

Invent Learning Hub Wellness Policy

Wellness Policy on Physical Activity and Nutrition

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Wellness Committee

Invent Learning Hub will engage parents/guardians, food service professionals, teachers, health professionals, and other interested community members in developing, implementing, monitoring and reviewing school-wide nutrition and physical activity policies. A Coordinated School Health (CSH) Advisory Council will be maintained at the school level to oversee the development, implementation and evaluation of the school's wellness policy.

A. In accordance with Indiana Code 20-26-9-18, the school will form and maintain a corporation level Coordinated School Health Advisory Council that includes at least the following:

- Parents/Guardians
- Food Service Director/Professionals
- Teachers
- Students
- School health care professionals/Registered Dietitians/School Nurse
- School administrators
- Any interested member of the public
- Representatives of interested community organizations

1. The Advisory Council shall meet annually to review the ILH Wellness Policy and to develop an action plan for the coming year.
2. The Advisory Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
3. The Advisory Council shall report annually to the Executive Director and School Board on the implementation of the ILH Wellness Policy and include any recommended changes or revisions.
4. The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook or the school's website.

II. Standards for USDA Child Nutrition Programs and School Meals

ILH 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. At minimum, USDA requirements for school meals will be met for each meal served at ILH.

III. Nutrition Standards for Competitive and Other Foods and Beverages

A. ILH 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. ILH will follow Smart Snack guidelines when evaluating if foods will be available to be sold on campus. The guidelines are as follows:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per year.

- B.** ILH will allow marketing in school buildings and on school grounds during the school day for only those food and beverages provided by the school that meet the federal nutrition standards. Marketing that promotes student health will be permitted in school buildings and on school grounds.
- C.** For classroom celebrations, staff will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food, when possible. Parents and teachers should encourage nutritious foods for birthday celebrations and classroom snacks, when possible.
- D.** Staff are discouraged from using food as a reward or punishment. Staff should find alternatives to the use of food.

IV. Nutrition Education

ILH will integrate nutrition topics into various components of the educational curriculum and taught at every grade level according to the standards of the Indiana Department of Education. ILH will strive to integrate nutrition themes in core curriculum, through Design Thinking challenges, where appropriate. ILH will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

V. Physical Activity and Physical Education

ILH supports the health and well-being of students by promoting physical activity through recess and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Additionally, ILH supports physical activity among elementary students by providing them with at least 20 of the recommended 60 minutes of physical activity per day.

VI. Staff Wellness

ILH supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities. Staff will be encouraged to use building facilities, outside of school hours, for activities such as group fitness classes, walking programs and individual workouts.

VII. Evaluation

At least once every three years, ILH will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which ILH is in compliance with the wellness policy;
- The extent to which the ILH wellness policy compares to the Alliance for a Healthier Generation model wellness policy;
- A description of the progress made in attaining the goals of the ILH wellness policy.
- Utilization of the DOE Wellness Policy Checklist to evaluate adherence to DOE policies.

Through implementation and enforcement of this policy, ILH will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff at least every three years. The Executive Director will be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the corporation's three-year assessment and evaluation.

VII. Nutrition Promotion

Goals:

- 1) School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition
- 2) Nutrition Educators will partner with the school to provide training to teachers on strategies for cooking in a healthy way.