

Delphi Community School Corporation Wellness Policy

The Delphi Community School Corporation has developed a Wellness Policy in response to Section 204 passed by the U.S. Congress to address the increasing incidence of childhood obesity. It is intended to provide goals for nutrition education, physical activity, and other school-based activities that promote student wellness. The Coordinated School Health Advisory Council (including parents, students, corporation food service director, physical education/health teachers, school nurses, school board member(s), and school administrators), will meet annually to review and evaluate the Wellness Policy. This policy will be monitored by current Food Service Director, Mandy Farrell.

Nutrition Education and Standards

The Delphi Community School Corporation recognizes that school districts have a key responsibility in affecting the eating habits of students. We will promote and influence healthy eating habits and nutrition in the school setting. Connections between nutrition theory and practice should be immediately apparent to students.

The District is committed to promoting healthy eating habits throughout the school day. Although non-sold food and beverages are not restricted, the District does restrict commercial distractions by permitting advertising and marketing for only those foods that meet or exceed the USDA Smart Snacks in School nutrition standards.

1. The Nutrition Education program meets State standards.
2. Students in grades K-12 receive interactive nutrition activities.
ACTION:
 - A. Follow nutrition activities and education outlined in classroom textbooks.
 - B. Encourage the use of additional material and community resources such as, but not limited to, Purdue University's Extension Office, Extension Agent, The Carroll County Health Clinic, and the Carroll County Health Department to enhance classroom education on nutrition.
3. Nutrition education is offered in the school dining room with nutritional messages.
ACTION:
 - A. Create or purchase posters to put in dining areas of all schools to promote healthy eating.
 - B. Utilize free posters that are provided to the schools that promote healthy eating.
 - C. Increase awareness of nutritional information on food labels of a la carte items available to MS and HS students.
4. Schools are USDA Team Nutrition Schools.

5. School food service staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.

6. Students are offered a variety of meats/poultry, fresh fruits, vegetables, and whole grains on a daily basis.

ACTION:

A. Continue to comply with federal guidelines concerning balanced, healthy school lunches.

B. Continue to offer salads daily at HS, and salads at MS and DCES as possible.

7. A registered dietician or other qualified health professional is consulted as needed for special diets.

8. All a la carte items sold will be considered healthy choices.

ACTION:

A. Healthy choices will contain no more than 35% of total calories from fat per serving.

B. Healthy choices will contain no more than 10% of total calories from saturated fat per serving.

C. Healthy choices will contain zero grams of trans fat.

D. All a la carte items will be approved through the "Smart Snacks Product Calculator".

9. Elementary, Middle School, and High School students will drink nutritious beverages for breakfast and lunch.

ACTION:

A. All students are offered water and a variety of milks, including fat free flavored and white milk on a daily basis.

B. Elementary students will not be allowed to bring soft drinks, and Elementary and Middle School students will not be allowed to purchase soft drinks, for lunch.

C. In addition to milk and water, MS a la carte line will offer at least three choices of 100% juice (12 oz or less).

D. In addition to milk and water, HS a la carte line will offer at least three choices of 100% juice (12 oz or less) in addition to State approved beverages.

10. Vending snacks will follow the current Healthy Snacks guidelines.

11. Encourage parents/guardians who choose to pack their children's lunches to support the school wellness policy and improve their children's eating behaviors.

ACTION:

A. To be consistent with the school vending policy, parents/guardians are asked to not pack soft drinks in school sack lunches.

B. Give parents handouts that list healthy foods to pack in sack lunches.

Physical Activity

In an effort to address total wellness for the school child it is vital to increase and maintain optimal physical activity. The Delphi Community School Corporation will promote physical activity for all students.

1. Corporation requires physical education in grades 1-8 and 2 semesters in High School with class time allotted.
ACTION:
 - A. In the High School, continue to offer PE for 2 semesters.
In the Middle School, grades 6-7 will have the option of PE every day.
 - B. In the Elementary Schools, grades 3-5, will offer 60 minutes of physical education per week, striving to include technology such as pedometers, heart rate monitors and others equipment. Grades 1 & 2 will have 45 minutes of physical education per week.
Grades 1-5 have 25 minutes of recess with lunch.
2. All students are provided many choices of physical activity, including cooperative and competitive games.
ACTION:
 - A. Encourage classroom teachers to use physical activity challenges that complement their academic area.
 - B. Technology based physical activity programs will be used in all schools as appropriate for increased activity.
3. Corporation encourages physical activity outside of the school day.
ACTION:
 - A. Strive to increase physical activity opportunities before and after school with such activities as, but not limited to, open gym time, intramurals, and open swim, as well as openly support activities sponsored by the local Parks and Recreation Programs.
4. Corporation encourages teachers and other adults in the school setting to serve as role models for students.
ACTION:
 - A. Develop staff/student games and activities.
5. Corporation has a "wellness plan" in place for staff.
ACTION:
 - A. Each school will strive to provide an activity/weight loss program for their staff as appropriate.
 - B. Strive to offer a variety of activities for the Corporation staff including, but not limited to, weekly "open gym" times, and activities such as volleyball, soccer, free throw contests and track and field events.

6. The Corporation will encourage physical activity time at least once a week for all High School and Middle School students.
ACTION:
 - A. Provide outdoor activity as appropriate at the end of lunch periods.
7. Continue to promote participation of triathlon for qualifying 6th, 7th, 8th, and 9th grade students in the fall of each year.
8. Continue to hire qualified teachers to teach physical education and supervise physical activities in the Corporation.
9. The Corporation policy for physical education in K-12 is consistent with the State Standards.

Other School Based Activities

In an effort to address total wellness for the school child, it is vital to look at ways to obtain healthier school based activities. The Delphi Community School Corporation will promote healthier choices for other school based activities.

1. Unhealthy food is not to be offered or used as a reward.
ACTION:
 - A. ASoft drinks from vending machines will not be allowed and will have limited use as rewards in the High School and Middle School. They will not be allowed in Elementary Schools.
 - B. Candy from vending machines will not be allowed and will be limited in use as a reward Corporation wide.
2. Physical activity is not denied as a form of discipline in all schools.
ACTION:
 - A. During "timeout," if at all possible, provide a minimum of five minutes of physical activity during normal recess time such as, but not limited to, stationary bikes, walking, schoolyard cleanup, and other reasonable tasks.
3. In-school posters will provide positive, healthy food and physical activity messages.
ACTION:
 - A. Posters and/or banners promoting healthy foods and physical activity are hung around the schools and gymnasiums.
4. All school campuses are tobacco free in the Delphi Community School Corporation.
ACTION:
 - A. Signs are posted at the entrances to buildings, sports fields, and around campus stating that this is a Tobacco Free Campus.
 - B. This policy will be published in newsletters, in school handbooks, and on the Corporation website.

5. All Corporation fundraising efforts will include healthy food choices and/or non-food items.
ACTION:
 - A. The Coordinated School Health Advisory Council (CSHAC) will strongly encourage and educate the staff on healthy food choices.

6. Classroom parties and snacks should include at least 50% healthy foods and drinks.
ACTION:
 - A. The CSHAC, on request, will provide a list of appropriate healthy snack ideas.
 - B. Staff will use discretion with "mega-sized" or canned/bottled soft drinks.
 - C. Parents will be informed of healthy foods and drinks through, but not limited to, corporation website, handbooks, newsletters, and notes from teachers.
 - D. In the elementary school parents/guardians will be discouraged from bringing birthday cupcakes and unhealthy food treats.

7. Corporation staff will set positive and healthy examples.
ACTION:
 - A. Corporation staff will include healthy food and beverage choices during carry-ins and staff parties.
 - B. Staff candy "dishes" will be placed out of sight and not made available to students.

8. The School Board will annually receive the Wellness Policy review/revisions from this Committee and will make public the results.
ACTION:
 - A. At least every 3 years the Wellness Committee will use the IDOE Wellness Policy Evaluation checklist.

(Adopted March 2006)

(Revised May 2007; May 2009; May 2011; April 2017)

(Reviewed/Updated May 2013; May 2014; May 2015; May 2016)