

North Judson-San Pierre Wellness Plan



The NJ-SP Wellness Plan guides our school corporation's efforts to establish a school environment that promotes students' health, well being, and ability to learn by supporting healthy eating and physical activity. The Corporation is committed to providing a school environment that enhances learning and development of lifelong wellness practices. We believe well-being has a direct impact on student learning and behavior therefore, we have developed administrative regulations using standards designed to promote wellness, as mandated by federal and state law. These guidelines will establish goals for physical activity, nutrition education, nutrition and other school-based activities designed to promote student wellness.

Goal Areas for NJ-SP Wellness Plan

Goal 1 - Nutrition Education and Promotion

The Corporation will teach, model, encourage, and support healthy eating by all students. School will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens, cafeteria nutrition promotion activities, and nutrition-related community services

Goal 2 - Physical Activity

The Corporation will maximize physical education activities, teach physical activity skills, and promote lifelong fitness. School will provide students with age and grade appropriate opportunities to engage in physical activity.

Physical education curriculum will:

- Be provided each year for all students in grades K-9 and grades 10-12 will have elective options for PE.
- Involve physical activity for the majority of each Physical Education class.
- Reinforce knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- Encourage students to participate in at least 60 minutes of physical activity every day.

Daily Recess will be provided by elementary schools for students that:

- Will be offered outdoors when weather is feasible for outdoor play.
- Encourages moderate to vigorous physical activity
- Discourages extended periods (i.e., periods of 45 minutes or more) of inactivity
- Encourages classroom teachers to provide short 3-5 minute physical activity breaks during lessons.
- The corporation will provide resources and links to resources and tools with ideas for classroom physical activity breaks.

Goal 3 - **Other School-Based Activities that Promote Wellness**

As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

Educate parents regarding healthy food and beverage choices via written information and on the DCSD web site. Food and beverage choices will be based on United States Department of Agriculture Smart Snacks in School nutrition standards

Ensure that Food and beverages will not be used as rewards for student behavior. Provide school staff with a list of alternative ways to reward children.

Classroom events that include foods that do not meet Smart Snack guidelines will be limited to 1 per month. Only 1 food that does not meet the Smart Snack guidelines will be allowed. We will develop a focus group for

Encourage and Educate outside entities about healthy options for resale/reward at school- sponsored events and fundraisers that occur outside school hours (midnight to 30 minutes after final school bell). Alternative options will be provided to such groups via written information and on the DCSD web site. Groups will be encouraged to follow DCSD wellness guidelines.

Provide access to water throughout the school day; DCSD should continue to find ways to make water available to students in all settings.

Water should be made available to all students throughout the day.

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).