ELKHART
COMMUNITY SCHOOLS

WELLNESS POLICY

Est. 2015

Revised 7/25/2018

Elkhart Community Schools is committed to the continual pursuit of excellence for all students by inspiring the belief that learning is a lifelong process.

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USDA guidelines for Breakfast and Lunch

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grade K-5th	Grade 6-8th	Grade 9-12th	Grade K-5th	Grade 6-8th	Grade 9-12th
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
Fruits (cups)	5 (1)	5 (1)	5 (1)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups)	0	0	0	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark Green	0	0	0	1/2	1/2	1/2
Red/Orange	0	0	0	3/4	3/4	1 1/4
Beans/Peas (Legumes)	0	0	0	1/2	1/2	1/2
Starchy	0	0	0	1/2	1/2	1/2
Other	0	0	0	1/2	1/2	3/4
Additional Vegetable to Reach Total	0	0	0	1	1	1 1/2
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (Oz eq)	0	0	0	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max Calories (kcl)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

Elkhart Community Schools Food Service Department will provide foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.

Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007) and the standards of the USDA Smart Snacks.

K-12 a la carte, school vending machines and other foods outside of school meals shall be limited to:

No more than 30 percent of total calories from fat
Less than 10 percent of total calories from saturated fats
0 percent trans fat
No more than 35 percent of calories from total sugars
No more than 200 milligrams of sodium per portion as packaged
No more than 200 calories per package
100 percent of the grains offered are whole grain-rich

K-12 a la carte, school vending machines and other beverages outside of school meals shall be limited to:

All schools may sell:

Plain water (with or without carbonation)
Unflavored low fat milk
Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
100% fruit or vegetable juice and
100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

No more than 20-ounce portions of
Calorie-free, flavored water (with or without carbonation); and
Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
No more than 12-ounce portions of
Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

(School day is Midnight until 30 minutes after dismissal)

Classroom Celebrations– All Schools

Classroom celebrations will focus on non food items such as pencils, erasers and stickers.

When food items are a part of a celebration Elkhart Community Schools encourages meeting the USDA nutrition standards.

Some examples of Smart Snack Compliant items are:

- Fruits or Vegetables
- Cereal Bars:
  - Nutri-grain Bar, Trix Bar, Coco Krispie Granola Bar, Golden Graham Cereal Bar, Mixed Berry Cereal Bar
- Cereal on the go:
  - Cinnamon Toast, Golden Graham and Fruity Cheerios
- Snacks: (All snacks must be Whole grain or Low fat)
  - Apple Chips, Raisins, Raisels, Cran Raisins, Cheez Its, Goldfish, Pretzels, Reduced Fat Doritos, Reduced Cool Ranch Doritos, Chex Mix, , Animal crackers, Chocolate Elf Grahams , Graham Crackers, Sherbet, Pudding cup, and Yogurt
- Drinks:
  - Elementary- (up to) 8oz low/non fat milk, (up to) 8oz 100% juice and any size water
  - Middle School– (up to) 12oz low/non fat milk, (up to) 12oz 100% juice and any size water
  - High School- (up to) 20oz calorie free flavored water, Other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz or less than 10 calories per 20 fluid oz. and beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

***** Due to Allergies please provide ingredients label with product *****

If you have any questions or concerns please call Food Service at (574)-262-5551. You can also email to see if product meets the USDA standards at pmelcher@elkhart.k12.in.us. Or let Food Service take the guess work out of it for you and supply the treat .

Please contact the Food Service Manager at your students school to find out about the Celebration Packages and prices that are offered.

Memorial– 262-5770
Central– 295-4721
North Side– 262-5870
Pierre Moran-295-4782
West Side– 295-4783

Beardsley-262-5575
Beck-295-4830
Bristol-848-7421
Cleveland-262-5580
Daly-295-4870
Eastwood-262-5583
Feeser-262-5586

Hawthorne-295-4820
Monger-295-4860
Osolo-262-5590
Pinewood-262-5595
Riverview-295-4850
Roosevelt-295-4840
Woodland-262-5578

Food as a Reward or Punishment

Teachers and Staff will not use food as a form of punishment and recommends the consideration of both food and non-food items as rewards.

Fundraisers

1. Fundraising activities will support healthy eating and wellness
2. All food or beverage items that are sold as a fundraiser to students during the school day must meet the approved nutrition standards.
3. Fundraisers must be submitted for board approval prior to sale.

Examples of:

- Water with School logo on them
- Candles
- Gift Wrap
- Calendars
- Plants, Flowers or Bulbs
- Car washes

Vending Machines

Vending machines at an elementary or middle school that dispense food or beverage items may not be accessible to students.

Vending machines in high schools:

- Only smart snack compliant vending machines will be available during the school day.
- Diet soda will be available 30 minutes after the school day ends until midnight.
- Vending machines that offer non-compliant items will be available 30 minutes after the school day ends until midnight.
- Vending machine that offer both compliant and non-compliant items will have timers on the non-compliant items.
- Vending machines for school staff will not be accessible to students.
- Food and beverages will not be sold in school stores.

Concession Stands

The concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.

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(School day is Midnight until 30 minutes after dismissal)

Physical Activity:

Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote school wellness.

Physical Activity and Physical Education

Elkhart Community School supports the health and well-being of students by promoting activity through physical education, recess and other physical activity breaks; before and after school activities; walking and bicycling to school. Additionally, Elkhart Community School supports physical activity among elementary students by providing them with at least 20 of the recommended 60 minutes of physical activity per day when weather permits.

A. Physical Education K-12

1. Students in grades K-12 will participate in physical education in order to meet the Physical Education Standards. Also, high schools will encourage students to take more than the required courses of physical education required for all Indiana diplomas.
2. The physical education program shall provide adequate space and equipment to ensure quality physical education classes for students.
3. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

B. Daily Recess and Physical Activity Breaks

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All elementary school students will have at least one 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 will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible and implement strategies of learning while moving. *(e.g., head, shoulder, knees and toes at desk, arm pushes against the wall, stretching in between subjects, and marching instead of walking to the restroom)*
4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity Opportunities Before and After School

1. Schools will offer intramurals, clubs, Boys and Girls Club, before/after care interscholastic sports and voluntary activities to increase opportunities for physical activity before and /or after school, taking into account student interest and supervisor availability.

D. Physical Activity and Remedial Activities/Punishment

1. School staff is encouraged not to withhold opportunities for physical activity as punishment.

E. Use of School Facilities Outside of School Hours

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

Activity ideas for students:

- Preschool and Kindergarten: Balance Beam Snake, Crossover Walk, Jumping Grid, Leap Frog, Midline Jumping, Scattered Circles, Shape Grid, Stepping Stones with Letters, Zig Zag Footprints
- Primary Grades K-3: Ball Hop Scotch, Bean Bag Four Square, Bean Bag Toss, Crossover Walking Grid, Four Square Court, Galloping Track, Hop Scotch, Mid-Line Jumping Grid, Skipping Track, Tether Ball Court
- Upper Elementary Grades 3-6: Around the World Ball, Box Ball, Four Corners, Handball, Jolly Ball, Long Ball, Shuffleboard, Team Four Square, Tetherball, Twenty One, Volley Tennis
- Field Activities Grades 1-6: Beat the Ball, Couples Tag, Crossover, Endline Soccer, Disc Golf, Home Run, Line Soccer, Modified Soccer, One Base Kickball, Throw it and Run Softball, Touch Football, Work–Softball

Staff Wellness

Elkhart Community School supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

Nutrition and Physical Activity

1. Staff with the School District's insurance will have the opportunity for wellness check ups.

2. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.

3. The school corporation benefits department will work with local fitness centers to offer reduced membership fees.

4. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.

5. Staff vending machines will contain at least 50 percent healthy choices as outlined in the approved nutrition standards.

6. At least 50 percent of the food options available at staff meetings will meet the approved nutrition standards. During meetings lasting longer than one hour, staff will have the opportunity to stretch and be physically active.

7. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk, in accordance with Indiana Code 22-2-14-2.

Healthy Food Options for meeting

Low Calories and Low Fat foods, Salads w/ low fat or fat free dressings, Fruits, Vegetables, Whole Grain products and Low Fat Dairy items

Evaluation

Policy Recommendations

Elkhart Community School is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress the corporation will evaluate implementation efforts and their impact on students and staff yearly.

1. The school corporation will use a physical fitness test to track the collective health of the students .
2. The school nurse will monitor their schools compliance with the corporation's Wellness Policy halfway through the school year and advise the principal of such status. The principal shall then report to the Director of Food Service, who will provide a report to the Superintendent and School Board.
3. The evaluation of the Wellness Policy and implementation will be directed by the Food Service Director.
4. Director of Food Services will review this policy annually with the Wellness Committee and make recommendations to the Board regarding any necessary changes.