

## **CROTHERSVILLE COMMUNITY SCHOOLS Student Wellness Policy**

The Board of School Trustees of Crothersville Community Schools supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well being of the school corporation's students. Therefore, it is the policy of the Board to:

- Provide students access to nutritious food and beverages;
- Provide opportunities for physical activity and developmentally appropriate exercise; and
- Require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Vending machines dispensing healthy snacks and drinks such as bottled water, fruit juice, milk, dried fruit, nuts, may be made available throughout the school day, after school, and at all extra curricular activities. Water (via water fountains) will be made available throughout the school day.

Vending machines that dispense minimally nutritious items such as carbonated sodas, gum, candy, chips, cookies, may not be available during the school day.

Minimally nutritious snacks and drinks may not be sold on lunch lines as a la carte items.

All school-sponsored events and celebrations of special occasions shall include healthy beverages and/or food among the choices available to participants.

No outside drinks or commercially prepared/vendor-prepared foods should be brought onto school property during the school day by students without prior approval by the building principal.

Each school day shall incorporate several minutes of physical activity or exercise as determined at each building level **in addition** to the physical education curriculum.

Nutrition, health, and fitness topics shall be integrated within the health education curriculum taught at **every grade level, K-12**, and coordinated with the school corporation's food service program. These topics may be integrated with other curriculum areas as deemed appropriate (i.e. Health, Science, Family and Consumer Sciences).

The superintendent and School Health Council shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met. The superintendent will be responsible for periodic reporting to the board the progress of the school corporation in implementing this policy.

The superintendent is also responsible to prepare rules, regulations, and guidelines to implement and support this policy. Such provisions should address all food and beverages sold and/or served to students at schools, including competitive food sales, vending machine items, fund-raising activities, and rewards to students. The superintendent should also prepare regulations for staff development and program evaluation.

(Legal Reference: 42 U.S.C. § 1751)

**Adopted: 06/12/2006**