




CONCORD COMMUNITY SCHOOLS Corporation Wellness Policy


Updated 2019

OBJECTIVE

Develop a policy that supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels and also promotes staff wellness.




PROCESS


- We formed a committee of staff, parents, and students
 - We read our current policy
 - We formed sub-committees to address specific areas to be updated
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CURRENT POLICY

Policy 8510 listed three goals for wellness:

- Nutrition Education
 - Physical Activity
 - School-Based Activities
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COMMITTEE MEMBERS


- Health Advisory Council
 - Stacey Malcom, Angie Butler, Wayne Sousley, Jeff Phillips, Emily Jenkinson, Beckie Copsey, Maddie Copsey, Laurie Rhoades, Sherri Nelson, Melissa Walls, Shad Hartsough, Shelly Koltookian, Armen Koltookian, Lynn Schrock, Julie Phillips, Denise Tahara, Christine Schrock
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RECOMMENDATIONS

The committee is focused on four areas:

- Nutrition Education & Promotion
- Physical Activity & Physical Education
- Nutrition Standards for Competitive & Other Foods & Beverages
- Staff Wellness

For each area, short-term, intermediate-term, and long-term goals were developed



NUTRITION EDUCATION & PROMOTION

Short-term goal:

- Monthly Newsletter with tips for health/nutrition

Intermediate-term goal:

- Active Wellness Committee for corporation

Long-term goal:

- K-6 curriculum for nutrition education
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PHYSICAL ACTIVITY & PHYSICAL EDUCATION

Short-term goals:

- Establish student/teacher ratios for PE comparable to all classes
- Establish minimum time for K-12 PE

Intermediate-term goals:

- Develop Guidelines to reach PE short-term goals
- Make current fitness facilities accessible for all staff

Long-term goals:

- Additional staffing to offer more health-related programs



- Nutrition Standards for Competitive & Other Foods & Beverages

Short-term goals:

- 25% concession/vending items to be healthy choices
- Hold monthly birthday parties

Intermediate-term goals:

- 50% concession/vending items to be healthy choices
- Divert more fund-raisers to non food items

Long-term goals:

- 75% concession/vending items to be healthy choices
 - Monthly birthday parties celebrated without food
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STAFF WELLNESS

Short-term goals:

- Make Staff aware that wellness is a priority


Intermediate-term goals:

- Staff Newsletter
- Website link for resources

Long-term goals:

- Have established programs for all staff
 - Better utilization of facilities by all staff
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NEXT STEPS

- Bring back to board for second reading
 - Incorporate changes into our current policy
 - Inform staff of new policy
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8510 - WELLNESS

The Board of School Trustees of Concord Community Schools supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation 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 council will include: Parents, students, food service staff, school nurse, physical education teachers, building administrators, teachers, and classified staff.

The Concord Community Schools' wellness policy focuses on the following goals:

A. Nutrition Education and Promotion, the Corporation shall:

1. Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to the standards of the Indiana Department of Education.

Goals: Nutrition Education Curriculum for K-6

2. Schools will link nutrition education and promotion activities with existing coordinated school health programs or other comparable comprehensive school health promotion framework. Schools will, when possible, promote nutrition by engaging staff, the food service department, and families.

Goals: Monthly Newsletters with Tips for Health and Nutrition

B. Physical Activity and Physical Education, the Corporation shall:

1. Support the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks and before and after school activities.
2. Physical activity and movement shall be encouraged, when possible, across the curricula and throughout the school day.

Goals: Physical education classes will have the same student/teacher ratio used in other classes

- a. Increased exposure to Health and Nutrition education
 - b. Physical education program shall be provided adequate space and equipment
- C. Nutrition Standards for Competitive and Other Foods and Beverages, the Corporation shall:

Schools will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.

Goals: Classroom birthday celebrations will be limited to one per month

- 1. Such parties will be celebrated without food
- 2. By 2020, concession and vending items will be 75% health choices
- 3. Divert more fundraisers to non-food items

D. Staff Wellness

Concord Community Schools supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities

Goals: Establish a Staff Newsletter to educate staff on wellness

- 1. Develop a website link for wellness resources
- 2. Better utilize corporation facilities to promote staff fitness and encourage staff to participate in community walking, bicycling, or running events

Concord Community Schools is committed to this policy and its goals. Through the implementation of the wellness policy, the corporation will create an environment that supports opportunities for physical activity and health eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff. The advisory council shall review policy annually.

The Board designates the Superintendent 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

Adopted 2/4/08
Revised 2/16/16

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