

## Wellness Policy on Physical Activity and Nutrition

Paramount Cottage Home (PCH) supports the health and well-being of its students by promoting recommended healthy foods and physical activity in all grade levels and subjects each school day, and outside the school day during PSOE-sponsored campus events. The PCH School Wellness Advisory Council meets at least twice yearly to review, revise, and update wellness activities and practices. The vehicle through which the PCH School Wellness Policy is made available to students, families, and community members is the PCH school website.

Per federal law, it is the policy of PCH to provide students access to healthy foods and beverages, provide opportunities for developmentally appropriate physical activity, and require that all meals served by PCH meet/exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

### I. Coordinated School Health Advisory Council

PCH engages parents/guardians, food service professionals, teachers of physical education, students, school healthcare professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring and reviewing network-wide nutrition and physical activity policies. The Wellness Advisory Council formed as part of PCH's School Improvement Committee/Title Improvement Committee (SICTIC) is maintained at the school level to oversee the development, implementation, and evaluation of the school's wellness policy.

A. Per state and federal law, PCH forms and maintains a Wellness Advisory Council that includes the following:

**Parents/Guardians:** *Precious Jones, Kiley Bray*

**Food Service Director:** *Natalie Lee*

**Teacher of Physical Education:** *Victoria Klingsmith*

**Students:** *Caleb Jones (Gr. 2), Juliette Bray (Gr. 1)*

**School Nurse:** *Korie Kegley*

**School Board Members:** *Peggy Blackard, Aster Bekele*

**School Administrators:** *Tara Gustin, Rebecca Norman, James Travis*

B. The Wellness Advisory Council meets at least twice yearly to review and assess nutrition and physical activity policies and create one or more action plan(s) for the following year. The Council also discusses implementation activities and addresses barriers and challenges.

C. The Wellness Advisory Council reports annually to the Chief Executive Officer, Chief Operating Officer, and the Board on the implementation of the PCH Wellness Policy. It includes recommended changes and revisions.

D. The Board adopts, or revises nutrition and physical activity policies based on recommendations made by the Advisory Council.

## **II. Nutrition Education and Nutrition Promotion**

PCH links nutrition education activities to existing health programs and other comparable comprehensive health promotion frameworks of the school and network. Nutrition topics and lessons are integrated into the mathematics, holistic health education, in addition to the broader curricula at PCH, where appropriate. Such topics and lessons are taught at every grade level (K-4) according to the standards of the Indiana Department of Education. The nutrition education lessons provide the knowledge and skills necessary to promote health and acquire skills for reading food Nutrition Facts labels and planning menus. The following nutrition goals have been established for PCH.

### **Nutrition Education Goals**

1. By May 2022, PCH will deliver at least four nutrition lessons per semester in PE class that foster the adoption and maintenance of healthy eating behaviors.
2. By June 2022, the nutrition education program will work with the school meal program to develop school gardens and use the cafeteria as a learning lab and teaching tool.

## **III. Standards for USDA Child Nutrition Programs and School Meals**

PCH provides and promotes the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods that support healthier choices and promote optimal learning. Applications for free/reduced priced meals are available on the school website and sent home to all families at the beginning of the school year. Breakfast and lunches served throughout the network's food service program are comply with the USDA National School Lunch and Breakfast standards for meal patterns, nutrient levels and calorie requirements for the ages and grade levels served as specified in 7 CFR 210.10 (school lunches) and 7CFR 220.8 (school breakfasts). Special dietary needs of students are

considered when planning meals, according to the document '*Accommodating Children with Special Dietary Needs in the School Nutrition Programs*'.

The school cafeteria is cashless. All students, regardless of the type of payment they make for school meals or the food being purchased (meal or a la carte), are given a code to enter at the cash register. It is prohibited for students with unpaid balances to be shamed in any way, including announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance. Additionally, the school will serve students with a reimbursable meal, regardless of whether the student has money to pay or owes money. Instead, the school will reach out to the family of a child with an outstanding balance to assess whether the child is eligible for free or reduced-price meals.

School community members, including students, parents, staff, and food service provider personnel, are encouraged to participate in school meal programming in a variety of ways. Students have periodic opportunities to taste test healthy new foods being introduced on the menu, inclusive of local, cultural, and ethnic favorites. Additionally, school meals will include and promote fresh, locally grown foods in school meals from farms engaged in sustainable practices whenever possible.

The school ensures that morning bus routines allow students to arrive at school in time to eat breakfast, and that tutoring, clubs and organizational meetings are not scheduled during lunch unless the students are allowed to purchase lunch to be consumed during meetings. After obtaining food, students will have at least 20 minutes to eat lunch.

PCH uses the USDA's Smarter Lunchroom tools and other resources on the USDA website. Additionally, the school discourages the consumption of competitive foods and beverages in place of school meals by limiting competitive food choices during mealtimes in the cafeteria and prohibiting the purchase of snack foods during mealtimes. At least one water fountain is available in the cafeteria, allowing students access to free water throughout the meal period.

Finally, the USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for all food service directors, managers, and staff. New and current foodservice directors must complete at least 12 hours, and new and existing managers must complete at least 10 hours. New and current staff members must complete at least six hours.

#### **IV. Nutrition Standards for Competitive and Other Foods and Beverages**

A. All food and beverages sold to students outside of school meals meet the network and Smart Snack nutrition standards and can be viewed on the school website. Additionally, PCH complies with all federal and state nutrition standards for all foods served in the school, including the guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campus during the school day, including fundraisers effective July 1, 2014. It is the policy of PCH that all foods and beverages sold to students during the school day on any property under the jurisdiction of the network will meet the USDA school meal and Smart Snacks in school nutrition guidelines. All food items served or offered for sale to students during the school day (from midnight before 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines.

Students and staff have access to free, safe, and fresh drinking water throughout the school day. Students are allowed to bring bottled water from home. Only milk and 100% juice may be sold to students during the school day. No competitive foods or beverages are or may be sold during the school day, inclusive of food-related fundraisers held during the school day. All vending machines are turned off during the school day.

PCH supports proper and approved nutrition, promote healthy choices, and comply with federal nutrition standards to be brought into the school during the school day for events such as birthdays, classroom and student of the month celebrations, as well as after-school activities such as Back to School Night, SOC (School Community Organization) meetings, STEM (Science Technology, Engineering, Math) Night, tutoring sessions and other school-sponsored community events. Due to concerns about food safety and food allergies, whenever possible the classroom celebrations will focus on activities, and special privileges as rewards for students, such as being line leader or the teacher's helper for the day will be implemented rather than the use of food or beverages as rewards for academic, classroom, sports and club performances.

PCH requires that foods and beverages served to students in before/aftercare, run by the school and outside parties (such as YMCA, Scouts of America, etc.) meet Child and After Care Food Program standards. All snacks sold to students during after school programs meet the same USDA nutrition standards as foods sold during the school day.

B. Only food marketing materials that promote student health meet the federal nutrition standards, align with the PSOE food service provider and, are board-approved are permitted for display/advertisement in PCH, on its school grounds and campus during the school day and school-sponsored events outside the school day.

## **V. Physical Activity and Physical Education**

PCH supports the health and well-being of its students by promoting physical activity and exercise through physical education class, classroom 'brain breaks,' recess, and other physical activity breaks inclusive of before and after school activities. PCH partners with local government and community-based agencies to support active transport to school to implement a comprehensive active transport program such as the creation of Safe Routes to encourage walking and bicycling to school.

The school network's comprehensive, standards-based physical education curriculum is aligned with established state physical education standards and identifies the progression of skill development in grades K-8. The curriculum is designed to teach the skills needed to foster lifelong habits of physical activity and personal fitness. The network has developed and continues to grow comprehensive school physical activity programs that address family and community engagement in physical activity and provide a wide variety of offerings before and after school, including physical activity clubs and intramurals. The network has developed joint-use agreements with local government and community-based agencies to partner and provide expanded physical activity opportunities for all students and community members.

All students of Paramount Community Schools of Excellence receive the minimum number of minutes per week of physical education instruction throughout the school year. Students may not be exempt from the required physical education class time, nor may there be any substitutions allowed for the physical education time requirement. Elementary students receive 150 minutes, and middle school students receive 225 minutes, all of which are taught by a certified teacher who is endorsed to teach physical education. PCH supports physical activity among its students by incorporating into the master schedule at least 30 minutes of active daily recess and providing at least one physical activity break for every 60 minutes of academic instruction daily.

The school network provides all physical education teachers with annual professional development opportunities that are focused on physical education and activity topics and competencies specifically for physical education teachers. Curriculum revision for physical education follows the formally established IDOE review cycle every five years congruent with other academic subjects.

## **Physical Education Activity Goals**

1. By May 2022, physical education classes will provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge at least two times weekly.
2. By May 2022, PCH will provide daily physical activity for students. The physical activity may include the use of recess to meet such requirements. Physical activity will be included during transitional times and brain breaks. Physical activity/recess will not be taken away as a punishment.

## **VI. Wellness Promotion and Marketing**

PCH supports and encourages the health and well-being of its students and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities. School staff members are encouraged to model healthy eating and physical activity behaviors. The school network has developed a comprehensive school physical activity program which allows all staff members to participate in physical activity, programs and classes before and after school through free membership to the YMCA.

Staff is prohibited from using food as rewards and are provided with a list of alternative ideas for rewards, such as extra recess or other physical activity when feasible. On the contrary, students shall never be required to engage in physical activity, such as running extra laps or performing other physical activities that the entire class is not involved in, as a behavioral consequence. Likewise, recess, PE, or other physical activities may not be withheld from students as a behavioral consequence for poor behavior or incomplete classwork.

PCH has developed and follows specific marketing guidelines to promote healthy food and beverage choices. The most healthy, robust options, such as fresh fruits and vegetables, are prominently displayed in the cafeteria to encourage students to make healthy eating choices. Marketing on the school campus is limited to those products that are allowed to be sold according to the PSOE nutrition standards consistent with Smart Snacks. Advertising of foods and beverages that are not available for sale in the network schools is strictly prohibited on school property, including busses, building exteriors, scoreboards, etc. Further, the display of brand name foods, logos, and illustrations of unhealthful foods is not allowed. Criteria for selecting educational materials for the school campus include the review of advertising content to ensure that students are not exposed to food marketing of any kind. The network navigation team must approve all advertising in school publications and school media outlets.

Given concerns about student exposure to marketing, network schools do not participate in incentive programs that promote brands or provide students with free or discounted foods or beverages. Advertising any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is not permitted.

### **Nutrition Promotion Goals**

1. By January 2022, PCH will promote nutrition through enhancing the cafeteria with the addition of posters, displays, bulletin boards and food/nutrition/health-related artwork from students (pending Network Administrator's approval).
2. By January 2022, PCH will promote nutrition to parents, families and the community through sharing information on the school menu, parent information bulletin board, class newsletters, website and social media; in addition to food/nutrition/health-related classroom projects, school events or activities.

## **VII. Implementation, Evaluation and Communication**

Through the implementation and enforcement of the Wellness Policy, PCH maintains and cultivates an environment that supports opportunities for physical activity and healthy eating behaviors. Each year a letter is sent to the school community via email and is posted on the school website inviting members of the community to join the Wellness Advisory Council. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public are encouraged to participate in the development, implementation, review, and update of the wellness policy. The PCH Wellness Advisory Council meets at least twice yearly to review and assess nutrition and physical activity policies and create one or more action plan(s) for the following year.

The PSOE Chief Operating Officer ensures compliance with network-wide nutrition and physical activity policies. The principal or building level administrator ensures that the wellness policy is promoted to the faculty, staff, parents, and students of the school, and is posted on the school website. The principal or building level administrator is responsible for retaining all compliance documentation including but not limited to policy and regulations, assessment and evaluation reports, and the current wellness policy and plan. The Wellness Advisory Council conducts a quantitative review of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I 3.0). The triennial progress report includes an assessment on compliance, the extent to which the PCH Wellness Policy compares to model wellness policies, and progress made in

achieving goals. The triennial progress report is posted on the school website, and the Wellness Advisory Council will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

LEGAL REFERENCE: 42 U.S.C. 1758b  
7 CFR Part 210  
I.C. 20-26-9-18.5

### **Student Activity Wellness Goals**

1. By May 2022 celebrations involving the serving of food during the school day will be limited to once per month and will follow school nutrition and allergy guidelines.
2. By June 2022, PCH will work with the community leaders in the school's new neighborhood to establish a plan for the use of school facilities, outside of school hours, can be utilized by community organizations or agencies to increase the physical activity opportunities for students and their families.