

WELLNESS POLICY

The Mill Creek Community School Corporation Board of School Trustees is committed to providing a school environment that enhances learning and development of lifelong wellness practices. Our goals will be:

- Child Nutrition Programs shall comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Nutrition education is provided and promoted. Schools will link nutrition education activities with the coordinated school health programs, math, science, social studies, and language arts as applicable. Nutrition education will be offered in the school dining room through posters on nutrition topics.
- Patterns of meaningful physical activity that connect to students' lives outside of physical education will be encouraged.
- Foods and beverages made available at school during the school day will be selected using nutritional guidelines with the objectives of promoting student health and reducing childhood obesity.
- All foods made available on campus during normal school hours will adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food will not be used as a reward nor will physical activity be used as a punishment.

NUTRITION

General Guidelines

1. Nutrition guidelines that are consistent with USDA standards shall be established for all foods offered by the district's Child Nutrition Department or contracted vendors.
2. Nutrition information will be provided to families to assist them in teaching their children about health and nutrition.
3. Nutrition policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
4. Students will be encouraged to start each day with a healthy breakfast.

5. A la carte offerings to students shall be nutritious and meet federal recommended guidelines. Continue to provide a selection of items on the a la carte line that can be used for a reimbursable meal.

Food Items During School Hours

1. Vending of food items during the school day shall meet requirements of state and federal legislation.
2. The availability of food and beverages of minimal nutritional value shall be limited to students—available to elementary or middle school campuses only after the end of the school day and available on the high school campus according to state and federal legislation.
3. No outside drinks or commercially prepared/vendor-prepared foods should be brought onto school property during the school day without the prior approval of the building principal. The school district encourages organizations to use non-food items or foods designed for delivery and consumption after hours as fund-raisers.

HEALTH EDUCATION AND LIFE SKILLS

Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice skills related to health promotion and disease prevention.

Schools shall have a skill-based health education program based upon state standards.

Students shall have access to valid and useful health information and health promotion products and services.

PHYSICAL EDUCATION

Physical activity shall be integrated through curriculum throughout the school day. Movement can be made a part of science, math, social studies and language arts. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles.

Participation in such physical activity shall be required for all students in kindergarten through grade five. Students shall participate in daily recess with supervised unstructured play.

Instruction may be provided for grades 6-8 through formal physical education courses and other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.

High school requires two semesters of physical education and one semester of health. Additionally, a wide variety of physical education electives and extra curricular activities are offered. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

HEALTHY AND SAFE ENVIRONMENT

A healthy and safe environment for all supports academic success. School buildings, grounds, buses and equipment shall meet all current health and safety standards.

Each school and district site shall be in compliance with drug, alcohol and tobacco free policies. Currently the Mill Creek Community School Corporation is a drug, alcohol and tobacco free establishment.

Safety procedures and appropriate training for students and staff shall support personal safety.

Each school will be encouraged to promote health projects and events

IMPLEMENTATION

This policy was developed by a committee of parents, students, and school district staff.

The superintendent and each building principal or designee shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met. The superintendent will be responsible for reporting to the board on the progress of the school corporation in implementing this policy. The superintendent is also responsible to prepare rules, regulations and guidelines to implement and support this policy.

Legal Reference: 42 U.S.C. § 1751

March 16, 2006 Revision

Adopted: June 14, 2006