



POLYTECHNIC HIGH SCHOOL

## **PPHS Wellness Policy**

### **Wellness Committee**

PPHS will engage students, parents/guardians, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing network-wide nutrition and physical activity policies. A Coordinated School Health (CSH) Advisory Council will be maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation's wellness policy.

In accordance with Indiana Code 20-26-9-18, the charter school network will form and maintain a network level Coordinated School Health Advisory Council that includes at least the following:

- Parents/Guardians
  - Food service directors and staff
  - Students
  - Health care professionals/Registered dietitians
  - School administrators
  - Physical Education Teachers
  - Any interested members of the general public
  - Representatives of interested community organizations
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- The Advisory Council shall meet annually to review the PPHS Wellness Policy and to develop an action plan for the coming year.
  - The Advisory Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
  - The Advisory Council shall report annually to the Head of School and School Board on the implementation of the PPHS Wellness Policy and include any recommended changes or revisions.

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- The School Wellness Policy shall be made available to students and families by means of school registration, the student handbook or the school’s website.

**PPHS Wellness Committee**

<b>Name</b>	<b>Title</b>	<b>Email address</b>
Tonya Taylor	Director of Student Services	ttaylor@pphs.purdue.edu
Deanna Powell	Office Manager	dpowell@pphs.purdue.edu
Kristin Knoop	Food Service Supervisor	kknoop@pphs.purdue.edu
Josh Bowling	Athletic Director	jbowling@pphs.purdue.edu
Susie Howard	Chief of Staff	showard@pphs.purdue.edu
Kari Mills	Parent/School Nurse	kmills@pphs.purdue.edu

**USDA Requirements for School Meals**

PPHS will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

**Nutrition Guidelines for all Foods and Beverages Sold**

PPHS will provide and allow foods and beverages that support proper nutrition and promote healthy choices during regular school breakfast and lunch meals, in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.

- School Meals (breakfast and lunch)
  - PPHS is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving

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(nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

- Classroom Celebrations
  - Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food, when possible.
  - Parents and teachers should encourage nutritious foods for birthday celebrations and classroom snacks.
  - Additional Resources:
    - <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations>
- Food as a Reward or Punishment: School staff are encouraged to find alternatives to the use of food as a reward or punishment.
- Fundraisers: Fundraising activities will support healthy eating and wellness. Schools will strive to promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, nutrition standards should be considered and the nutrition guidelines (2010) will be followed.

### **Nutritional Guidelines for Non-sold Foods and Beverages**

The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

- To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus before, after, and during the school day will meet or exceed the USDA Smart Snacks nutrition standards.. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

## ***Food and Beverage Marketing***

PPHS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. PPHS strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on school property that contains messages inconsistent with the health information PPHS is imparting through nutrition education and health promotion efforts. It is the intent of PPHS to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the school wellness policy.

Any foods and beverages marketed or promoted to students on the school campus before, after, or during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As PPHS school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the wellness policy.

### **Nutrition Education**

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (9-12) according to standards of the Indiana Department of Education. PPHS will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

- PPHS shall strive to integrate nutrition themes into core curriculum, through project cycles, where appropriate.
- School staff will strive to collaborate with community groups and organizations to provide opportunities for student projects related to nutrition
- Nutrition education resources will be provided to parents/guardians through means such as: handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.
- Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab.
- Nutrition information will be provided on all cafeteria foods to allow students to identify healthier foods.
- Schools will encourage teachers and food service staff to participate in professional development opportunities related to wellness policy goals.

### **Nutrition Promotion**

PPHS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
- Providing 2 (annually) workshops centered on the topic of promoting healthy food and beverage choices.

### **Physical Activity and Other Activities**

PPHS supports the health and well-being of students by promoting physical activity through physical education, a partnership with the YMCA; extracurricular activities; and walking and bicycling to school.

- Physical Education 9-12: Staff will strive to provide daily opportunities for physical activities for students.

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- Extracurricular Physical Activity Opportunities Schools will be encouraged to offer opportunities for extracurricular physical activities, taking into account student interest and supervisor availability.
- PPHS offers a variety of athletic team opportunities (ie; track, cross country, basketball, and soccer)
- Walking and Bicycling to School: Where appropriate and safe, schools will allow walking and bicycling to school.

All student attending Purdue Polytechnic High School are required to complete their Physical Education credits through the Irsay Family YMCA at CityWay. Each student has been provided a monthly membership at zero cost to the student. In order to complete all required credits, students must complete the following:

- 9 Get Fit appointments with an Irsay Family YMCA wellness coach
- 1 aquatics group exercise class
- 1 land group exercise class
- 1 wellness presentation lead by a YMCA staff member
- 5 hours of volunteer service
- 10 hours of miscellaneous wellness hours

Students will log their participation in these program with a YMCA staff member at the member services desk located in the first floor lobby. All the above criteria will be free for Purdue Polytechnic High School students during the school year.

### **Staff Wellness**

PPHS 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. Staff will be encouraged to use building facilities, outside of school hours, for activities such as group fitness classes, walking programs and individual workouts.

### **Evaluation**

At least once every three years, PPHS will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which PPHS is in compliance with the wellness policy;
- The extent to which the PPHS wellness policy compares to the Alliance for a Healthier Generation model wellness policy;
- A description of the progress made in attaining the goals of the PPHS wellness policy.

The person responsible for managing the triennial assessment and contact information is:

**Scott Bess**  
**Head of School**  
**317-832-1200**

PPHS will monitor compliance with this wellness policy. PPHS will actively notify households/families of the availability of the triennial progress report.

Through implementation and enforcement of this policy, PPHS will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff at least every three years.

The board designates the Head of School to ensure compliance with this policy and its administrative regulations. The Head of School is responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The Head of School will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the corporation's three-year assessment and evaluation.

### **Communication**

PPHS will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. PPHS will make this information available via the school's website and/or newsletters sent to families. PPHS will provide as much information as possible about the school nutrition environment. This will include a summary of the school's events or activities related to wellness policy implementation. Annually, PPHS will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### **Additional Resources:**

Indiana Department of Education Healthy Schools Toolkit [www.idoe.gov.in.us](http://www.idoe.gov.in.us)

Centers for Disease Control and Prevention (CDC)--Healthy Eating Curriculum  
[http://www.cdc.gov/HealthyYouth/hecat/pdf/HECAT\\_Module\\_HE.pdf](http://www.cdc.gov/HealthyYouth/hecat/pdf/HECAT_Module_HE.pdf)

National Association for Sport and Physical Education (NASPE)--Standards  
<http://www.aahperd.org/Naspe/>

Indiana Department of Education <https://www.doe.in.gov/nutrition/school-wellness-policy>