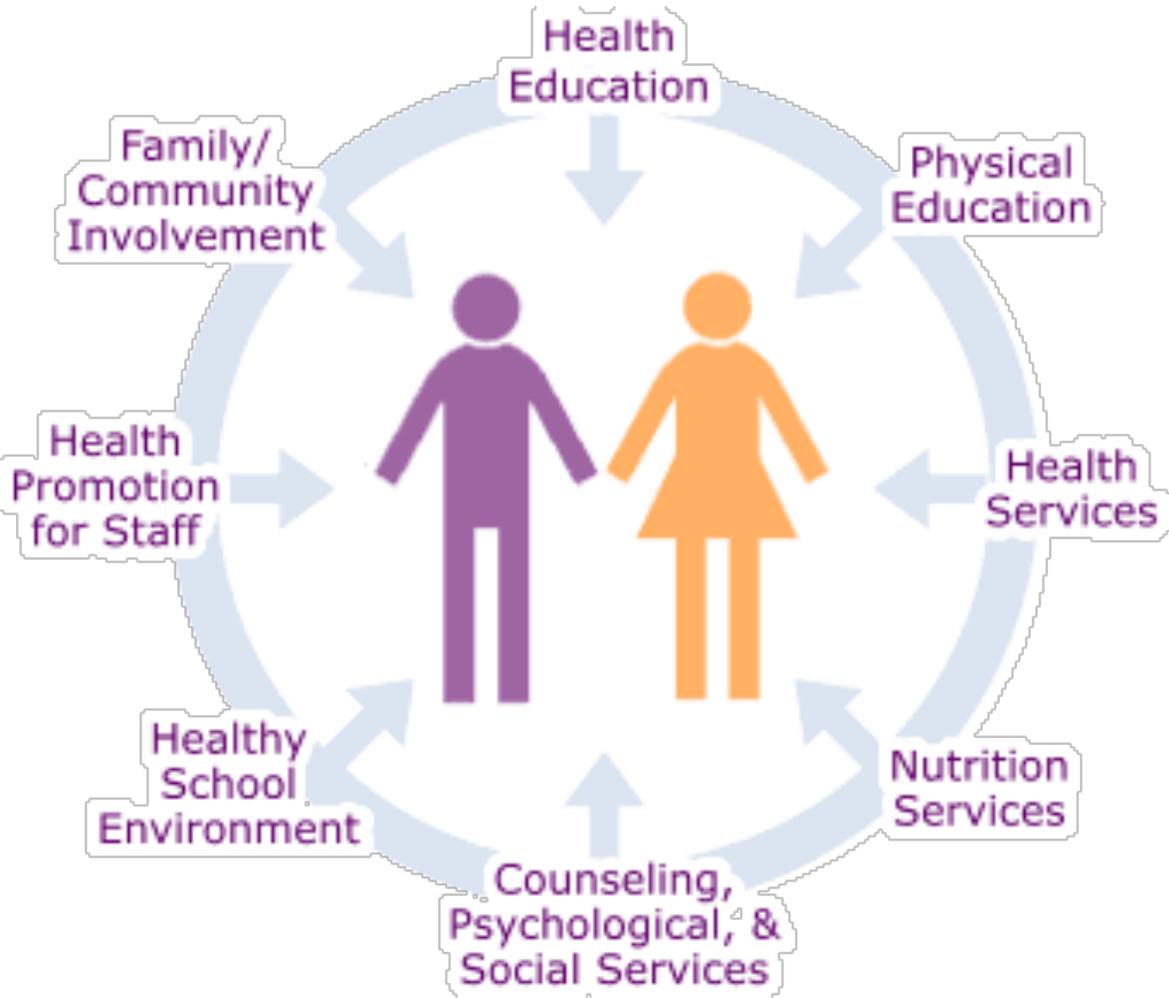


Cloverdale Community Schools Wellness Policy



Revised March 2017

The Wellness Committee Members

2017-2018

1. Parents: Gwen Stattner, Julie Williamson, Kelly Stevens, Lisa Baker
2. Students: Evan Williamson, Drew Boyette, Chad Steven
3. Nutritionist or Certified Dietitian: Hannah Cline { Putnam County Hospital}
4. Food Service Director or Staff: Billy Boyette, Gwen Stattner
5. Health care professional: Lisa Baker, Julie Williamson, Kelley Steven
6. School Board Member: Daniel Hofman
7. A school administrator: Kathleen Glaser
8. Representatives of community organization: Cathy Moore, Daniel Hofman

Rationale:

The link between health of students and learning is well documented. If children are to be successful in school they cannot be tired, hungry, and sick. It has become apparent that problems such as poor nutrition, lack of physical activity, obesity, bullying, and more – can adversely affect not only a child’s health, but also his or her ability to learn! And that is precisely why a coordinated approach to school health can make a difference! A coordinated approach to school health improves kids’ health and their capacity to learn through the support of families, schools, and communities working together. At its very core, a coordinated approach to school health is about keeping students healthy over time, reinforcing positive healthy choices throughout the school day, and making it clear that good health and learning go hand in hand.

Goal:

All students in Cloverdale Community Schools shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Cloverdale Schools are encouraged to model a lifestyle of healthy eating patterns and moderate physical activity as a valuable part of their daily lives.

To meet this goal, the Cloverdale Community Schools adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Nutrition Environment and Services

The Cloverdale Community Schools will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture (USDA) and the Indiana Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the USDA and the Indiana Department of Education, Office of Child Nutrition Programs.
- Promote participation in school meal programs to families and staff.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards { ServSafe Certification for Head Cooks and Director }
- Follow State Board of Education policies on competitive foods and extra food sales (Indiana Board of Education described in 7CFR 210(f)).
- Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.
- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Indiana Healthy Students Act.
 - A. Healthy food and beverage choices;
 - B. Healthy food preparation;
 - C. Marketing of healthy food choices to students, staff and parents;
 - D. Food preparation ingredients and products;

- E. Minimum/maximum time allotted for students and staff lunch and breakfast;**
- F. Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;**
- G. Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.**
- H. Establish guidelines in accordance with USDA Smart Snacks in Schools for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.**
 - The Alliance for a Healthier Generation Smart Snacks Product Calculator is an effective online instrument that has been determined by the USDA, Food and Nutrition Service to be accurate in assessing product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used for food and beverage products.**

Food Safe Schools

- Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the Indiana Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school sites.**
- Ensure that all staff has received instructions to support food safety on the school campus. Food Safety resources have been developed by the Office of Child Nutrition to assist with the training of school staff members.**
- Encourage students to make food choices based on the Healthy Hunger-Free Kids Act of 2010 (HHFKA) and the ChooseMyPlate resources, by emphasizing menu options that feature baked (all**

fryers have been removed from cafeterias), whole grains, fresh fruits and vegetables, and reduced-fat dairy products.

- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.

Physical Education/Physical Activity

- Participate in USDA nutrition programs such as Team Nutrition Schools and the Healthier U.S. School Challenge. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate. {Sophia Spencer, with the Purdue Extension of 4H, comes a few times yearly to educate elementary classes on proper nutrition and healthy food choices}.
- Schools may allow staff to use school facilities outside of school hours for hours for activities such as group fitness classes. Walking programs and individual use. {Tracy Scott Boot Camp in Middle School for Teachers and everyone on fitness; Monster Dash 5k in fall October for student council fitness; Jump rope for America Heart association; Leprechaun walk 5k everyone dress up}.

- Provide 100 minutes per week of activity-based instruction for all students in grades K-4 on food nutrition. Our eat well-Live swell healthy options.

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.

Classroom Celebrations

- Classroom celebrations will focus on activities {extra recess, music, reading time, giving free time} rather than on food.
- Classroom celebrations that include food will be limited to one per month. Food items must meet the approved nutrition standards.
- Schools shall inform parents/guardians of the classroom celebration guidelines.

Fundraisers

- Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising. For food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards.

Physical Environment

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Indiana State Fire Code). Ensure that all exit signs are illuminated and clearly visible.

- Ensure that fire extinguishers are inspected each year and properly tagged.
- Conduct at least one emergency evacuation drill per month.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Conduct bus evacuation drills at least one time each year.
- Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester.

Implementation

The Cloverdale Community Schools will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

- Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements.

"This institution is an equal opportunity provider."

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