

STUDENT WELLNESS

Statement of Policy

It is the policy of the MSD of Wayne Township School Board to promote student wellness by supporting healthy choices, good nutrition and physical activity as the part of the total learning environment.

Implementation of Policy

1. The Superintendent shall appoint a Student Wellness Advisory Council consisting of at least one representative of:
 - (1) Parents;
 - (2) Food service supervisor and staff;
 - (3) Students;
 - (4) Nutritionists or certified dietitians;
 - (5) School health care professionals (e.g., school nurses);
 - (6) Board members;
 - (7) A school administrator;
 - (8) Interested community organizations;
 - (9) Teachers of Physical Education and Health.

2. The Student Wellness Advisory Council shall meet at the call of a chair designated by the Superintendent from among the members serving on the Student Wellness Advisory Council; and shall oversee the District's efforts to improve student wellness through curriculum, policies, and practices. The Student Wellness Advisory Council shall meet at least once a school year. Proposals for policies and practices shall be made in writing and shall be reported to the Board through the Superintendent. No votes shall be taken and where there are diverging views on a matter to be reported to the Board, all points of view shall be included in the written report to the Superintendent.

3. The Student Wellness Advisory Council shall hold at least one (1) public meeting annually at which public input about the District's wellness policies and practices is solicited.
4. The Student Wellness Advisory Council shall work with the:
 - a. School Attorney to insure that the District's policies and practices are consistent with Indiana and federal law and regulations, and the
 - b. Indiana Department of Education, the Indiana Department of Health, and other public and private agencies offering information and support for student wellness initiatives.
5. Each administrator/supervisor assigned to manage a District school has the authority and duty to oversee the successful implementation of this Policy.

Nutrition Education

Nutrition topics shall be integrated within the comprehensive health education curriculum and other curricular offerings according to standards of the Indiana Department of Education and federal law. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

Standards of USDA Child Nutrition Programs and School Meals

The Board will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods and beverages to support healthier choices and promote optimal learning. All meals served by the District will meet the federal nutritional guidelines issued by the U.S. Department of Agriculture and follow principles of the Dietary Guidelines for Americans. Guidelines promulgated by the Superintendent will establish nutrition guidelines for all foods available on school campus during the school day that are consistent with federal nutritional guidelines and promote student health and reduce childhood obesity.

Physical Activity and Physical Education

The Board 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 Board supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

Public Input

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, District administrators, and the general public are permitted to

participate in the development, implementation, and periodic review and update of this Policy and procedures.

Administrative Guidelines

The Superintendent or his or her designee shall ensure that this Policy and procedures are duly implemented, complied with, and evaluated. The content and implementation of this Policy and procedures shall be made available to the public. On an annual basis, the Superintendent or his or her designee shall assess this Policy and procedures, including the extent to which the District is in compliance with the Policy, the extent to which the Policy compares to a model policy, and a description of the progress made in attaining the goals of the Policy. The Superintendent or his or her designee shall report to the board on an annual basis an assessment of this Policy and corresponding procedures. This assessment shall be made available to the public.

The Superintendent or his designee shall develop and administer guidelines to:

1. Coordinate the work of the Student Wellness Advisory Council and staff members working in Food Services, Curriculum Development, and extra-curricular activities;
2. Promote student wellness in all curricular and extra-curricular activities of the District;
3. Establish goals and procedures for the implementation of this Policy, including regular assessment of progress on established wellness goals.

I.C. 20-26-9-18 et. seq.
42 U.S.C § 1758b

MSD of Wayne Township, Marion County, Indiana

Adopted: May 15, 2006
Revised: September 30, 2013
Revised: April 15, 2019