

## WELLNESS

As required by law, the School Board establishes the following wellness policy for the School City of Hobart.

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.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. 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 Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education:
1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
  2. Nutrition education may include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
  3. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
  4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

5. Nutrition education posters, such as the Food Pyramid Guide, will be displayed.
  6. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
  7. Nutrition education shall extend beyond the school by engaging and involving families and the community.
  8. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
  9. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
  10. The Corporation shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
- B. With regard to physical activity:
1. Physical Education
    - a. A sequential, comprehensive recreation and physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
    - b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
    - c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
    - d. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

- e. The sequential, comprehensive physical education curriculum 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.
- f. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- g. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- h. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- i. Planned instruction in physical education shall include cooperative as well as competitive games.
- j. Planned instruction in physical education shall take into account gender and cultural differences.
- k. Planned instruction in physical education shall promote participation in physical activity outside the school day.

2. Physical Activity

- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- b. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

- c. The school may provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
  - d. The school may encourage families and community organizations to institute programs that support physical activity of all sorts.
  - e. Students may have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
  - f. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.
- C. With regard to other school-based activities the Corporation shall:
- 1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
  - 2. The school shall provide attractive, clean environments in which the students eat.
  - 3. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
  - 4. An organized wellness program shall be available to all staff.
  - 5. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
  - 6. 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.

7. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. 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.
- B. 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. 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. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.
- E. All foods available to students in Corporation programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- F. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- G. All food service personnel shall receive pre-service training in food service operations.
- H. Continuing professional development shall be provided for all staff of the food service program.

# policy

**BOARD OF SCHOOL TRUSTEES  
SCHOOL CITY OF HOBART**

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The Board designates the Superintendent or designee as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this 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.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771