

STUDENT WELLNESS POLICY

The student wellness committee believes that good nutrition, healthy eating patterns, and physical activity are important for academic achievement and lifelong health. Clinton Central School Corporation supports participation in the National School Lunch and Breakfast Program and, in accordance with federal law, establishes the Student Wellness Policy. To promote student wellness, the district supports goals in the following six areas.

I. Advisory Council

1. In accordance with Indiana Code 20-26-9-18, and the Healthy, Hunger Free Kids Act of 2010 (HHFKA), the school corporation will maintain a School Healthy Advisory Council to include the following individuals: Food Service Director (s), administrator, nurse, student, parent, physical education teacher (s), and representatives of interested community organizations.
2. The Advisory Council shall meet to review the Student Wellness Policy at least once annually.
3. The Advisory Council shall report annually to the board if changes are made to the Student Wellness Policy.

II. Nutrition Education and Promotion

1. Students in grades K-12 will receive nutrition education to support adoption of healthy eating behaviors.
2. Nutrition education will be included with health education curriculum standards and guidelines.
3. Schools will support activities that promote nutrition awareness in conjunction with the school health program.
4. Posters will be displayed prominently in the cafeteria to encourage healthy eating.
5. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.
6. The school corporation will ensure that nutritional education training opportunities are provided to teachers and staff.
7. School staff will collaborate with community organizations to provide opportunities for student projects related to nutrition.

III. School Meal Content Standards

1. Meals served through the National School Lunch Program and School Breakfast Program will:
 - Be appealing and appetizing to students;
 - Meet, at a minimum, the nutrition requirements established by the USDA;
 - Contain 0 percent trans fat;
 - Offer a variety of fresh fruit and vegetables daily;
 - Provide whole grain products that meet the USDA requirements;
 - Offer only low fat and no fat dairy products;
 - All ala-carte items sold to students meet healthy snack requirements
2. Proper procurement procedures and preparation methods will be used to prepare food.

3. Special dietary needs of students will be considered when planning meals, according to the document “Accommodating Children with Special Dietary Needs in the School Nutrition Programs.”
4. Kitchen personnel will meet the “Professional Standards” requirements set by the USDA.

IV. Foods and Beverages on School Campuses

1. Clinton Central School Corporation will inform parents/ guardians of the classroom celebration guidelines.
2. Classroom celebrations should focus on activities rather than focus only on food.
3. Classroom celebrations that include food should be limited to once a month other than School wide celebrations.
4. To the extent possible, schools will utilize methods to serve breakfast that encourage participation.
5. Drinking water will be available at all times.
6. All food available for sale to students including vending machines, student stores, and fund raisers, should offer food choices that provide the opportunity for students to select products that reflect healthy and nutritional principles and lifestyles and follow USDA guidelines and the Department of Education.
7. Vending machines in the JR. / SR. High School will contain only items that meet the definition of healthy beverages defined below:
 - a. Water
 - b. 100 % fruit juice and or vegetable juice

V. Physical Activity

1. All students at Clinton Central will be provided with physical education instruction. Students in grades 11 and 12 will have the opportunity to enroll in additional physical education classes.
2. Elementary school students will have supervised recess, preferably outdoors, during which they should be encouraged to participate in moderate to vigorous physical activity.
3. Schools will encourage parents and guardians to support their children’s participation in physical activity, to be physically active role models, and to include physical activity in family activities.
4. Schools will promote good nutrition and lifelong physical activity.

VI. Evaluation

1. Clinton Central School Corporation is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate the implementation efforts and their impact of students and staff.

2. The Coordinated School Health Advisory Council will evaluate the school corporation Wellness Policy and implementation utilizing the Indiana Department of Education Wellness Policy Evaluation Tool six months after implementation and then annually. The results will be provided to the Principals of each school, the Superintendent, and the school board.
3. The policy language will be assessed annually utilizing the evaluation results and revised as needed.