

North Judson-San Pierre Wellness Plan



The North Judson-San Pierre School Corporation will have a Wellness Committee to engage students, parents, teachers, food service professionals, health professionals, the school board, administrators, and other interested community members in developing, implementing, monitoring, and reviewing district-wide wellness policy, goals and practices for comprehensive school health. The committee's purpose should be to address health issues using a coordinated approach in order to improve student/staff health and wellness.

This plan outlines the corporation's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This plan establishes the following goals and procedures:

- Students in the corporation have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the district in creating continuity between school and other setting for students and staff to practice lifelong healthy habits; and
- The corporation establishes and maintains an infrastructure for management, oversight, implementation, communication, and evaluation of the policy and its established goals and objectives.

This plan applies to all students, staff, and schools in the corporation.

As required by law, the North Judson-San Pierre School Corporation Wellness Plan includes:

- Goals for nutrition education and promotion, physical education and activity, and other school-based activities that are designed to promote student wellness;
- Nutrition guidelines for all foods sold during the school day with objectives of promoting student health;
- Guidelines for non-sold foods and beverages;
- A plan for monitoring and measuring implementation of the wellness plan;
- A plan for fostering community involvement and notification.

Goal Areas for NJ-SP Wellness Plan

1. Nutrition Education
2. Nutrition Promotion
3. Physical Activity
4. Other School Based Activities
5. Implementation and Evaluation

The following goals and objectives are outlined for each goal area.

1. Nutrition Education

The corporation aims to teach and support healthy eating for all students throughout the school campus. Nutrition education positively influences lifelong eating behaviors by using evidenced-based techniques and instruction. The school supports the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards.

Goal/Objective: To provide nutrition education experiences that support the instructional component to improve students' eating behaviors.

Activities to help achieve goal/objective:

- Health teachers create nutrition education lessons by using the Indiana State Standards to drive the curriculum.
- Health teachers coordinate with school nutrition staff to integrate nutrition education.
- High School students are encouraged to take Nutrition and Wellness courses

Goal/Objective: To provide nutrition education experiences that help develop healthy lifestyle practices.

Activities to help achieve goal/objective:

- Cafeteria Manager will invite dietitian to conduct training sessions, presentations and/or information about choosing healthy foods.
- School Nutrition staff visits Health classrooms and explain how the food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans.
- Cafeteria Manager will survey students in to help plan the school menus.
- The Wellness Committee provides education opportunities for staff members regarding healthy living.

2. Nutrition Promotion

The corporation aspires to model and encourage healthy eating for all students. Nutrition promotion clearly influences lifelong eating habits by creating opportunities and environments that encourage healthy nutrition choices. Nutrition promotion includes marketing nutritious foods and beverages to students throughout the school corporation.

Goal/Objective: To promote nutrition information that supports healthy eating behaviors.

Activities to help achieve goal/objective:

- The school cafeteria will display posters to promote healthy eating and display other nutrition education materials
- The school cafeteria and administration will create an environment that encourages students to make healthy eating choices—strategically placing healthier items in easy to see and reach places in lunch serving line.

Goal/Objective: To promote skills needed to adopt healthy eating behaviors beyond the school day.

Activities to help achieve goal/objective:

- NJ-SP will provide nutrition education that will involve sharing information with families and the broader community to positively impact students and the health community.
- NJ-SP will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- NJ-SP will not serve fried foods for school breakfasts and lunches. No food or drink from fast food restaurants will be permitted during the school day.

3. Physical Activity

Goal/Objective: Schools will provide opportunities for quality physical education to develop the knowledge and skills for specific physical activities.

Activities to help achieve goal/objective:

- Regular physical activity will be available for students in grades K-9 and grades 10-12 will have elective options in PE.
- State standards for physical activity/education will drive the PE curriculum.

Goal/Objective: To provide opportunities for each student to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle.

Activities to help achieve goal/objective:

- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools will discourage extended periods of inactivity. When there are activities that make it necessary for students to be sitting for long periods of time, such as school-wide testing, students would have periodic "brain breaks," where they are encouraged to stand up and be moderately active.
- Schools will provide opportunities for students to have access to physical activity during lunch periods.
- Schools will encourage students in grades 6-12 to participate in at least one athletic extra curricular activity per year.
- The school will extend extra-curricular athletic events to 5th grade when appropriate in order to encourage students in grades 5 to begin participating.

4. Other School-based Activities

Goal/Objective: To provide school-based activities that are designed to promote student and staff wellness.

Activities to help achieve goal/objective:

- The school corporation will make efforts to keep school or school-owned physical activity facilities open for use by students, staff, and community members.
- The Wellness Committee will plan and implement activities to help improve nutrition and physical activity in the school community.
- The school corporation will make efforts for students to walk and ride bikes safely to and from school.

Goal/Objective: School and community members will be encouraged to participate in all health related activities.

Activities to help achieve goal/objective:

- The School will support and advertise physical fitness and wellness activities occurring in the community.
- The Wellness Committee will plan and implement activities to help improve nutrition and physical activity in the school.
- The School will offer Girls on the Run as a way to support activity outside of school.
- The School will continue to support non-school organized athletics by making gym available for those groups.

5. Implementation of Evaluation

Goal/Objective: To measure implementation of the wellness plan, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy/plan.

Activities to help achieve goal/objective:

- The Wellness Committee will establish a plan for measuring, monitoring and completing the NJ-SP wellness plan.
- The Wellness Committee will submit annually completed Wellness Plan Evaluation Checklist to School Food Service Director.

Nutrition Guidelines for Foods Available During the School Day

North Judson-San Pierre School Corporation is committed to serving healthy meals to children, with fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat serving, and to meet the nutrition needs of school children within their calorie requirements.

The school corporation is committed to ensure that all food and beverages made available to students on the school campus during the school day supports healthy eating. Food and beverages sold and served outside of the school nutrition program will meet the USDA Smart Snacks in School nutrition standards. These standards apply at all locations and services that food and beverages are sold to students during the school day, which may include, but are not limited to, a la cart options in cafeterias and vending machines.

School meals and after-school snacks adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), Indiana Board of Education, and North Judson-San Pierre Board of Education.

Students may bring their own breakfast and lunches, but all students must keep food and drinks in the cafeteria at all times. Parents/Guardians are not to bring/deliver students' food or beverages from outside eating establishments to school.

Classroom Celebrations

Classroom celebrations are limited to ensure maximum time for academics. Classroom celebrations include: Fall Celebration (October), Winter Celebration (December), and Valentine's Day (February).

Birthdays

With teacher permission, a single, commercially wrapped food item may be sent to school to be shared with all during a teacher-selected time. Parents should contact the teacher the day before the treat will be sent.

Guidelines for Non-sold Food and Beverages

Outside food brought into the school and/or classes shall gain prior approval with administration. If approval is granted, foods must be individually wrapped. Foods made at home may not be distributed within the school. The reason for this policy is because of the growing number of students who struggle with food allergies, diabetes, and childhood obesity. Individually wrapped items that would be considered healthy snacks include: pretzels, baked crackers, and granola bars. Foods of minimal nutritional value are not allowed during the school day. This includes, but is not limited to soft drinks, fried food, and fast food.

Fostering Community Involvement and Notification

North Judson-San Pierre School Corporation will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. We will promote a clear and consistent message that reinforces healthy eating and physical activity habits. Messages will be directed to students, staff, parents, and the community.

The Wellness Committee will use electronic and/or non-electronic means to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness plan and policy, as well as how to get involved and support the plan.

The Bluejay Strategic Planning Group will serve as the Parent and Community member perspective and representatives. This group will review, revise, summarize, and share annually all four of the Corporations strategic plans and policy plans (School Improvement Plans, Accountability & Strategic Plan, Technology Plan, and Wellness Plan).