

Wellness Policy on Physical Activity and Nutrition

Paramount Schools of Excellence (PSOE) promotes nutrition and physical activity in all grade levels to support students' health and well-being.

In accordance with federal law, it is the policy of PSOE to provide students with access to healthy foods and beverages, offer opportunities for developmentally appropriate physical activity, and ensure that all meals served by the school meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

The School Wellness Policy will be made available to students and their families through the school's website. The Wellness Coordinator will monitor the local wellness policy and review and update it as needed. This person will be the school Operations Manager.

I. Coordinated School Health Advisory Council

Paramount Cottage Home will engage parents/guardians, food service professionals, physical education teachers, students, school healthcare professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies. A Coordinated School Health Advisory Council will be formed and maintained at the school level to oversee the development, implementation, and evaluation of the school's wellness policy at least once every three years.

- A.** In accordance with state and federal law, the school will establish and maintain a Coordinated School Health Advisory Council that includes parents/guardians, food service directors, physical education teachers, students, school nurses, board members, and administrators. Other potential members of the Council include teachers, teaching assistants, and community representatives, such as recreation professionals, city planners, industry professionals, and volunteers.
- B.** The Advisory Council shall meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address any barriers or challenges that may arise. The Council will annually inform and update parents, students, staff, and the community about the content and implementation of the local wellness policy, including the policy's assessment, and will provide opportunities for additional stakeholders to participate.
- C.** Every three years, the Council will evaluate the local wellness policy using the IDOE Tri-Annual Assessment Template and will notify the public of the results. The assessment will determine:
 - To what extent is the LEA in compliance with the district policy
 - The extent to which the local wellness policy compares to model school wellness policies
 - The progress made in attaining the goals of the local wellness policy

II. Standards for USDA Child Nutrition Programs and School Meals

- A.** Paramount Cottage Home will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods, supporting healthier choices and promoting optimal learning.
- B.** Meals served through the National School Lunch and Breakfast Programs will:
 - a. Be appealing and appetizing to children;
 - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - c. Contains 0 percent trans fats;
 - d. Offer a variety of fruits and vegetables;
 - e. 100 percent of the grains offered are whole-grain-rich.
 - f. All cooked foods will be prepared by baking or steaming. Proper procurement procedures and preparation methods will be used to decrease excess fat, calories, and sodium levels in food.
 - g. Schools are encouraged to purchase or obtain fresh fruits and vegetables from local farmers when practical.
 - h. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
 - i. The food services department shall provide periodic food promotions that allow for the taste testing of new, healthier foods being introduced to the menu.
 - j. The special dietary needs of students will be considered when planning meals, as outlined in the document "Accommodating Children with Special Dietary Needs in the School Nutrition Programs."
 - k. 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 various forms, including handouts, the school website, articles, school newsletters, presentations focused on nutrition and healthy lifestyles, and through any other suitable means to reach families.
- C.** School Meal Participation

- a. To the extent possible, the school will provide the USDA School Breakfast Program to all students, even on 2-hour delay days.
- b. To the extent possible, the school will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom and arranging transportation schedules to allow for earlier arrival times.
- c. The school will inform families of the availability and location of Summer Food Service Program meals. The school will sponsor the Summer Food Service Program when feasible.

D. Mealtimes and Scheduling

- a. Adequate time will be provided for students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
- b. The school will schedule recess before lunch.
- c. School meals will be served in clean and pleasant settings.
- d. Students will have convenient access to hand-washing and sanitizing stations.
- e. Drinking water will be readily available at all meal times.
- f. Appropriate supervision will be provided in the cafeteria, and rules for safe behavior shall be consistently enforced.

E. Professional Development

- a. 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.

III. Nutrition Standards for Competitive and Other Foods and Beverages

- A.** Paramount Cottage Home will provide and allow foods and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards. This also includes food and beverages made available in schools during the school day for events such as school fundraisers, as well as food and beverages brought into the schools by students or other individuals for events like birthdays and classroom celebrations.
- B.** Fundraisers selling food items that do not meet the federal nutrition standards are limited to two fundraisers per year.
- C.** Paramount Cottage Home will permit marketing in school buildings and on school grounds during the school day, provided that only food and beverages meeting the federal Smart Snack standards are offered. Marketing that promotes student health will be permitted in school buildings and on school grounds.
- D.** Paramount Cottage Home does not own or operate any vending machines at the site and does not have a school store where food and drinks are sold.
- E.** Students and staff will have access to free, potable (drinking) water for consumption through water fountains throughout the school building.
- F.** Paramount Cottage Home does not provide concession stands at school-sponsored events.
- G. Classroom Celebrations**
 - a. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music, and reading time) rather than food.
 - b. The school will inform parents/guardians of the classroom celebration guidelines.
- H. Food as a Reward or Punishment**
 - a. Teachers and staff will not use food as a reward. For example, using sugar-sweetened beverages or candy as a classroom reward is not appropriate.
 - b. School staff will not withhold food or drink at mealtimes as a form of punishment.
- I. Fundraisers**
 - a. 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. The school day is defined as from midnight the night before to 30 minutes after the end of the school day.
- J. Non-Sold Food and Beverages**
 - a. Non-sold food and beverages will comply with federal nutrition standards.
- K. Marketing**
 - a. Signage or similar media on the 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).

IV. Nutrition Education

Nutrition topics will be integrated into the comprehensive health education curriculum and taught at every grade level (K-5) in accordance with the standards set by the Indiana Department of Education. Health education will be provided as part of a comprehensive health education program and taught by a licensed health education instructor. Paramount Cottage Home will provide nutrition education training opportunities to teachers and staff for all grade levels.

Goal 1: Paramount Cottage Home will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least once quarterly.

Goal 2: At least once per semester, students in grades K-5 will receive lessons during physical education class that cover topics such as reading and using food labels, choosing healthy options, and portion control.

V. Nutrition Promotion

Nutrition topics will be integrated into the comprehensive health education curriculum and taught at every grade level (K-5) in accordance with the standards set by the Indiana Department of Education. Paramount Cottage Home will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

- A. Nutrition promotion will include lessons covering topics such as reading and using food labels, selecting healthy options, and portion control.
- B. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels, and maintaining a caloric balance between food intake and physical activity/exercise).
- C. Nutrition promotion resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations, and other appropriate means to reach them.
- D. Nutrition educators will partner with the school staff of the school food service program to use the cafeteria as a learning lab. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
- E. Nutrition labels will be provided on all foods to allow students to easily identify healthier foods.
- F. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

Goal 1: Implement two or more evidence-based healthy food promotion techniques through the school meal program using Smarter Lunchroom techniques.

Goal 2: Nutrition education will be integrated into other curriculum areas, such as math, science, language arts, and social studies, at least once per semester.

VI. Physical Activity and Physical Education

Paramount Cottage Home supports the health and well-being of students by promoting physical activity through physical education, recess, and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Additionally, Paramount Cottage Home supports physical activity among elementary students by providing them with at least 30 minutes of the recommended 60 minutes of physical activity per day.

- A. All students in grades K-5 will participate in physical education to meet the Physical Education Standards.
- B. Physical education classes will have the same student-to-teacher ratio as other classes.
- C. The physical education program shall be provided with adequate space and equipment to ensure the delivery of high-quality physical education classes for students.
- D. Daily Recess and Physical Activity Breaks
 - a. Paramount Cottage Home provides daily physical activity per Indiana Code 20-30-5-7.5.
 - b. All elementary school students will have at least one period of active recess per day that is at least 20 minutes in length, as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
 - c. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
 - d. Paramount Cottage Home discourages extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.
- E. Physical Activity Opportunities Before and After School
 - a. Paramount Cottage Home will offer intramurals, clubs, interscholastic sports, and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
 - b. After-school enrichment providers will incorporate physical activity into their programs to the extent that space and equipment allow.
- F. Physical Activity and Remedial Activities/Punishment
 - a. Students will not be removed or excused from physical education to receive instruction in other content areas.
 - b. School staff will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as a form of punishment.

Goal 1: Paramount Cottage Home will offer at least two after-school clubs or sports per semester that is open to all genders and grade levels for physical activity.

Goal 2: During mandatory school-wide testing, Paramount Cottage Home will create schedules that allow for periodic breaks for physical activity.

VII. Other Activities that Promote Student Wellness

Paramount Cottage Home supports the health and well-being of our students and staff by creating and promoting policies and environmental supports that provide opportunities for physical activity and healthy eating.

- A. Walking and Bicycling to School**
 - a. Paramount Cottage Home will allow walking and bicycling to school.
 - b. To the extent possible, PSOE will make improvements to ensure it is safer, easier, and more enjoyable for students to walk and bicycle to school.
 - c. Paramount Cottage Home will promote walking and bicycling to school, including the promotion of International Walk to School Day.
- B. Use of School Facilities Outside of School Hours**
 - a. School spaces and facilities, such as the playground, will be made available to students, staff, and community members before and after the school day, on weekends, and during school vacations. School policies regarding safety will always be in effect.
- C. Staff Wellness**
 - a. Paramount Cottage Home will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
 - b. Paramount Cottage Home will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.
 - c. Staff will be encouraged to participate in community walking, bicycling, or running events.
 - d. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health, and wellness.
 - e. Paramount Cottage Home will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk per IC 22-2-14-2.

Goal 1: At least once per month, Paramount Cottage Home will promote school- or community-based programs/activities that encourage physical activity on morning announcements to increase participation during after-school hours.

Goal 2: At least once per semester, the School Community Organization (SCO) meeting will inform parents about school facility usage after school hours and provide safety tips and bike routes to encourage students to walk or ride bicycles to school.

VIII. Evaluation

Through implementation and enforcement of this policy, Paramount Cottage Home will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, Paramount Cottage Home will evaluate implementation efforts and their impact on students and staff at least every three years using the IDOE Assessment Rubric. Paramount Cottage Home will notify the public of the results of the three-year assessment and evaluation.

Paramount Cottage Home designates the Operations Manager to ensure compliance with this policy and its administrative regulations. The Operations Manager is responsible for retaining all compliance documentation with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The Operations Manager will also 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 school's three-year assessment and evaluation.

LEGAL REFERENCE: 42 U.S.C. 1758b
 7 CFR Part 210
 I.C. 20-26-9-18.5

- A. Implementation and Data Collection**
 - a. The school's physical education instructor will use evidence-based assessments to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance, and flexibility.
 - b. The Operations Manager is responsible for retaining all documentation of compliance with this policy and its regulations, but the principal shall ensure that their schools follow the network's wellness policy every three school years by assessing wellness implementation strategies. When requested, the principal shall provide a written report to the CEO, who will provide the report to the school board. The principal's report shall contain the following information: the school's progress toward meeting the wellness goals over the previous three school years; a description of how the public can receive a copy of the policy; a description of the progress in meeting the goals, a

summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the school official coordinating the health advisory council or the school's wellness team; and information on how individuals and the public can get involved with the school's wellness team.

- c. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Council and will be responsible for the three-year assessment of each school's compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent to which each school complies with the policy, the extent to which this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. As a result of this assessment and evaluation, the policy and regulations will be revised as needed.
- d. The three-year assessment and evaluation report will be available to the public on the school's website.