

# policy

**BOARD OF SCHOOL TRUSTEES  
ZIONSVILLE COMMUNITY SCHOOLS**

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## WELLNESS

As required by law, the Board of School Trustees within the Zionsville Community Schools (ZCS) establishes the following wellness policy for the Corporation as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the district'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.

Schools alone, however, cannot develop healthy behaviors and habits in students with regard to eating and exercise. 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/promotion:
  1. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
  2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement the standards and benchmarks for health education.
  3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

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4. Nutrition education posters, such as MyPlate, will be displayed in the cafeteria.

B. With regard to physical activity/physical education:

### Physical Education

1. A sequential, comprehensive physical education program shall be provided for students in accordance with the physical education academic content standards and benchmarks adopted by the State.
2. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
3. 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.
4. The program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
5. Schools shall provide daily physical activity for students in elementary schools. The physical activity may include the use of recess to meet such requirements. Physical activity/recess should not be taken away as a punishment.

### Physical Activity

1. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
2. Schools shall discourage extended periods of student inactivity, defined as two (2) hours or more without some physical activity.

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C. With regard to other school-based activities:

1. The school shall provide attractive, clean environments in which the students eat.
2. Schools in our system utilize electronic payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
3. Students will be discouraged from sharing food or beverages with one another, due to the existence of multiple food allergies and student dietary restrictions.
4. No food based rewards in classrooms are permitted, unless authorized by the Principal or designee.
5. Schools shall limit the number of celebrations involving the serving of food during the school day. Celebrations should follow school nutrition and allergy guidelines.
6. The district nutrition department shall follow all State, Local and Federal Child Nutrition Program guidelines.
7. Food/Beverages sold during the school day shall meet Smart Snack guidelines.

D. With regard to Staff Wellness, the district shall:

1. The school district will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. Schools may allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use, provided staff follow the protocols developed for these purposes.

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

1. 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.
2. 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).
  - a. All food items and beverages available for sale to students for consumption on campus between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans, including, but not limited to, competitive foods that are available to students à la carte in the dining area, as well as food items and beverages from vending machines and school stores with regard to specific fundraisers in accordance with the Healthy Hunger Free Act of 2010, 7 C.F.R. §210.11(b)(4) and as established by state policy, schools are allowed two (2) exempted fundraisers per school building, per school year, for fundraisers involving the sale of foods and/or beverages not meeting the nutrition standards for Smart Snacks and occurring during the school day.
  - b. There are no limits to fundraisers during the school day that meet nutrition standards or are non-food/beverage items. Documentation of exempted fundraisers will be kept on file at each building.

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The Superintendent shall appoint a district wellness committee that may include parents, students, representative of school food services, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The appointed district wellness committee shall be responsible for accomplishing the following:

- A. Measure the implementation of the district's wellness policy in each the school
- B. Review the district's current wellness policy
- C. Recommend revision of the policy, as necessary and
- D. Additionally, each building will have a Wellness Team to assist with implementation of the Wellness Policy.

The Superintendent or designee shall report annually to the Board on the work of the wellness committee.

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## **ZCS Elementary Safe Snacks**

Our school is a safe and welcoming place for all students. We have created guidelines for parents to help support our teachers during classroom parties and events. Guidelines from state and federal agencies related to the prevention of childhood health issues, including childhood obesity and the prevalence of life-threatening food allergies, inform our decisions involving healthy food choices for students.

If you are sending food for a classroom party or event, all food items must follow the nutrition guidelines in the ZCS Wellness Policy [http://www.zcs.k12.in.us/apps/pages/food\\_service](http://www.zcs.k12.in.us/apps/pages/food_service). Room parents are asked to share the snack plan for classroom parties with the classroom teacher at least one week in advance of a celebration. The classroom teacher will review the snack options and make adjustments to ensure student safety.

All snacks and celebration food must be provided in the original packaging with an attached nutrition/ingredient label. Homemade snacks are not permitted. This includes pre-cut fruits and vegetables. While these might be the healthiest options, there are severe risks of cross-contamination during washing or cutting. Packaged food items only period.

Parents are welcome to join their child(ren) for lunch at our elementary schools. All visitors, including lunchtime visitors, must have their driver's license scanned at the office before entering the cafeteria. We have guest tables designated for you. This is a special time for you and your child to eat together.

In our elementary schools teachers recognize student birthdays in various ways. No birthday treats (food or otherwise) or birthday balloons are allowed at school and must not be sent. We do not allow party invitations to be distributed at school unless the entire class is invited.

Thank you for your help and support in making our schools safe and welcoming for all students.

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## **ZCS Secondary Snack Guidelines**

Our school is a safe and welcoming place for all students. Guidelines from state and federal agencies related to the prevention of childhood health issues, including childhood obesity and the prevalence of life-threatening food allergies, inform our decisions involving healthy food choices for students.

If you are sending food for an event during the school day, all food items must follow the nutrition guidelines in the ZCS Wellness Policy [http://www.zcs.k12.in.us/apps/pages/food\\_service](http://www.zcs.k12.in.us/apps/pages/food_service).

All snacks and celebration food must be provided in the original packaging with an attached nutrition/ingredient label. Homemade snacks are only permitted as part of the curriculum and must include ingredient labels so that students can make informed decisions.

Parents are welcome to join their child(ren) for lunch at our schools. All visitors, including lunchtime visitors, must have their driver's license scanned at the office before entering the cafeteria. Parents may also bring food for their child only. Please do not bring in food for other students during the lunch periods.

Thank you for your help and support in making our schools safe and welcoming for all students.

42 U.S.C. 1751 et seq.  
42 U.S.C. 1771 et seq.

Revised 5/8/17  
Revised 6/11/18

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