

MSD of Martinsville

Wellness Plan

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MSD of Martinsville
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Index

Page

- ❖ (1) Index List
- ❖ (2) Members of Student Wellness Advisory Committee
- ❖ (3) What is a Wellness Plan
- ❖ (4) The Wellness Council Duties
- ❖ (5-6) Student Wellness Advisory Council Guidelines
- ❖ (7) Child Nutrition Operations
- ❖ (8) Nutritional Guidelines for all Foods and Beverages on Campus
- ❖ (9) Nutritional Quality of Foods and Beverages Sold and Served on Campus
- ❖ (10-11) Food and Beverages sold individually
- ❖ (12) Nutrition Education
- ❖ (13) Physical Education
- ❖ (14) Other School Based Activities
- ❖ (15) Communication with Parents
- ❖ (16) Staff Wellness
- ❖ (17) Monitoring and Policy Review
- ❖ (18) Evaluation

Members of Student Wellness Advisory Committee

Chairperson	Cody Talley, Wellness Coordinator
Board Member	Tana Lobb
Member	Alyssa Morgan
Member	Susie Lee
Member	Jill Foley
District Member	Audrey Jackson
Member	Patti Ostler
Member	Terry Terhune
Member	Pamala Dunscombe
Member	Jayne Mertz
Member	Darlene Urban
Member	Kristinia Love
Member	Andrea Hess
Community Member	Elizabeth Young
Student Member	Sydney Barr
Member	Rachel Shaffer
Member	Robin McDaniel
Member	Doug Reynolds
Member	Lisa Arvesen

What is a Wellness Council

* Why do we have to have a Wellness Plan?

Is it just because it is the law? The answer is no. We have to have a Wellness Plan because it is the right thing to do. We as educators and nutritionists have to take the forefront and be proactive in fighting the problem of obesity in our students. We are here to educate and that is more than language and math, it is also to teach our students to take care of themselves, so that they are able to go out into the world with the knowledge of how to use good nutrition and physical exercise to live a long and healthy life.

With a good Wellness Policy we will also incorporate tools that parents can use to support what we are teaching their children. In some instances the parents may even jump on the wagon and use the information for themselves and their whole family. That would be our goal, to get the family unit on our team. That would be awesome. To try and do this, Food Service will expand their website to include links to several powerful nutritional/life changing websites, such as the new “mypyramid.gov”. Food service will send a nutrition-based article to each school for publishing in their monthly newsletters.

The Wellness Policy will have widespread implications on the way the school district has looked at what food and beverages were available during the school day, with regards to both what is available within the food service operation and also other outlets of food and vending. For that matter it will also address what is available after the school day in situations such as, after school programs, fundraisers, PTO functions, etc. It will also have implications with regards to the amount of time allotted for physical fitness, which will influence the curriculum.

Due to the big changes that have to take place, the Wellness Policy will have to be phased in over a period of time. These small steps in the right direction are to try and help in the fight against the obesity epidemic, but most of all to give our students the right tools for a healthier life and a lifelong healthy lifestyle.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and an appropriate amount of physical activity. All foods made available on school campuses should offer students nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy physically active student is more likely to be academically successful.

The recent passage of Public Law 108 Section 204 requires each school district to have a local Wellness Policy in place by July 2006. The federal government recognizes that a coordinated effort by the entire community, including food service professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well being of students. The school corporation has a strategic role to play and now is the time to take action.

The Wellness Council Duties

Create a guide (Policy) to understand and develop a school district Wellness Policy containing:

1. Goals for nutrition education, physical activity, and other school based activities.
2. Nutrition guidelines for all food and beverages sold and served on campus.
3. Assurance that school meals and other food and beverages meet USDA regulations.
4. Establish a plan for measuring and implementation of the Wellness Policy.
5. Involve and educate parents, students, faculty, other interested representatives of the school food authority and any other interested party.
6. Establish a plan with a timeline and target dates for the implementation of the Wellness Policy.

School Wellness Advisory Council Guidelines MSD of Martinsville

Vision Statement

All MSD of Martinsville students will reach their full personal, health, and academic potential

Mission Statement

The mission of the MSD of Martinsville SWAC is to ensure that all children in the district, grades PreK-12, will have healthy bodies and minds through sequential health education, practices, and modeling of good health behaviors.

Goal

The goal of MSD of Martinsville SWAC is to advise the MSD of Martinsville decision-makers regarding student's needs and assets related to health knowledge and skills, regarding policies and procedures that impact student health, and regarding health of the school environment. See Indiana Code 20-26-9-18 for specific objectives and duties assigned.

School Wellness Advisory Council

Article I: Statement of Purpose

To assist the MSD of Martinsville in ensuring that the local community values are reflected in the district's health education instruction.

Article II: Authority

Section One: Statute and Policy. In accordance with Indiana Code 20-26-9-18, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council. The School Wellness Advisory Council of the MSD of Martinsville is specifically authorized by the Board of the Trustees in district policy.

Section Two: Limitations. The SWAC shall be an advisory body, and shall serve to provide guidance, recommendations, and other assistance to the Board of Trustees as is specifically listed in state law.

Section Three: Bylaws. It shall be the responsibility SWAC to establish and amend the Bylaws.

Article III: Responsibilities

According to state law, the SWAC shall have the following responsibilities:

- A. To provide recommendations to the Board of Trustees regarding health education curriculum and a coordinated school health program through coordination of health education; physical education and physical activity; nutritional services; and parental involvement.
- B. To provide recommendations to the Board of Trustees on appropriate grade levels and methods of instruction for sexual health education
- C. To provide recommendations to the Board of Trustees on the number of hours of instruction to be provided in health education

- D. To recommend strategies for integrating the curriculum components with the following elements in a coordinated school health program for the district:
 - a. School Health Services
 - b. Counseling or guidance services
 - c. A safe healthy school environment
 - d. School employee wellness
- E. To assist the school district in any other capacity that falls within the guidelines of health, wellness or physical activity of our students

Article IV: Meetings

Section One: SWAC meetings will be held with minutes maintained in the MSD of Martinsville SWAC Notebook.

Section Two: Regular meetings will be held no less than two times a year with the goal of 4 times a year.

Section Three: Special meetings may be called by the School Wellness Advisory Council Chairperson

Article V: Chairman of SWAC

Section One: Responsibilities of Chairman

- A. Notification of all members of meetings
- B. Providing members with agendas and background material prior to meeting
- C. Prepare sign in sheets
- D. Designate person to take minutes if secretary is not present or was not appointed
- E. Serve as custodian of all SWAC records
- F. Distribute minutes to all SWAC members
- G. Distribute information to absent members and inform them about missed presentations
- H. Keep track of attendance and possible problems
- I. Solicit new members if vacancies arise and take to the Board of Trustees for approval

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- Schools will strive to increase participation in the federal Child Nutrition programs available at their school and schools who qualify are encouraged to participate in the summer food service program.
- Employ a food service director who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.
- A child's need for nutrients does not end when school does. Adequate nutrition guidelines should be provided throughout the school year, and with the cooperation of administration and food service, other meal opportunities could be explored.
- Students are encouraged to start each day with a healthy breakfast.

Nutrition Guidelines for all Foods and Beverages on Campus

When possible all foods made available to students on campus will comply with the current USDA Dietary Guidelines for Americans:

- Vending machines
- A la carte
- Beverage contracts
- Fundraisers
- Concession stands
- Student stores
- School parties/celebrations

Food providers should take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers should offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

Promotional activities should be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

Food providers should be sensitive to the school environment in displaying their logos and trademarks on school grounds.

Classroom snacks should feature healthy choices. Elementary schools should send home a list of preferred snacks.

Nutrition education is incorporated during classroom snack times, not just during meals. Persons overseeing fundraisers are encouraged to see that food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.

Advertising messages should be consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

Nutritional quality of Foods and Beverages Sold and Served on Campus

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat and fat-free milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA)
- Ensure that half of the served grains are whole grains

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on a website or point of purchase materials. All nutritional information is available by request from the cafeteria manager in each school.

Breakfast. To ensure that all children have breakfast, either at home or at school:

- Schools who qualify will operate the School Breakfast Program.
- Schools should, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom and “grab-and-go” breakfast.
- Schools that serve breakfast to students are encouraged to notify parents and students of the availability of the School Breakfast Program.
- Schools should encourage parents to provide a healthy breakfast for their children, through newsletter articles, take-home materials or other means.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems, promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Summer Food Service Program. Schools in which more than 50% of students are eligible for free or reduced-price school meals are eligible to sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Foods and Beverages Sold Individually

(i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Below is a list of recommended food and beverages to be made available to students on campus.

Beverages

- Water
- Fortified and/or flavored water without sweeteners
- 100% fruit juices
- Vegetable juices such as tomato or V-8
- Low fat and fat free milk and flavored milk, such as chocolate and strawberry
- Fruit based drinks that contain at least 50% juice and no added sweeteners
- Fruit and/or dairy based smoothies. Should not exceed 36g of sugar per 8 oz.

Foods

- Cereal bars, such as Nutri-grain bars
- Granola bars
- Baked chips
- Fresh and dried fruit, such as apple or banana chips
- Graham crackers
- Animal crackers
- Pretzels
- Trail Mix
- Snack crackers such as Goldfish or Ritz bits
- Yogurt
- String cheese
- Cracker packs, such as reduced fat Wheatables with cheese
- Snack mixes, such as traditional Chex Mix
- Sunflower Seeds
- Beef jerky
- Low fat popcorn, no added coatings

In order to conform to recommended dietary guidelines, portion sizes should be limited to the following:

Portion Sizes

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky.
- One ounce for cookies.
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery

items.

- Four fluid ounces for frozen desserts, including but not limited to, low-fat or fat-free ice cream.
 - Eight ounces for non-frozen yogurt.
 - Twelve fluid ounces for beverages, excluding water.
 - The portion size of a la carte entrees and side dishes; including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

Nutrition Education

- Nutrition education should be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education should be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities should provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Nutrition education information should be reviewed by a qualified, credentialed nutrition professional.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education should involve sharing information with families and the broader community to positively impact students and the health of the community.
- School district should provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students should be encouraged to start each day with a healthy breakfast.

Physical Education

1. Physical education is to be taught by a qualified teacher with a degree in physical education.
2. Students receive formal instruction in physical education as defined by Indiana Department of Education:

Level	Base Requirement
Kindergarten	40 Minutes Per Week
Grades 1-5	50 Minutes Per Week
Middle School	1 Trimester Per Year
High School	2 Credits Per Graduation Requirements

3. Adequate equipment should be available so that every student is active.
4. Indoor and outdoor facilities are safe and adequate.
5. Curriculum is sequential and is based on state and national standards.
6. The physical education curriculum should include the following components:
 - a. Moderate to vigorous physical activity
 - b. Teach knowledge, motor skills, and positive attitudes.
 - c. Promote activities and sports that all students can enjoy and pursue throughout their lives.
 - d. Feature cooperative as well as competitive games.
 - e. Take into account gender and cultural differences in students interests.
 - f. Teach self-management skills as well as movement skills.
 - g. Actively teach cooperation, fair play, and responsible participation in physical activity.
 - h. Focus on helping adolescents make the transition to an active adult lifestyle.
 - i. Provide modification for children with physical or mental limitations.
7. Teachers should be encouraged to include physical activities in all curricular areas.
8. Teachers use formative and summative assessments.
9. The district's physical education program promotes maximum participation.
10. The district's physical education program promotes physical, cognitive, and social/emotional well being of students.
11. Physical education teachers are required to participate in a least on professional development activity a year that is directly linked to physical education.
12. Physical education teachers have a plan for handling emergencies.
13. The school district shall encourage school employees to participate in regular physical fitness activities.
14. Elementary and middle school students should be encouraged to participate in physical fitness type activities during their recess period.
15. The school district should encourage physical activities through intramural programs.
16. The health and physical education committee should disseminate information that promotes physical activities in the community.

17. Health education is integrated into the physical fitness classes.

18. Parents should regularly be informed about their children's progress towards being physically fit.

Other School Based Activities

- After-school programs should encourage physical activity and healthy habit formations.
- Local wellness policy goals should be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students should be demonstrated by hosting health clinics, health screenings and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Schools organize local wellness committees to plan, implement and improve nutrition and physical activity in the school environment.
- Schools should consider alternative sources for fundraisers.

Communications with Parents. The district should support parents' efforts to provide a healthy diet and daily physical activity for their children. The district should offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, the district should provide opportunities for parents to share their healthy food practices with others in the school community.

The district should provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports should include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events or physical education homework.

Staff Wellness. Martinsville School District highly values the health and wellbeing of every staff member and may plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietician or other health professional, recreation program representative and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Links with school meal programs, other school foods, and nutrition-related community services
- Teaches media literacy with an emphasis on food marketing
- Includes training for teachers and other staff

Monitoring and Policy Review

Monitoring. The principal or designee will ensure compliance with the wellness policy. The principal or designee at each school should review the wellness guidelines on an annual basis and report problems, concerns, etc. to the Wellness Policy Review Team.

The Wellness Policy Review team will consist of the Health-P.E. Curricular Committee with the addition of a nutrition representative and a special education representative. The team will meet twice per year and report their findings and recommendations to the school board.

Evaluation

Evaluation Policy Requirements Evaluation: Periodically, measure the wellness policy on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

Person Responsible: Designate at least one person as responsible for monitoring the school wellness policy.

Communication: Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.

Policy Recommendations

MSD of Martinsville is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff.

A. Implementation and Data Collection

1. The school corporation will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance and flexibility.
2. Food Service Director shall ensure that their schools are in compliance with the corporation's wellness policy halfway through the school year by assessing wellness implementation strategies. The principals shall then report to the superintendent, who will provide a report to the school board.
3. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council.
4. Policy language will be assessed each year and revised as needed.

Rationale for Policy Recommendations

- Evaluating the Wellness Policy and implementation activities will give the CSH Advisory Council an opportunity to share their accomplishments with a large audience. This can create a better understanding of why it is important to realize and sustain these wellness efforts.
- An evaluation can also give a school corporation the opportunity to showcase its efforts to strengthen the policy, the implementation of the policy, as well as the policy's impact on students and staff.
- Documenting accomplishments can help a school corporation prepare for future funding requests.

Tools used for evaluation

- School Health Index
- WellSAT