

Intent of this Policy: The intent of this policy is to provide language for physical activity and nutrition for Timothy L. Johnson Academy (TLJA) that aligns with best practice recommendations.

School Wellness

Physical Activity & Nutrition

Get Moving!

60 Minutes a Day!



- Play Sports
- Dance
- Walk or Bike
- Recess Fun!

Stay Active!

Run, Jump, Play!



Eat Healthy!

Fuel Your Body!



- Choose Fruits & Veggies
- Drink Water
- Whole Grains
- Healthy Snacks



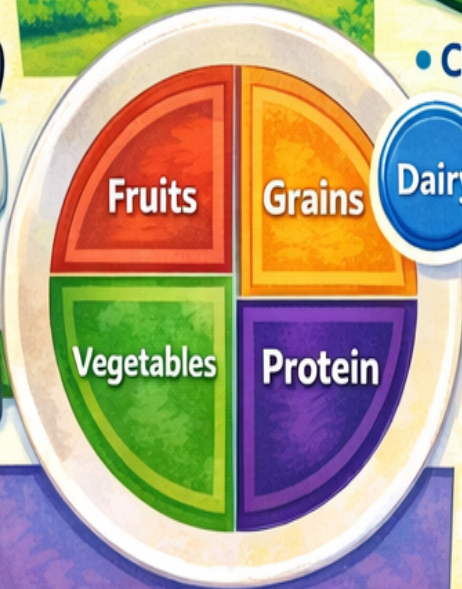
Healthy Habits

- Get Enough Sleep
- Limit Screen Time
- Wash Your Hands



What's On Your Plate?

- Balance Your Meals!
- Choose Colorful Foods!



Be Active ★ Eat Smart ★ Feel Great!

Healthy Students are Better Learners!

Wellness Policy on Physical Activity and Nutrition

Philosophy: The Board of Directors of Timothy L. Johnson Academy supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the policy of the Board to:

Statement of Purpose: 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. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

I. Coordinated School Health Advisory Council

TLJA will engage students, parents/guardians, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing corporation-wide nutrition and physical activity policies. The TLJA School Improvement Plan Committee (SIP) will include a Coordinated School Health Advisory Council and will oversee the development, implementation, and evaluation of the school corporation's wellness policy.

- A. In accordance with Indiana Code 20-26-9-18 and the Healthy, Hunger Free Kids Act of 2010 (HHFKA), TLJA will form and maintain a SIP Coordinated School Health Advisory Council that involves at least the following:
 - Parents/Guardians
 - Food Service Directors and Staff
 - Students
 - School Health Professionals/Registered Dietitians
 - Physical Education Teachers
 - School Board Members
 - School Administrators
 - Any Interested Members of the General Public
 - Representatives of Interested Community Organizations
- B. The SIP shall meet on a regular basis to review nutrition and physical activity policies and to develop an action plan for the coming year. The SIP shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
- C. The SIP annual report shall include progress on the implementation of the wellness policy and include any recommended changes or revisions.
- D. The TLJA Board of Directors will adopt, or revise nutrition and physical activity policies based on recommendations made by the SIP.

- E. The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook, and the corporation’s website.

II. Nutrition Education and Promotion

Nutrition topics shall be integrated into the comprehensive health education curriculum and taught at every grade level (K-8), in accordance with the standards of the Indiana Department of Education. Schools will link nutrition education and promotion activities that are coordinated with existing school health programs or other comparable comprehensive school health promotion frameworks.

- A. Nutrition education and promotion will be provided as part of a Comprehensive Health Education Program.
1. Health education will be taught by a licensed instructor.
 2. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options, and portion control.
 3. School staff will 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).
 4. Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, and any other appropriate means available to reach parents/guardians.
 5. Nutrition educators will partner with school staff of the school food service program to use the cafeterias to make healthier choices more appealing.
 6. Nutrition labels will be provided on all foods to allow student to easily identify healthier foods
 7. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in education materials.

III. Standards for USDA Child Nutrition Programs and School Meals

TLJA will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

A. School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs will:
 - Be appealing and appetizing to children
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs
 - Contain 0 percent trans fats
 - Offer a variety of fruits and vegetables
 - 100% of the grains offered are whole grain-rich

2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calories, and sodium levels in food.
3. Schools are encouraged to purchase or obtain fresh fruits and vegetables from local farmers when practical.
4. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
5. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
6. 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.”*
7. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available 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, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will use methods to encourage participation in school breakfast, including serving breakfast in the classroom, serving grab-and-go breakfasts, and arranging transportation schedules to allow for earlier arrival times.
3. 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. Schools in which more than 50 percent of students are eligible for free or reduced-priced school meals will sponsor the Summer Food Service Program when feasible.
4. Schools will provide the After School Meal Program, when it becomes available, in accordance with the Healthy, Hunger-Free Kids Act of 2010.

C. Mealtimes and Scheduling

1. Adequate time will be provided for students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. Elementary schools will schedule recesses before lunch.
3. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to hand-washing and sanitizing stations.
5. Potable (drinking) water must be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria, and rules for safe behavior shall be consistently enforced.

D. Professional Development

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

IV. Nutrition Standards for Competitive and Other Foods and Beverages

TLJA will provide and allow 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.

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

1. K-8 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 fats
- 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, and
- 100 percent of the grains offered are whole-grain-rich.

2. K-8 a la carte, school vending machines, and other beverages outside of school meals shall be limited to:

- Water without flavoring, additives, or carbonation
- Low-fat and nonfat milk (in 8-to-12-ounce portions).
- 100 percent fruit juice in 4-ounce portions as packaged for elementary/middle school and 8-ounce (2 portions) for high school, and
- All beverages other than water, white milk, or juice shall be no larger than 12 ounces.

B. Availability

1. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
2. Vending machines in middle and high schools:
 - Will not be available during mealtimes
 - Will contain items that meet the approved nutrition standards
3. Vending machines for school staff will not be accessible to students
4. Food and beverages will not be sold in school stores
5. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

C. Classroom Celebrations

1. Classroom celebrations will 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 one per month. Food items must meet the approved nutrition standards.
3. Schools shall inform parents/guardians of the classroom celebration guidelines.

D. Food as a Reward or Punishment

1. Teachers and staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate
2. School staff will not withhold food or drink at mealtimes as punishment.

E. Fundraisers

1. Fundraising activities will support healthy eating and wellness. Schools will promote 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.

V. Physical Activity and Physical Education

TLJA supports the health and well-being of students by promoting physical activity through physical education, recess, and other physical activity breaks; before and after-school activities; and walking and bicycling to school. Additionally, TLJA supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

A. Physical Education K-8

1. All students in grades K-8 will participate in physical education to meet the Physical Education Standards. Also, high schools will encourage students to take more than the required physical education courses for all Indian diplomas.
2. Waivers will not apply towards the physical education courses required for a diploma. Credit flexibility in physical education will be limited to elective courses.
3. Physical education classes will have the same student/teacher ratio used in other classes.
4. The physical education program shall be provided with adequate space and equipment to ensure quality physical education classes for students.
5. Physical education will be taught by a licensed instructor.
6. 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 the Indiana Code 20-30-5-7-5.
2. All elementary school students will have at least 1 period of active recess per day, 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.
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, interscholastic sports, and voluntary activities to increase physical activity opportunities before and/or after school, considering student interest and supervisor availability.
2. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education to receive instruction in other content areas
2. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

E. Walking and Bicycling to School

1. Where appropriate and safe, schools will allow walking and bicycling to school.
2. To the extent possible, the school corporation will make improvements to make it safer, easier, and more enjoyable for students to walk and bicycle to school.
3. The school corporation will explore 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. Schools will promote walking and bicycling to school, including International Walk to School Day, which falls on the first Wednesday of October each year.

F. Use of School Facilities Outside of School Hours

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

VI. Staff Wellness

TLJA supports the health and well-being of our staff by creating and promoting policies and environmental supports that provide opportunities for physical activity and healthy eating.

A. Nutrition and Physical Activity

1. TLJA will promote programs to increase faculty and staff knowledge of physical activity and healthy eating. Presentations on health and wellness will be provided at least twice each school year.
2. Staff will be encouraged to participate in community walking, bicycling, or running events.

VII. Evaluations

TLJA is committed to enforcing the policies and guidelines included in this document. By implementing the School Wellness Policy, the corporation will create an environment that supports physical activity and healthy eating behaviors. To ensure progress, the corporation will evaluate implementation efforts and their impact on students and staff.

A. Implementation and Data Collection

1. TLJA SIP shall ensure that its school follows the TLJA wellness policy by assessing wellness implementation strategies.
2. The evaluation of the wellness policy and implementation will be directed by the TLJA School Improvement Plan Committee.
3. Policy language will be assessed each year and revised as needed.