

## 21-22 Wellness Policy on Physical Activity and Nutrition

Paramount Englewood (PEN) supports the health and well-being of its students by promoting recommended healthy foods and physical activity in all grade levels and subjects each school day, and outside the school day during PEN-sponsored campus events. The PEN School Health Advisory Council meets no less than twice yearly to review, revise, and update wellness activities and practices. The vehicle through which PEN maintains its PEN School Wellness Policy is available to students, families, and community members by means of the PEN school website.

In accordance with federal law, it is the policy of PEN to provide students access to healthy foods and beverages, provide opportunities for developmentally appropriate physical activity, and require that all meals served by PEN meet/exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

### I. Coordinated School Health Advisory Council

PEN engages parents/guardians, food service professionals, teachers, students, school healthcare professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing network-wide nutrition and physical activity policies. The Coordinated School Health Advisory Council formed as part of PEN's School Improvement Committee/Title Improvement Committee (SICTIC) is maintained at the school level to oversee the development, implementation, and evaluation of the school's wellness policy.

A. In accordance with state and federal law, PEN forms and maintains a Coordinated School Health Advisory Council that includes the following:

- **Parents/Guardians:** *Sarah Sites, Ivania Hernandez*
- **Food Service Director:** *Natalie Lee, Aramark*
- **Teacher:** *Carolyn Small*
- **Students:** *Emma Rose Tegeler (Gr. 7), Jacob Hernandez (Gr. 8)*
- **School Nurse:** *Bridget Tucker*
- **School Board Members:** *Peggy Blackard, Aster Bekele*
- **School Administrators:** *Darius Sawyers, Melissa Medinger, Peggy Purvis*

B. The Advisory Council meets no less than twice yearly to review and assess nutrition and physical activity policies and create one or more action plan(s) for the following year. The Council also discusses implementation activities and addresses barriers and challenges.

C. The Advisory Council reports annually to the Chief Executive Officer, Chief Operating Officer, and the Board on the implementation of the PEN Wellness Policy and includes recommended changes and/or revisions.

D. The Board adopts or revises nutrition and physical activity policies based on recommendations made by the Advisory Council.

## **II. Nutrition Education and Nutrition Promotion**

Nutrition topics are integrated within the comprehensive health education curriculum at PEN and are taught at every grade level (5-8) according to the standards of the Indiana Department of Education. PEN links nutrition education activities to existing health programs and other comparable comprehensive health promotion frameworks of the school and network.

## **III. Standards for USDA Child Nutrition Programs and School Meals**

PEN provides and promotes the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods that support healthier choices and promote optimal learning.

## **IV. Nutrition Standards for Competitive and Other Foods and Beverages**

A. PEN provides and allows students access to food and beverages that support proper and approved nutrition, promote healthy choices, and comply with federal nutrition standards to be brought into the school during the school day for events such as birthday, classroom and student of the month celebrations, as well as after-school events such as tutoring sessions, and other school-sponsored community events.

B. Only food marketing materials that promote student health, meet the federal nutrition standards, align with the PSOE food service provider and, are board-approved are permitted for display/advertisement in PEN, on its school grounds and campus during the school day and/or school-sponsored events outside the school day.

## **V. Physical Activity and Physical Education**

PEN supports the health and well-being of its students by promoting physical activity and exercise through STEM classes, classroom 'brain breaks', recess and other physical activity breaks inclusive of before and after school activities, and walking and/or bicycling to school. PEN supports physical activity among its students by providing them with at least 25 of the state-recommended 60 minutes of physical activity per day.

## **VI. Other Activities that Promote Student Wellness**

PEN supports the health and well-being of its students and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

## VII. Evaluation

Through the implementation and enforcement of this policy, PEN maintains and cultivates an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress PEN evaluates implementation efforts and the impact on students and staff at least every three years, and shares results of three-year assessments and evaluations to the school community via online communication to parents.

The Chief Operating Officer provides oversight to ensure compliance with this policy and its administrative regulations. PEN is responsible for retaining all compliance documentation including but not limited to policy and regulations, three-year assessment and evaluation reports, the wellness policy and plan. PEN is also responsible for public notification of the three-year assessment and evaluation report, including any updates to the policy made as a result of the network's three-year assessment and evaluation.

LEGAL REFERENCE:       42 U.S.C. 1758b  
                              7 CFR Part 210  
                              I.C. 20-26-9-18.5

### Administrative Regulations:

#### A. Nutrition Education

1. Health education is provided as part of a comprehensive health education program and taught by a health education instructor.
2. PEN provides nutrition education training opportunities for teachers and staff of grade levels and subjects.

#### B. Nutrition Promotion

1. Nutrition promotion includes lessons that cover topics such as how to read and use food labels, choosing healthy options, and portion control.
2. PEN staff members collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels, and maintaining a caloric balance between food intake and physical activity/exercise).

3. Nutrition promotion resources are provided to parents/guardians through handouts, website links, school newsletters, presentations, and other appropriate means available to reach parents/guardians.
4. Nutrition educators partner with the staff of PEN's foodservice program to use the cafeteria as a learning lab.
5. Foods of minimal nutritional value, including brands and illustrations, are not advertised or marketed in educational materials.

## IV. Standards for USDA Child Nutrition Programs and School Meals

### A. School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs:
  - i. Are appealing and appetizing to children;
  - ii. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
  - iii. Contain 0 percent trans fats;
  - iv. Offer a variety of fruits and vegetables;
2. 100 percent of the grains offered are whole grain-rich.
3. All cooked foods are baked or steamed. Proper procurement procedures and preparation methods are used to decrease excess fat, calorie, and sodium levels in food.
4. Students have the opportunity to provide input on local, cultural, and ethnic favorites.
5. The food services department provides periodic food promotions that allow for taste testing of new healthier foods being introduced on the menu.
6. Special dietary needs of students are considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
7. The food services department shares information about the nutritional content of meals with students and parents/guardians in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

### B. School Meal Participation

1. To the extent possible, PEN provides the USDA School Breakfast Program to all students.
2. To the extent possible, the school utilizes methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving "grab-and-go" breakfasts. PEN informs families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010. PEN sponsors the Summer Food Service Program when feasible.

### C. Mealtimes and Scheduling

1. Adequate time is provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. PEN school meals are served in clean and pleasant settings.
3. Students have convenient access to hand-washing and sanitizing stations.
4. Potable (drinking) water is readily available at all mealtimes.
5. Appropriate supervision is provided in the cafeteria and rules for safe behavior are consistently enforced.

#### D. Professional Development

1. Professional development and training are provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

#### V. Nutrition Standards for Competitive and Other Food and Beverages

##### A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007).

1. The school does not provide a la carte, vending machines, or other sold food options.

##### B. Classroom Celebrations

1. Classroom celebrations focus on activities (e.g., giving free time, extra recess, music, and reading time) rather than on food.
2. Classroom celebrations that include food will be limited to once per month. PEN informs parents/guardians of the classroom celebration guidelines via the Student and Family Handbook.

##### C. Food as a Reward or Punishment

1. Teachers and staff do not use food as a reward. For example, the use of sugar-sweetened beverages, candy, and/or other food as a classroom reward is not practiced at PEN.
2. School staff will not withhold food or drink from students at mealtimes as a punishment/consequence.

##### D. Fundraisers

1. All potential fundraising activities support healthy eating and wellness. PEN promotes the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards. Fundraisers

subject to this rule are those sold during the school day on school grounds. The PEN School day is defined as from midnight the night before to 30 minutes after the end of school.

## G. Non-sold food and beverages

1. Non-sold food and beverages comply with federal nutrition standards.

## H. Marketing

1. Signage or similar media on the school's campus during the school day may only advertise food and/or beverages provided and sold by the school that meets the competitive food standards for foods sold in schools (i.e. Smart Snacks).

## VI. Physical Activity and Physical Education

### A. STEM Class/Challenge Course

1. All PEN students have the availability to participate in a STEM Class/Challenge Course in order to meet the Physical Education Standards.
2. STEM class/Challenge Course classes have the same student/teacher ratio used in other classes and do not exceed an average of 30 to 1.
3. The STEM class/Challenge Course program is provided adequate space and equipment to ensure quality physical education classes for students.

### B. Daily Recess and Physical Activity Breaks

1. PEN provides daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All students have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period is held outdoors when possible. If the outdoor recess is not possible due to inclement weather, an indoor physical activity break will be provided in the classroom.
3. All PEN teachers are encouraged to use physical activity breaks during classroom time as often as possible.
4. PEN discourages extended periods of inactivity (two or more consecutive hours). During events such as mandatory school-wide testing, teachers give students periodic breaks for moderate physical activity.

### C. Physical Activity Opportunities Before and After School

1. PEN offers intramurals, clubs, interscholastic sports, and voluntary activities to increase opportunities for physical activity after school, taking into account student interest and supervisor availability.
2. After-school enrichment providers include physical activity in their programs, to the extent space and equipment allow.

## D. Physical Activity and Remedial Activities/Punishment

1. Students are not removed or excused from the STEM class/Challenge Course to receive instruction in other content areas.
2. School staff does not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment/consequence.

## VI. Other School-Based Activities

### A. Walking and Bicycling to School

1. Where appropriate and safe, PEN allows students and staff to walk and bicycle to school.
2. To the extent possible, PEN makes improvements so it is safer, easier, and more enjoyable for students and staff to walk and bicycle to school.
3. PEN explores the availability of both local and federal funding (e.g., Safe Routes to School funds administered by the Indiana Department of Transportation) to finance such improvements.
4. PEN promotes walking and bicycling to school, including the promotion of International Walk to School Day, which falls on the first Wednesday of October each year and Bike to School Day, which falls on the first Wednesday of May each year.

### B. Use of School Facilities Outside of School Hours

1. PEN school spaces and facilities, such as the playground, are made available to students, staff, and community members before and after the school day, on weekends, and during school vacations. PEN school policies concerning safety apply at all times.

### C. Staff Wellness

1. PEN promotes programs to increase knowledge of the physical activity and healthy eating for faculty and staff. Presentations on health and wellness are provided no less than two times each school year.
2. PEN staff members are offered free family YMCA memberships.
3. PEN allows staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.

4. PEN staff are encouraged to participate in community walking, bicycling, running and other events that promote physical activity.
5. All PEN staff involved in physical education are provided opportunities for professional development focusing on physical activity, fitness, health, and wellness.
6. PEN promotes breastfeeding by making reasonable efforts to provide a private office/conference room for employees to express breast milk in accordance with IC 22-2-14-2.

## VII. Evaluation of Wellness Policy

### A. Implementation and Data Collection

1. The PEN STEM instructor uses evidence-based assessments to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance, and flexibility.
2. PEN is responsible for retaining all documentation of compliance with this policy and its regulations. The principal/designee ensures that PEN follows the network's wellness policy every three school years by assessing wellness implementation strategies. When requested, the principal/designee provides a written report to the executive director, who provides the report to the school board. The principal's report contains the following information: the school's progress toward meeting the wellness goals over the previous three school years; a description of how the public can receive a copy of the policy; a description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the school official coordinating the health advisory council or the school's wellness team; and information on how individuals and the public can get involved with the school's wellness team.
3. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council and will be responsible for the three-year assessment of each school's compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations, the extent to which each school is in compliance with the policy, the extent this policy compares to other model school wellness policies, and a description of the progress made in attaining the goals of the wellness policy. As a result of this assessment and evaluation policy and regulations is revised as needed.
4. The three-year assessment and evaluation report is made available to the public in the school office.