

**DeKalb County Eastern C.S.D.**  
**School Wellness Program and Policies**

The Board of School Trustees of DeKalb County Eastern C.S.D. recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by supporting the development of good eating habits, promoting increased physical activity both in and out of school, and providing nutritious meals and snacks through the school's meal program.

The Board believes the effort to support students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The DeKalb County Eastern C.S.D. is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, DeKalb County Eastern C.S.D. adapts the following policy:

- The school district will engage students, parents, teachers, food service providers, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing, district-wide nutrition and physical activity policies.
- All students in grades K-12 will be provided opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutritional recommendations of the U.S. Dietary Guidelines for Americans and The American Association Alliance for a Healthier Generation Guidelines.
- Qualified child nutrition staff will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. All students will be provided clean, safe, and pleasant settings and adequate time to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between education and school meal programs.
- Food and Beverages not sold but made available on the school campus during the day (ex. in classroom parties, classroom snacks brought by parents, or other foods given as incentives) are encouraged to provide items of nutritional value. A list of items will be posted on the school website.
- Food and Beverage Marketing will follow all food/beverage requirements to meet (Smart Snack) compliance.

School Wellness Committee: DeKalb County Eastern shall establish and maintain a district wellness committee that will develop, promote, and oversee a multifaceted plan to promote and support healthy behaviors and habits. This committee will consist of parents, food service personnel, students, nutritionists, healthcare professionals, school board members, administrators, and representatives of interested community organizations, in accordance with IC 16-41-41-3b

Qualifications of School Food Service Staff: Qualified nutrition staff will establish the school meal program. As part of the school district's responsibility to operate a food service program,

continuing professional development for all nutrition staff will be provided. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

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

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet nutritional requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program

Vending Machines:

- Elementary Schools: The school food service program will approve and provide all food and beverage sales to students in elementary school. Given young children's limited nutrition knowledge and decision-making skills, food in elementary schools should be sold as balanced meals.
- Junior High and High School: In junior high and high school, all foods and beverages sold individually outside the reimbursable school meal programs including those sold through ala carte or vending machines, shall meet all nutritional recommendations established by the state of Indiana and the U.S. Dietary Guidelines for Americans.

Meals Times and Scheduling: Schools

- Will provide students with an adequate amount of time to eat
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- Will provide students access to hand washing or hand sanitizing before consuming meals or snacks

Nutrition Education: DeKalb County Eastern aims to teach, encourage, and support healthy eating habits for its students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program, designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)

Physical Education and Activity: For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity in and out of school. School should provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

- Participation in such physical activity shall be provided for all students in kindergarten through grade six for a minimum of thirty minutes, three days a week, or the equivalent.
- Such participation may be provided for grades 7-12 through formal physical education courses, integration into other courses as appropriate, intramural activities, and/or extracurricular activities.
- Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

Health and Safe Environment: A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- School buildings, grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.

Monitoring: The superintendent or designee will ensure compliance with established districtwide nutrition, physical activity and all wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school by completing the school wellness assessment tool every three years and notify the public of the results.