take Ten** - ties learning objectives to physical movement.
www.take10.net
- **Get Sweaty**– video based website that provides daily physical activity for kids.
www.getsweaty.com

Recess

The policy recommends that all elementary students have daily recess. Recess does not replace physical education classes. Recess provides unstructured play opportunities that allow children to engage in physical activity.

Physical activity helps students develop healthy bodies and have fun. It also allows children the opportunity to practice life skills such as taking turns, following rules, sharing, communication, problem solving, and conflict resolution.

Making Indoor Recess More Active

Indiana weather doesn't always allow students to go outside for recess. Students need recess and they need to be more active. Physical activity boosts performance and play is serious business. We need to keep students engaged, interested, under control, and moving.

- Look for unused space: hallways, empty classrooms, stages, field house, and etc. where students can be active.
- Remember that there is no such thing as bad weather, only bad clothing. Dress students appropriately so they can go outside.

For indoor recess activity ideas please visit:
www.proteacher.org/c/244



Healthy School Parties

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from food to child.

Fun, not food: Avoid making refreshments the main event at parties and don't use food as reward or prize.

Think your drink: Serve low-fat (1%) or nonfat milk plain or flavored, 100% juice or water.

Go Chip less: Substitute pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers, or animal crackers.

Healthy Pizza: Try low-fat toppings like vegetables, lean ham or Canadian bacon or serve pizza dippers with marinara sauce.

Activity is rewarding: Let the birthday child be the teacher's assistant for the day. Walk deliveries to the office, lead a line, or start a activity.

Giving is fun: Turn a regular party into a special community service project (collecting food for the local food bank, making cards for shut ins) - Parents could help plan.

A Sweet Story: Rather than baking sweets-donate a book to the school or classroom or a game to be used for indoor recess.

Extra recess time instead of a party.



Classroom Birthday Package

The Flat Rock-Hawcreek Food Service Department would like to introduce the birthday package for all elementary students. This package will include snacks for 30. This birthday package is ordered at school and will be delivered to the classroom by the school staff. Order forms may be picked up in the school office, the school cafeteria, or can be printed from the school website at: www.flatrock.k12.in.us.

Package includes (choose one):

1. Cheese & Pretzel Tray
2. Fruit & Yogurt Dip Tray
3. Fruit & Vegetable Tray

Special gift for the birthday boy or girl.



Cost:

\$12.00 per tray

Add \$3.00 if you would like to add 8 ounce bottle of water or a 4 ounce juice box.

To order:

Order forms can be picked up from the school cafeteria or the school office. Please send your completed order form in with your payment to the school's cafeteria at least one week in advance of delivery.

If you have questions please call 812-546-4421 ext. 112

Classroom Snacks

Classroom snacks are determined by the principal and teachers at each school. Please check with your school regarding the use of classroom snacks.

All parents and school staff who supply snacks for their children or the classroom are encouraged to provide healthy food choices. This reinforces the importance of healthy eating and contributes to the improved eating habits of students.

Healthy Snack Ideas

- Fruits & vegetables with low-fat dip
- Animal Crackers (single serving size)
- Low-fat yogurt
- Low-fat pudding cups
- Baked chips (single serving size)
- Applesauce (single serving size)
- Pretzels (single serving size)
- Fruit cups
- Graham crackers
- Rice Cakes
- Low-fat string cheese
- Trail Mix (check for allergies)
- Low-fat milk
- Water
- 100% juice



Alternatives For Using Food As A Reward

Finding alternatives for food rewards is an important part of a healthy school environment. These ideas can be modified for different ages. Be creative and don't forget the simple motivation of recognizing students for good work or behavior.

Elementary School Students

- Make deliveries to office
- Sit by friends
- Eat lunch with teacher or principal
- Stickers, pencils, bookmarks
- Extra recess
- A physical activity break
- Earn play money for privileges

Middle School and High School Students

- Eat lunch outside or conduct class outside
- Allow extra reading time
- Award extra credit
- Provide added computer time
- Sit with friends
- Provide five minute chat-break at end of class
- Show an interesting, funny, special video
- Offer field trips
- Provide free passes to school events or games
- Offer free-choice time at the end of class
- Award donated coupons to music stores, movies
- Hand out prizes for students meeting a certain grade standard

Fundraisers for Healthy Schools

It is recommended that fundraising not involve selling food items of limited nutritional value, such as candy. When healthy food choices, such as fresh fruit, are used as fundraising items, the healthy eating message presented in the schools is reinforced with students, parents, and community patrons.

If a school chooses to sell food of limited nutritional value, it should not be sold during the school day.

Recommended Food Fundraisers

- Bottled water with school name/logo
- Gift baskets with fruit/cheese
- Specialty shaped pastas
- Boxes of citrus fruits
- Popcorn
- Cheese
- Apples
- Nuts

Items to Sell for Fundraisers

- Candles
- Jewelry
- First aid kits
- Pens and pencils
- Bath accessories
- Home decorations
- Holiday ornaments
- Plants, flowers, bulbs
- Greeting cards and stationary
- Stone/brick memorials
- Books, calendars, magazines
- Cookbooks (featuring healthy foods!)



Fundraisers for Healthy Schools

School name / logo

- Mugs
- Scarves
- Megaphones
- Bumper stickers
- T-shirts, sweatshirts, hats
- Spirit/seasonal flags
- Frisbees
- License plate frames
- Stadium Cushions
- Buttons, pins, magnets

Fun and Entertainment Fundraisers

- Dances
- Magic shows
- Balloons
- Holiday flowers
- Talent shows
- School art displays
- Singing telegrams

Community-Related Fundraisers

- Recycling
- Car washes
- Family portraits
- Holiday gift wrapping
- Customized signs
- Emergency kits for cars

Activity-Related Fundraisers

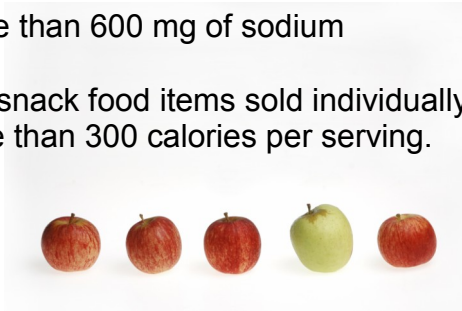
- Skate night
- Walk-a-thons
- Jump-a-thons
- Bowling night
- Fun fairs

For more information, visit the Alliance for a Healthier Generation website at www.healthiergeneration.org

Ala Carte Foods

K-12 ala carte snack items sold per package shall include:

- 30% or less total calories are from fat
- 10% or less total calories are from saturated and no trans fat
- Not more than 35% of total weight is from sugars not occurring naturally in fruits, vegetables, or dairy products
- No more than 600 mg of sodium
- 50% of snack food items sold individually shall contain no more than 300 calories per serving.



Beverages

Drinking fountains will be available to students and staff throughout the school building.

The FRHC school district will sell only low-fat milk.

At least 50% of beverages served outside school meals must be 100% juice, milk, water, and electrolyte replacement drinks.

All beverages other than water or milk shall be 20 oz or less.

Concessions

It is important to provide healthy options to those who want to make a healthy choice. Schools are encouraged to offer a healthy option at athletic events.

Suggestions for providing healthy items:

- At least 50% of beverages must be 100% juice, milk, water, or electrolyte replacement drinks.
- All beverages other than water and milk shall be 20 oz or less.
- 50% of the items sold shall contain no more than 35% of total calories from fat and sugars and no Trans fats.

Vending

Vending machines are considered a competitive food and beverage.

These machines are not on during the lunch period. The policy recommends that at least 50% of the items meet the nutritional guidelines.

Beverage vending machines will follow the School Beverage Guidelines.



Before & After School

Whether operated by the school district or by another entity, all before and after school programs are encouraged to follow the same healthy school procedures, practices, and directions provided throughout this document.



Parent Teacher Organizations

The school district encourages all parents, students, and school staff to follow the recommendations outlined in this booklet when in the school environment.

Please offer healthy food and drink choices at staff and parent meetings and PTO sponsored school events.



5-2-1-Almost None

5-2-1-Almost None is a program from Healthy Communities that promotes healthy eating and physical activity.

5-2-1-Almost None helps everyone remember how to make healthy choices.



Eat at least 5 servings of fruits & vegetables a day. A diet rich in fruits and vegetables is important for supporting growth and development.



Limit TV and computer use to two hours or less a day. Watching too much television is linked to being overweight, lower reading scores, and attention problems.



Get one hour or more of physical activity per day. Regular physical activity is needed for good health. Scatter activities throughout the day, for short trips, walk instead of driving and take the stairs when possible.



Drink less sugar. Try water and low fat milk instead of sugary drinks. High sugar intake among children is linked to overweight and obesity, low milk intake, and dental cavities.

Reach for Healthy Schools!

Healthy, properly nourished and fit students are better able to concentrate on their work, attend school on a regular basis and perform well in class and on tests. Simply put, academic performance goals are better achieved when students and staff are well nourished and physically active.

While children's health is not solely dependent on their school, schools have a significant impact on creating an environment that fosters healthy behaviors among staff and students.

Healthy Communities is excited to bring the resources of the **Reach** movement to Bartholomew County! In March 2010 Healthy Communities was awarded a Communities Putting Prevention to Work grant by the Department of Health and Human Services for obesity prevention initiatives in Bartholomew County. These initiatives are known as the **Reach** movement.

We know many of you are looking for support in living healthier lifestyles. **Reach** is all about making the healthy choice the easy choice. We are working across the county to do just that. Please let us know how you would like to be involved as we **Reach** for a healthier Bartholomew County!

For more information visit www.WhatsYourReach.org or by email at reach@crh.org.



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