

UNITED SCHOOLS OF INDIANAPOLIS WELLNESS POLICY

As required by law, the School Board establishes the following wellness policy for United Schools of Indianapolis (USI) as a part of a comprehensive wellness initiative.

The Board sets the following goals in an effort to enable students to establish healthy behaviors and lifestyle habits:

With regard to nutrition education, USI shall follow the following principles:

1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Nutrition education shall reinforce lifelong balance by emphasizing the link between food habits and physical activity in an age appropriate manner.
3. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes vegetables and fruit, grain foods, milk and milk products, and protein foods.
4. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

With regard to physical activity, USI shall provide the following:

1. Physical Education
 - a. Outdoor recess shall be provided for all grade K-4 students. Equipment promoting active play will be provided.
 - b. A sequential, comprehensive physical education program shall be provided for students in K-8 in accordance with the physical education academic content standards and benchmarks adopted by the State.
 - c. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
 - d. All students in grades K-8, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for at least 1 day per week for the entire school year.
 - e. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
 - f. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
 - g. The K-8 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
 - h. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.

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- i. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- j. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- k. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
- l. Planned instruction in physical education shall include cooperative as well as competitive games.
- m. Planned instruction in physical education shall take into account gender and cultural differences.

2. Physical Activity

- a. All students in grades 5 - 8 shall have the opportunity to participate in extracurricular activities and intramural programs (if an intramural program exists) that emphasize physical activity.

With regard to other school-based activities:

- 1. The schools shall provide at least 25 minutes daily for students to eat.
- 2. The schools shall schedule mealtimes so there is minimum disruption by other special programs or events.
- 3. The school shall provide attractive, clean environments in which the students eat.
- 4. Schools may limit the number of celebrations involving serving food during the school day.

With regard to nutrition promotion, USI shall:

- 1. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 - a. A variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
 - b. A variety of vegetables daily to meet the School Nutrition Guidelines.
 - c. Fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 - d. Meals designed to meet specific calorie ranges for age/grade groups, according to the school's nutrition program
 - e. Students shall be required to select a fruit or vegetable as part of a complete reimbursable meal Provide additional fresh fruit to students eating a school lunch.
 - f. Students shall be permitted to eat extra fruit servings at meal times, as desired.

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All foods and beverages sold as fund raisers outside of the school meals program during the regular and extended school day shall meet the USDA Smart Snacks in School rules. The Smart Snacks standards apply to all food and beverages sold during the school day from midnight the night before until 30 minutes after the end of school day. This includes food and beverages sold a la carte, in vending machines, through fund raisers, or any other venue that sells to students during the school day.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. Each school building, per school year, are allowed two (2) exemptions for fundraisers involving the sale of foods & beverages not meeting the nutrition standards for Smart Snacks and occurring during the school day.
- E. Any food or beverage service available to students on the school campus during the school day that is separate and apart from the district's nonprofit federally reimbursed food service program, and is operated by school approved organizations or by school approved vendors shall not operate in competition with the district's food service program and shall be closed for a period beginning ½ hour prior to and remain closed until ½ hour after each meal service.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued under the Child Nutrition Act and the School Lunch Act as they apply to schools.

Plan for Measuring Implementation and Evaluation

1. The School principal shall ensure this policy is implemented by providing regular and easy access to information about the wellness environment of the school. The principal shall provide public transparency of this policy as part of the school's annual improvement plan and annually reporting to the school's board of directors as required under applicable law.
2. The school permits parents, students, food service employees, school administrators, school board members, and members of the interested public, physical education teachers and school health professionals to participate in the implementation and periodic review/update of this policy.
3. The school delegates to the Wellness Coordinator the responsibility to measure periodically and make available to the public an assessment on the policy's implementation at a minimum of once every three (3) years, including the extent of compliance, a comparison to the State's model policy, and a description of the progress made in attaining the goals set forth in this policy.