

Kankakee Valley School Corporation Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, school food personnel, school administrators and the public. The local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

This law has been updated to include P.E. Instructors and health professionals on the committee. Also, a person in each building is appointed to see that the policy is adhered to.

Committee:

Updated- June 30, 2017

1. Aaron Case, Superintendent
2. Michelle Flick, Director of Food Services
3. Guy Skobul, Assistant Principal K.V. High School
4. William Ridley- Asst. Principal, K.V.Middle School
5. John Shank- Principal, K.V. Intermediate School
6. Cathy Vollmer, Principal, Wheatfield Elementary.
7. Chris Ritchie- Principal, DeMotte Elementary
8. Cherie Peters, Administrative Assistant/ Payroll Clerk
9. Jean Kosik- Cafeteria Manager, K.V.High School
10. Debra Recker- Cafeteria Manager, K.V.Middle School
11. Melissa Walters- Cafeteria Manager, K.V.Intermediate School
12. Judy Fitch- Cafeteria Manager, Wheatfield Elementary
13. Brenda Jamieson- Cafeteria Manager, DeMotte Elementary
14. Ryan Myers, Teacher/DeMotte
15. Lane Lewallen, Physical Education Teacher
16. Andrea Sheidt- Nurse, K.V.High School
17. John Gray – Athletic Department
18. Diette Jordan – Parent/ Community
19. Madey Flick- Student

Wellness Policy

As required by law, The Board of Trustees emphasizes proper nutrition and physical activity at all grade levels to ensure the wellbeing of our students at Kankakee Valley School Corporation. KVSC is comprised of 5 Schools; High School, Middle School, Intermediate School, Wheatfield Elementary School, and DeMotte Elementary School.

Monitors for each school shall be the building Principals and the Cafeteria Managers. The Director of Food Services shall oversee the operation of the Child Nutrition Programs as it pertains to the Wellness Policy and Federal, State and Local Regulations.

All staff that service the students are expected to serve as positive wellness role models. Research suggests that there is a positive correlation between student's wellbeing and his or her ability to learn.

It is necessary for not only the staff of the corporation to ensure proper nutrition and physical activity, but also the parents and the community at large to be involved in efforts to promote and support healthy behaviors and habits.

Kankakee Valley School Corporation is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To accomplish these goals, the Corporation will ensure the following:

1. Child Nutrition Programs comply with Federal including *The Healthy Hunger-Free Kids Act of 2010*, State, and Local Requirements. Child Nutrition Programs are accessible to all children of the corporation.
2. Nutrition Education is provided and promoted through Food Services.
3. Emphasis of meaningful physical activity to students outside of physical education.
4. All school based activities are consistent with local wellness policy goals.
5. All food and beverages made available on campus during the school day are in compliance with USDA Regulations.
6. All food made available on campus adhere to food safety and security guidelines.
7. The school environment is safe, comfortable, pleasant, and allows time and ample space for consuming meals.

Nutritional Guidelines for Foods and Beverages

In regards to Nutritional Guidelines for Foods and Beverages, Kankakee Valley School Corporation (KVSC) will comply with the following:

A. School Meals

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 percent 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, calorie 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 utilize methods to serve school breakfasts that encourage participation, 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 to 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 recess after lunch.
3. School meals will be served in a 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.

Nutritional Guidelines for Non-Sold Foods and Beverages

In regards to Nutritional Guidelines for Non-Sold Foods and Beverages, KVSC will comply with the following:

1. K-12 à 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-12 à 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% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8 ounces (2 portions) for high school, and
 - All beverages other than water, white milk or juice shall be no larger than 12 ounces.

3. Availability

- A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
- Vending machines in middle and high schools:
 - ✓ Will not be available during mealtimes.
 - ✓ Will contain items that meet the approved nutrition standards.
- Vending machines for school staff will not be accessible to students.
- Food and beverages will not be sold in school stores.
- Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.
- Vending Machines will turn on 30 minutes after school ends and will shut off at midnight.

4. 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.

5. Classroom Celebrations

- Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
- Classroom celebrations that include food will be limited to one per month. Food items must comply with federal nutrition standards.
- Schools shall inform parents/guardians of the classroom celebration guidelines.

6. Food as a Reward or Punishment

- 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.
- School staff will not withhold food or drink at mealtimes as punishment.

7. Fundraisers

- 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. Fundraisers subject to this rule are those sold during the school day on school grounds. School day is defined as from midnight the night before to 30 minutes after the end of school.
- The Board will provide and allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines, school stores and concession stands. This also includes food and beverages made available in schools during the school day for such events as school fundraisers and food and beverages brought into the schools by students or other person for such events as birthdays and classroom celebrations.

- Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.
- Non-sold food and beverages will comply with federal nutrition standards.

8. Marketing

- Signage or similar media on school campus during the school day may only advertise food and/or beverages provided and sold by the school that meet the competitive foods standards for foods sold in schools (i.e. Smart Snacks).

Food and Beverage Marketing

In regards to Food and Beverage Marketing, KVSC will permit marketing on school campus (5 School buildings and All Activity Grounds) during the school day of only those foods and beverages that meet the competitive food/beverage requirements. *(For more information on the Smart Snacks nutrition standards is available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.)*

1. Marketing unhealthy foods is prohibited at KVSC. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products will be enforced. These marketing/incentive techniques will follow Smart Snacks. View the link above.
2. Marketing activities that promote healthful behaviors (and are therefore allowable) will be incorporated in advertising healthier choices, such as,
 - vending machine covers promoting water;
 - pricing structures that promote healthy options in a' la carte lines or vending machines;
 - sales of fruit for fundraisers.

Nutrition Promotion

In regards to Nutrition Promotion KVSC will use evidence-based strategies from The Smarter Lunchrooms Movement to encourage selection and consumption of healthy food choices in the cafeteria. All schools participating in the National School Lunch Program will utilize at least 5 of the following Smarter Lunchroom strategies:

- Sliced or cut fruit is offered daily with at least two choices.
- A variety of mixed whole fruits are displayed in attractive bowls or baskets.
- At least two kinds of vegetables are offered at each Lunch
- White milk is offered in all beverage coolers.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- Students are offered a taste test of a new entrée at least once a year.
- Students provide feedback (informal – “raise your hand if you like...” or formal – focus groups, surveys) to inform menu development.

- Students, teachers, or administrators share the daily menu in announcements.
- Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
- Nutrition labels and signs will be provided on all foods to allow students to easily identify healthier foods.
- Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

Nutrition Education Goals

In regards to Nutrition Education, KVSC shall comply with the following:

- A. Provide nutritional education to educate students the skills they need to adopt healthy eating behaviors and also include opportunities for family/parent nutrition education.
- B. Nutrition information is offered in the Food Service areas as well as classrooms that is emphasized by Staff and Managers.
- C. Students receive proper nutrition messages throughout the schools, classrooms, health education and physical education classes, media, and technology networks.

Physical Activity

In regards to Physical Activity, the KVSC shall comply with the following:

- A. Through health and physical education, daily recess periods for elementary schools, integrated curricula, and students are given many opportunities during the school day for physical activity. Each school has a state certified physical education instructor.
- B. Students are given opportunities for physical activities through a range of before and/or after school programs including, but not limited to, intramurals, interscholastic activities, and physical activity clubs.
- C. KVSC will promote local community physical activities through education to staff, students, and their families.

Other Activities

In regards to Other School-based Activities, KVSC will comply with the following:

- A. A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children's behavior and academic performance.
- B. Nutrition education and wellness will be offered to students, parents, and staff through newsletters, handouts, and Internet information consistent with current USDA Dietary Guidelines for Americans.
- C. During meetings lasting longer than one hour, staff will have the opportunity to stretch and be physically active.
- D. Students will have access to free palatable drinking water during the school day.
- E. Teachers may offer the option of student water bottles at the student desk.
- F. School cafeteria staff will be hired with the understanding that they are responsible to adhere to the policies the school has in place. School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revision to the policy
- G. The school has fitness centers at the Middle School and High School for staff and students to take part in as long as there is a certified personal on premises and waivers signed in school buildings.
- H. Foods and beverages that meet good nutrition guidelines as set forth in the policy will be available at school-sponsored events such as, but not limited to, athletic events, dances, or performances.
- I. Blood drive is held at one of the schools once a year.
- J. Middle School nurse sends out newsletter and information on wellness and food quarterly to all staff.

Nutritional Standards

In regards to all available food on campus during the school day, the KVSC shall comply with the following:

- A. Menus are planned following the current USDA dietary guidelines. Free water is provided in or near the dining areas.
- B. All employees of the foodservice department are required to be trained in sanitation and food safety at least once per year. Sanitation certificates shall be obtained by the Director and all managers every five years.
- C. Nutrition information is available in each building manager's office. All foods made available by the program comply with state and local food safety and

sanitation requirements. Board of health inspections are conducted twice yearly. State reviews are conducted every three years.

- D. For the safety and security of the food and facility any access to the food operations area are limited to the child nutrition staff and authorized personnel.
- E. Menu planning shall be consistent with the current Dietary Guidelines for Americans. Not more than 10% of the total calories are from saturated and trans fat.
- F. Prohibit any sales of any food or beverage in the food service area in competition with operation of federal school Breakfast and School Lunch Program.
- G. Vending machines that do not meet the state or federal guidelines will not be available to students until 30 minutes after school.
- H. Schools will have adequate facilities for hand washing.

Student Food Allergies

In regards to food allergy, KVSC shall comply with the following:

- A. Encourage the use of non-food items as rewards or celebration at schools
- B. Birthday celebration or reward treats must be store-bought and individually wrapped.
- C. Provide newsletter about Healthy Snack and Lunch options as well as warning of any food allergies that are present in student's classroom.
- D. Each school nurse is in contact with teachers of allergen students to help insure proper safety measures for each student in the school building. A form is filled out and kept on file in nurse's office.
- E. Students should be discourage from sharing their food or beverage during meal times. Also, students are discouraged from buying other students snacks from ala carte lines.

Wellness Policy Evaluation

In regards to the Evaluation of KVSC Wellness Policy, the corporation will comply with the following:

- A. Every three years, KVSC Wellness Policy will be evaluated with an Evaluation Tool provided by Indiana Department Education: **DOE Wellness Policy Checklist:** http://www.doe.in.gov/sites/default/files/nutrition/evaluation-checklist_0.pdf and has notified the public of the results through KVSC website. The evaluation of the wellness policy and implementation will be directed by KVSC Wellness Committee and will be responsible for the three-year assessment of each school's compliance with the policy and its regulations.
- B. The three-year assessment must measure:
 - the implementation of this policy and its regulations
 - the extent to which each school is in compliance with the policy
 - the extent this policy compares to other model school wellness policies
 - progress made in attaining the goals of the wellness policy.
- C. Policy and regulation language will be assessed using the Department of Education's Checklist and revised as needed. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff using the Action for Healthy Kids School Health Index Evaluation.
- D. Food Service Director will oversee the evaluation along with School Administrators of each school. The school administrators will ensure compliance with established nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance. School food service staff will ensure compliance with nutrition policies and will report on this matter to the Food Service Director. Principals shall ensure that their schools are in compliance with the corporation's wellness policy halfway through the school year by assessing wellness implementation strategies and report it to the Food Service Director. The Food Service Director will inform the School Board yearly.

Communication

In regards to Communication, KVSC will comply with the following:

- A. Has annually informed and updated parents, students, staff, and the community about the content and implementation of the local wellness policy. Progress reports should be shared with the public using the following channels of communication: The Message, school newsletter, website, School Messenger, and other forms of communication.
- B. Progress reports ensure transparency by including: the web address of the wellness policy, contact details for committee leadership, and information on how to join the committee. The Food Service Director shall distribute information at the beginning of the

school year to families of school children, include information in the student handbook, and post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation. The Food Service Director shall also be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy.