

East Gibson School Corporation
Wellness Policy on Physical Activity and Nutrition

The Board of Trustees of the East Gibson School Corporation supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

In accordance with state law and federal law, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- Parents
- Students
- Food Service Personnel
- PE Teachers
- School Health Professionals
- School Board Members
- School Administrators
- General Public

Food Service

1. The East Gibson School Corporation ensures that the school's food service meets the USDA Requirements for School Meals and that for all food and beverages sold during the school day, Smart Snack guidelines are followed.

Nutritional Guidelines for Non-Sold Food and Beverages

1. Students are permitted to have water only, in clear bottles, in the classroom.
2. Rewarding children in the classroom will not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits.
3. Foods brought into the school and shared with other students must be in an original package. This precaution ensures that students with food allergies are protected from allergens found in ingredients that may be included in non-packaged (homemade) items, and students with diabetes will have accurate nutritional information of which insulin doses may be accurately calculated.

Food and Beverage Marketing

1. Marketing unhealthy foods is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is enforced.
2. Upon entering the next vending machine contract, it will be advised that all vending machine covers promote water.

Nutrition Education

1. Nutrition education is included in health curriculum so that instruction is sequential and standards-based and provides students with knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age appropriate.

Nutrition Promotion

1. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
2. Healthier food options are clearly identified on menus, lunch lines, and concessions.
3. Schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

Physical Activity

1. The student teacher ratio for physical education classes will be no larger than other classes (30-1).
2. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
3. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.
4. If outdoor recess is not possible, due to inclement weather, teachers will provide an indoor physical activity break in the classroom or gym.

Other Activities

1. School will host a family health fair once a year to encourage all families to engage in physical activities with their kids, try new food, and learn healthy habits.
2. At least 75% of the food options available at staff meetings will meet the approved nutrition standards. During meetings lasting longer than one hour, staff will be led in a stretch and physical activity.

Evaluation

1. Every three years, the Wellness Council will evaluate the Wellness Policy using an evaluation tool.

Person Responsible

1. Each of the five (5) corporation schools has identified a responsible party for monitoring the local wellness policy.

Communication

1. The Superintendent shall distribute information at the beginning of the school year to families of school children, include information in the student handbook, and post the Wellness Policy on the corporation website.
2. The Wellness Council will update the Final Rule Documentation yearly.

Wellness Policy as it Relates to Students Participating in Extracurricular Activities

The current EGSC policy states:

“Foods brought into the school and shared with other students must be in an original package. This precaution ensures that students with food allergies are protected from allergens found in ingredients that may be included in non-packaged (homemade) items, and students with diabetes will have accurate nutritional information of which insulin doses may be accurately calculated.”

Students participating in extracurricular activities are doing so as an extension of the school day. As such, this policy shall continue to be followed throughout the extracurricular activity. The school employee responsible for the extracurricular activity will be responsible for seeing that this policy is followed as well.

Outside Food Policy

East Gibson School Corporation will not allow off-campus restaurant meals to be brought in by students or parents, or delivered by food establishments to the school buildings. Students may bring their lunches from home. If a student is found with off-campus restaurant food, the student will be removed from the cafeteria and will eat in the principal’s office. Parents will be notified and reminded of this policy. If the student is caught a second time and thereafter, they will eat in the office and progressive discipline from detention to eventually out-of-school suspension will be used. Having a no off-campus restaurant food policy is important for our school for many reasons:

1. Provides a healthier/more nutritious school environment for the growth of our students.
2. It creates equitable food choices for all students.
3. It helps maintain the safety of our students and staff with a closed campus and limiting visitors and deliveries.

Amendment to Wellness Policy for Class Parties (4/2022)

Any class celebration that includes food will only have food that is prepackaged with nutrition and ingredient labels present. Fresh fruits and vegetables are encouraged. Parents continue to also have the option of calling the cafeteria and placing an order for a treat for their child's class parties.