

# **CANNELTON CITY SCHOOLS**

## **Wellness Policy on Physical Activity and Nutrition**

*The Board of School Trustees of Cannelton City Schools 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 federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.*

*The School Wellness Policy shall be made available to students and families by means of school registration and the corporation's website.*

### **I. Nutrition**

#### **A. Nutrition Education**

1. Nutrition topics shall be integrated within the health education curriculum and taught at every grade level (K-12) according to the standards of the Indiana Department of Education. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.
2. The School Corporation will provide nutrition education training opportunities to teachers and staff.

#### **B. Nutrition Promotion**

1. Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options, and portion control.
2. Nutrition promotion resources will be provided to parents/guardians through handouts, school newsletters, and other appropriate means available to reach parents/guardians.
3. Cannelton City Schools has partnered with the Perry County Purdue Extension for the purpose of educating students on healthy living. Additionally, the Purdue Extension teaches students to plant, grow, and harvest crops. Outreach supports an active lifestyle with physical exercise, and Extension personnel aides in the continued effort of Cannelton Schools to offer appealing, accessible, and nutritious meals.

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

##### **School Meal Content**

1. Meals served through the National School Breakfast and Lunch Programs will:
  - Be appealing and appetizing to children;
  - Meet, at a minimum, the nutritional requirements established by the USDA for federally funded programs.
2. Attempts will be made to purchase fresh fruits and vegetables from local sources when practical.

3. Produce from Branchville Correctional Facilities has been secured, when available, through CCS partnership with the Perry County Purdue Extension.
4. Special dietary needs of students will be considered when planning meals, according to the document, "*Accommodating Children with Special Dietary Needs in the School Nutrition Programs.*" All meals will still be offered/ served in accordance with federal law.

### **School Meal Participation**

1. Schools will provide the USDA School Breakfast and Lunch Program to all students.
2. Schools will inform families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010.
3. As a CEP participating school corporation, all students enrolled at Cannelton City Schools are eligible for free meals.

### **Mealtimes and Scheduling**

1. Adequate time will be provided to students to eat meals.
2. School meals will be served in clean and pleasant settings.
3. Students will have convenient access to hand-washing areas.
4. Drinking water will be available at all mealtimes.
5. Appropriate supervision will be provided in the cafeteria and rules for safe behavior will be enforced.

### **Professional Development**

1. Professional Development and training will be provided to food service managers and staff on proper food handling techniques and healthy cooking practices.

## **II. Nutrition Standards for Competitive and Other Food and Beverages**

### **A. Availability**

1. Vending machines: Location and contents shall meet the requirements of federal and state laws. Machines will automatically disable at midnight each night, and will remain disabled until 3:35 PM each day which is thirty minutes following student dismissal from school.
2. Water fountains: located throughout the school buildings, provide students and staff with free drinking water for consumption.

### **B. Classroom Celebrations**

1. Classroom celebrations will focus on activities (i.e. giving free time, extra recess, music/reading time) and any food will not be the primary focus.
2. Classroom celebrations that include food are not required to meet federal nutrition requirements. Classroom celebrations are limited to 1 per semester, per class.

### **C. Marketing**

1. Signage, advertising food and/or drink, on school campuses during the school day, must comply with federal and state laws. Partnerships with local resource agencies will be utilized to limit cost while also promoting community resources to students and families.

**D. Non-sold food and beverages**

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

**E. Fundraising**

1. Fundraisers will support the school's overall mission regarding nutrition. Fundraisers subject to this rule are those sold *during* the school day, *on* school grounds.

**F. Food as a Punishment**

1. Teachers and staff will not withhold food and drink at mealtimes as punishment.

**III. Physical Activity and Physical Education**

**A. Physical Education K-12**

1. All students in grades K-5 will participate in physical education class, once a week, in addition to daily recess time.
2. All students in grades 6-8 will have a 12 week rotated physical education class, in addition to daily morning & lunch recess time.
3. Freshman students will all be enrolled in a required physical education class for the entire school year.
4. Students in grades 10-12 will be offered an advanced physical education/weightlifting class as an elective.
5. All physical education programs provide adequate space and equipment to ensure quality physical education classes for students.

**B. Physical Activity K-12**

1. All elementary students will be provided daily physical activity, in accordance with Indiana Code 20-30-5-7.5, and have at least one active recess per day that is at least 20 minutes in length.
2. Teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
3. Schools will offer interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school.

**C. Other Activities**

1. Where appropriate and safe, school will allow walking and bicycling to school.
2. Elementary students will participate in *ACES (All Children Exercise Simultaneously) Day*, each year on the given day.
3. Students in grades 6-9 will participate in the Presidential Physical Fitness Test as part of physical education.

4. Schools will allow staff to use facilities outside of school hours for activities such as group fitness classes and walking programs.
5. A staff sponsored/ supervised weightlifting club was established and holds activity 5 days a week at the school gymnasium.

**D. Physical Activity as Punishment**

1. School staff will not use physical activity (i.e. running laps, pushups) as a punishment for conduct in an unrelated course.

**IV. Evaluation of Wellness Policy**

**A. Implementation**

1. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council. Mr. Brian Garrett, Principal, Mrs. Billie Gogel, High School Teacher, and Mrs. Angie Dykes, Food Service Director, Mrs. Edie Powers, Parent, and Mrs. Stephanie Glenn, School Nurse, will be responsible for the three-year assessment and monitoring of each school's compliance with the policy.
2. The three-year assessment and evaluation report will be made available to the public by posting it on the school corporation website.

Angie Dykes  
Food Service Director,  
Cannelton City Schools

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