



General Policies and Procedures

Policy Topic: Wellness Policy

Policy Number:

Applicable: K-12

Effective Date: March 1, 2018

As required by Indiana law, the Irvington Community School, Inc.'s Board of Governors establishes the following wellness policy for ICS as a key part of the schools' comprehensive wellness initiative.

The Board recognizes that proper nutrition and regular physical activity affect the health and well-being of ICS's students. Furthermore, research indicates that there is a positive correlation between a student's health and well-being and his/her ability to learn. 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, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

ICS administration sets the following goals in an effort to enable students to establish healthy behaviors and lifestyle habits:

A. With regard to nutrition education, ICS shall follow the following principles:

1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state of Indiana.
2. Nutrition education posters, such as consistent nutrition messages from Aramark, the current ICS food services vendor, will be displayed in meal-serving areas.
3. Nutrition education shall reinforce lifelong balance by emphasizing the link between food habits and physical activity in an age-appropriate manner.
4. Nutrition education standards and benchmarks that promote the benefits of a balanced diet that includes fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products will be honored by ICS.
5. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

B. With regard to physical activity, ICS shall provide the following:

I. Physical Education

- a. A sequential, comprehensive physical education program shall be provided for students in grades K-12 in accordance with the physical education academic content standards and benchmarks adopted by the state of Indiana.
- b. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- c. All students in grades K-5, including those with disabilities and special health care needs (to the extent consistent with Special Education students' Individualized Education Program), shall receive instruction in physical education every day over the length of the entire school year.
- d. All students in grades 6-8, including those with disabilities and special health care needs (to the extent consistent with such students' IEPs), shall receive instruction in physical education every other day for one semester.

- e. Two semesters of physical education credit is required for Indiana Core 40 and Indiana Academic Honors diploma in in grades 9-12.
- f. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong health-enhancing physical activity.
- g. The sequential comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- h. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- i. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education (with the exception of the YMCA-provided physical education instructors at Irvington Community Elementary School, as permitted by Indiana public charter school law).
- j. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- k. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- l. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
- m. Planned instruction in physical education shall include cooperative as well as competitive games.
- n. Planned instruction in physical education shall take into account gender and cultural differences.
- o. Other: High school students may earn one physical education credit by completion of a semester physical education course or summer school physical education course (offered by another local high school). The administration may increase or decrease the opportunities to earn physical education credit. All opportunities to earn physical education credit will be communicated through the Irvington Preparatory Academy course catalog or available upon request.

II. Physical Activity

- a. All students in grades 4-12 shall have the opportunity to participate in extracurricular activities and intramural programs (if an intramural program exists) that emphasize physical activity.
- b. All students in grades 4-12 shall have the opportunity to participate in interscholastic sports programs in accordance with Indiana High School Athletic Association (IHSAA) policy and guidelines for grades 9-12.

C. With regard to other school-based activities provided by ICS:

- 1. The schools shall provide at least 25 minutes daily for students to eat.
- 2. The schools shall schedule mealtimes so there is minimum disruption by recess and other special programs or events.
- 3. The schools shall provide attractive, clean environments in which the students eat.
- 4. The schools may limit the number of celebrations involving serving food during the school day.
- 5. An organized wellness program shall be available to all staff.
- 6. Students are discouraged from sharing their foods or beverages with one another during mealtimes, given concerns about allergies and other restrictions on some students' diets.

D. With regard to nutrition promotion, ICS shall:

- 1. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 - a. A variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium.
 - b. A variety of daily vegetables to include specific subgroups as defined by dark green, red/orange, legumes, and starchy.

- c. Half of all grains offered must be whole-grain-rich. Whole-grain-rich refers to products which contain at least 50% whole-grains. The remaining percentage may be enriched.
- d. Fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored).
- e. Meals designed to meet specific calorie ranges for age/grade groups.
- f. School meals devoid of trans-fat.
- g. Fruit or vegetable selections as part of a complete reimbursable meal.

2. ICS, in collaboration with its food vendor (currently Aramark), will promote and encourage Farm to School efforts in order to provide the healthy foods identified above.

All foods and beverages sold as “fundraisers” outside of the school meals program during the regular and extended school day shall meet the USDA “Smart Snacks in School” rules. The Smart Snacks standards apply to all food and beverages sold during the school day from midnight the night before until 30 minutes after the end of school day. This includes food and beverages sold à la carte, in vending machines, through fundraisers, or any other venue that sells to students during the school day. Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. 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.
- B. Free and Reduced Price Meals: The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. 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.
- D. Each school building, per school year, is allowed two (2) exemptions for fundraisers involving the sale of foods and beverages not meeting the nutrition standards for Smart Snacks and occurring during the school day.
- E. Any food or beverage service available to students on the school campus during the school day that is separate and apart from the school corporation’s nonprofit federally reimbursed food service program, and is operated by school-approved organizations or by school-approved vendors, shall not operate in competition with the corporation’s food service program and shall be closed for a period beginning 30 minutes prior to and remain closed until 30 minutes after each meal period service.

The Board of Governors designates the Chief Executive Officer (CEO) as the individual charged with operational responsibility for measuring and evaluating the corporation's implementation and progress under this policy. In collaboration with the ICS Chief Financial Officer/Director of Operations, the CEO shall develop administrative guidelines necessary to implement this policy.

In consultation with the CFO/Director of Operations, the CEO shall appoint an ICS Wellness Committee Chair. The Chair will appoint an ICS Wellness Committee that includes (at minimum) representatives of Corporate Food Service (i.e., the food service vendor), educational staff (including physical education teachers), school health professionals, a student, a parent, a board member, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the ICS Wellness Policy.

The appointed ICS Wellness Committee shall be responsible for accomplishing the following:

- A. Assessing the current environment in each of the corporation’s schools.
- B. Measuring the implementation of the ICS Wellness Policy in each of the Corporation’s schools.
- C. Reviewing the corporation’s current wellness policy.
- D. Recommending revision of the policy.

In order to inform the school community, the CEO shall make the ICS Wellness Policy a Board of Governors regular meeting agenda item once a year and post notification of this public meeting on the ICS website (www.ics-charter.org).