

FALL CREEK SCHOOL DISTRICT WELLNESS POLICY

The Fall Creek School District promotes healthy schools by promoting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

I. PHYSICAL ACTIVITY GUIDELINES

The Fall Creek School District supports and provides for physical development and fitness through co-curricular sports, health and fitness fairs, homeroom activities and will work cooperatively with other agencies such as the Fall Creek Parks and Recreation Department to provide additional programming.

Every student in each grade shall participate in physical education according to the DPI guidelines, including the recommended number of minutes. Licensed physical education teachers shall teach physical education in the Fall Creek School District and the program will be consistent with state standards. Adequate space, facilities, equipment, supplies, and budgets shall be provided to achieve the objectives of the physical education program.

A sequential, developmentally appropriate curriculum shall be in place, which meets the needs of all students. Gender and cultural differences in students' interests will be considered. Students will be regularly assessed for attainment of physical education learning objectives.

Physical education will be an enjoyable experience for students and many different physical activity choices will be provided. Cooperation, fair play, and responsible participation in physical activity will be actively taught, and participation in physical activity outside of school will be promoted.

II. NUTRITION GUIDELINES

NUTRITION EDUCATION AND CURRICULUM: The Fall Creek School District supports the promotion and education of good nutrition and healthy eating habits. Students will develop the knowledge, attitudes, skills, and behaviors for life long healthy eating habits and nutrition mainly through the district curriculum. Topics covered in the curriculum include... but not limited to the following topics: knowledge of the food pyramid, six major nutrients, healthy diets (importance of breakfast, healthy snacks, etc), heart healthy snacks, diet and its correlation to diseases/disorders, food

allergies/food sensitivities, food safety/proper sanitation, label reading, serving sizes/calories and the Five A Day Program for fruits and vegetables.

All instructional staff should emphasize the health benefits of good nutrition and healthy eating habits through curriculum, classroom activities, and positive role modeling. All district staff should be encouraged to model nutritional guidelines during the course of directly working with students in the classroom.

It is important to involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and a healthy lifestyle. Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the district website, or presentations that focus on nutritional value and healthy lifestyles.

CLASSROOM TREATS: The Fall Creek School District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any classroom or co-curricular function (parties, celebrations, sporting events, etc) healthy food choice options should be available. It is strongly suggested that teachers download the form and list of suggested snacks/treats from the district's website. The form will allow students to sign up in advance for a category of approved snacks; thus, avoiding an overabundance of unhealthy snacks with no healthy alternatives.

Suggested snack list:

* Please consider the use of **Peanut Free Snacks** due to student allergy concerns.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dips
- Fresh fruit and/or 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc)
- Trail mix (**Nut Free**)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, crackers, pretzels, etc) (**Nut Free**)
- Low-sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low-fat dips such as ranch, french, onion, bean, etc.
- Low-fat muffins, granola bars and cookies (**Nut Free**)
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Jello and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, and sherbets (**Nut Free**)
- Low-fat and skim milk products
- Pure ice cold water

CLASSROOM REWARDS: Strong consideration should be given to non-food items as part of any teacher to student incentive and/or reward program. Should teachers feel compelled to utilize food items as incentives, they are encouraged to utilize healthy and nutritious food choices taking into account student's special dietary needs including allergies.

COMPETITION WITH BREAKFAST/LUNCH: The district should ensure that food sales/parties for students are held during hours that will not conflict with the lunch and breakfast programs unless approved by the food service director.

VENDING: In keeping with contractual obligations to the National School Lunch and Breakfast Programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast program. Vending sales of candy will not be permitted on school grounds. Only beverage vending machines with water, milk, and 100% fruit juices will be available during instructional school hours.

CONCESSIONS: Organizations operating concessions at school functions should include alternative healthy options of food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

FUNDRAISING: All fundraising projects must be approved by the School Administrator as stated in the district policy. Items being sold must not interfere or compete with the National School Lunch or Breakfast Program. No sales of candy during instructional school hours. Whenever food and beverages are sold that raise funds for the school, the fundraising project should include some healthy food choices.

Approved: May 15, 2006

Revised: March 21, 2011