

## **WELLNESS POLICY**

The Board of School Trustees of North Montgomery Community School Corporation supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the school corporation's students. Therefore it is the policy of the Board to:

- A. Provide students access to nutritious foods and beverages;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture.
- D. Have drinking water available throughout the school day.

All food items and beverages available for sale to students for consumption on campus between midnight before the start of the school day and thirty (30) minutes after the close of the school day shall comply with the current USDA's Smart Snacks in Schools regulations, including, but not limited to, competitive foods that are available to students a' la carte in the dining area, as well as food items and beverages from vending machines, school stores, or fundraisers by student clubs and organizations, parent groups, or booster clubs.

Fund-raisers by student clubs, organizations, parent groups, or booster clubs selling food for consumption during the school day that do not meet the USDA's Smart Snack in School regulations are limited to two (2) such fund-raisers per school building per year.

Nutrition Education shall be provided as part of the health education program and, as appropriate, shall be integrated into the classroom subjects such as math, science, language arts, physical education, and social studies. Students shall receive consistent nutrition messages and marketing based on the latest Dietary Guidelines for Americans, including smart snack information, throughout the school community, including the classrooms, the cafeteria, and school-home communications.

Nutritional messages, consistent with the Dietary Guidelines for Americans, shall be present to encourage students to increase their consumption of healthful foods throughout the day. Administrators, staff, and parents will be encouraged to model nutritious food choices and eating habits. Non-food alternatives are encouraged for rewards and/or fundraising events. In the event food items and beverages are served to students in classroom celebrations, the food items and beverages are encouraged to follow the Dietary Guidelines for Americans.

Each school day shall incorporate time for physical activity or exercise indoor and/or outdoor as determined at each building level in addition to the physical education curriculum. The schools will provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness. Taking away recess or other physical activity time for disciplinary reasons is discouraged.

Students, parents, and other community members shall have access to, and be encouraged to use, the schools outdoor physical activity facilities outside the normal school day. The schools, with prior approval of the Superintendent, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

The Superintendent and each building principal or designee shall jointly share the operational responsibility for ensuring that the provisions of this policy and the regulations are met in the corporation schools. The Director of Food Services, School Nurse Coordinator, and wellness committee will measure and evaluate the current wellness policy every three (3) years and recommend revision of the policy as necessary, to the Superintendent. The Superintendent shall report to the Board on the work of the wellness committee, and the areas for improvement, if any, that the committee identified through the wellness Policy Assessment Tool. Parents, students, staff, and other community members may access the North Montgomery Wellness Policy on the Corporation website.