



**BROWN COUNTY  
SCHOOLS**  
NASHVILLE, INDIANA

## **Brown County Schools Wellness Policy**

As required by law, the School Board establishes the following wellness policy for the Brown County Schools as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students' healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Superintendent shall appoint the Corporation wellness committee that includes caregivers, students, representatives of the school food authority, educational staff (including physical and health education teachers), school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy. The Superintendent shall be an ex officio member of the committee. The wellness committee shall be an ad hoc committee of the Board with members recruited and appointed annually. The wellness committee will meet at least four times per year.

The appointed Corporation wellness committee shall be responsible for accomplishing the following:

- A. Assess the current environment in each of the Corporation's schools
- B. Measure the implementation of the Corporation's wellness policy in each of the Corporation's schools
- C. Review the Corporation's current wellness policy. At least once every three years, the



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District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- a. The extent to which schools in the District are in compliance with the wellness policy
  - b. How the wellness policy compares to model wellness policies, and
  - c. A description of the progress made in attaining the goals of the District's wellness policy
- D. recommend revision of the policy, as necessary and
- E. present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary. Revisions, updates, and the Triennial Assessment results will be released to the public on the school website.

Before the end of each school year the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the Corporation's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.

The Superintendent shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified. The committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the Corporation shall teach, model, encourage and support:
  1. Nutrition education shall be included in a Health curriculum in elementary, middle, and high schools so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.



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2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant:
  - a. Nutrition education benchmarks and standards shall include a focus on digital literacy as it relates to food marketing strategies.
  - b. Nutrition education shall include food label literacy.
  - c. Nutrition education shall focus on lifelong balance by emphasizing the link between caloric intake and exercise in an age appropriate way.
4. The standards and benchmarks for nutrition education shall be based on positive behavior change.
5. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities such as taste testing.
6. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff through education and signage in the cafe's.
7. Professional development and training shall be provided at least annually to food service managers and kitchen staff on proper food handling techniques and healthy cooking practices.
8. To promote healthy food and beverage choices, nutrition education posters, such as MyPlate, shall be displayed in the cafeteria and foods of minimal nutritional value including brands and illustrations shall not be advertised or marketed in educational materials.
9. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
10. Food service information shall be made available on the Brown County School website, additional nutritional information will be made available upon request.

**B. With regard to Nutrition Standards**

1. Meals served through the National School Lunch and Breakfast Programs will:
  - a. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs



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- b. Offer a variety of fruits and vegetables
  - c. Include whole grains for at least half of all grains served
  - d. Nutrition service shall continue to eliminate fried foods from the lunch or breakfast menus.
  - e. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.
2. With regards to competitive foods, à la carte and school vending machines, approved nutrition standards, K-12 shall be limited to the following guidelines as a part of Smart Snacks:
- b. No more than 30 percent of total calories from fat
  - c. Less than 10 percent of total calories from saturated fats
  - d. 0 percent trans fats
  - e. No more than 35 percent of calories from total sugars (that do not occur naturally), except for yogurt with no more than 30 grams of total sugars per 8-ounce portion as packaged
  - f. No more than 200 milligrams of sodium per portion as packaged
  - g. No more than 200 calories per package
  - h. At least half of the grains offered are whole grains
  - i. Water without flavoring, additives, or carbonation
  - j. Low-fat and nonfat milk (in 8-12 ounce portions)
  - k. 100% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8 ounce (2 portions for high school, and
  - l. All beverages other than water, milk, or juice shall be no larger than 12 ounces.
3. To the extent possible, schools will provide the USDA School Breakfast Program to all students. Schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom and serving “grab-and-go” breakfasts when possible.
4. 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.
5. Food and beverages sold before or after the school day must comply with the USDA Smart Snack Standards.
6. All foods available to students participating in the National School Breakfast and Lunch Programs shall be served with consideration for promoting student health and



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well-being.

C. With regard to physical activity, the Corporation shall:

1. Physical Education: A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standard and benchmarks adopted by the State. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop the skills they need to engage in lifelong healthy habits.

a. Elementary school students will be encouraged to participate in 60 minutes of physical education each week.

b. Intermediate school students and Junior High school students will participate in physical education and/or health education.

c. High school students will complete in two full credits of physical education

d. Waivers will not apply towards physical education courses required for a diploma. Credit flexibility in physical education will be limited to sports, show choir and marching band.

e. Physical education classes will have the same student/teacher ratio used in other classes.

2. Physical Activity

a. Physical activity should not be employed as a form of discipline or punishment but can be used as an incentive to motivate students to achieve physical improvement.

b. Students should not be removed or excused from physical education to receive instruction in other content areas.

c. Classroom teachers will be encouraged to integrate physical activity and movement across the curricula and throughout the school day through physical activity breaks and incorporating active learning into the classroom when possible.

d. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7-5.

e. All elementary school students may have at least 1 period of active recess per day.



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i. The recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor activity break in the classroom.

f. All students in grades 5-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.

g. All students in grades 5-12 shall have the opportunity to participate in interscholastic sports programs.

h. Before and after-school enrichment providers will be encouraged to include physical activity in their programs, to the extent space and equipment allow.

i. Outside school spaces and facilities, such as the playground and/or track, may be made available to students, staff and community members before and after the school day; on weekends; and during school vacations subject to availability and/or administrative permission. School policies concerning safety will apply at all times.

D. With regard to other school-based activities the Corporation shall:

1. The schools shall provide at least thirty (30) minutes daily for students to eat
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

E. Furthermore, with the objectives of enhancing student health and wellbeing, and reducing childhood obesity, the following guidelines are established:

1. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
2. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S.



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Department of Agriculture (USDA).

3. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
4. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
5. All foods available on campus during the school day are encouraged to comply with the current USDA Smart Snacks in School nutrition standards, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.
  - a. Celebrations and parties: the district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Classroom celebrations will be encouraged to focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
  - b. Classroom snacks brought by parents: the district will encourage parents to bring foods and beverages that meet Smart Snacks nutrition standards by providing a guide of those foods.
  - c. Schools will inform parents/guardians of the classroom celebration guidelines through newsletters at the beginning of the year and through information available on the website.
    - i. For more information on Smart Snacks standards, please see [https://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](https://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)
    - ii. A product calculator for Smart Snacks can be found here: [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)
  - d. Rewards and incentives. The District will provide teachers and other school staff a list of alternative ways to reward children. Foods and beverages will be encouraged to not be used as a reward .
  - e. Fundraisers: Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Each school building is allowed to have two exemptions per school year for fundraisers involving the sale of goods and/or beverages not meeting the nutrition standards for Smart Snacks and occurring



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during the school day. The maximum duration of an exempted fundraiser is one day.

- i. The Smart Snacks standards do not apply to foods and beverages sold at events held 30 minutes after the school day ends, off campus, or on weekends, such as school plays or sporting events.
- ii. Fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards. Distribution of order forms and foods not intended for consumption at school are not affected by this policy.