

School Wellness Advisory Council - Google Meet

Wednesday, September 3, 2025 3:30 PM

Administration Building, 998 Grizzly Cub Drive, Franklin, IN 46131

1. **Google Meet**
2. **Review Policy A275-School Wellness and Guideline A275-R.**



Book	POLICIES
Section	Section A - Basic Commitments
Title	A275 - School Wellness
Code	
Status	Active
Adopted	September 9, 2024

A275

SCHOOL WELLNESS

Statement of Policy

It is the policy of the Franklin Community School Corporation to promote student wellness by supporting healthy choices, good nutrition and physical activity as a part of the total learning environment. This policy applies to all students, staff, and schools in the Corporation.

Implementation of Policy

1. The Superintendent shall appoint a School Wellness Advisory Council consisting of at least one representative of:
 1. Parents;
 2. Food service supervisor and staff;
 3. Students;
 4. Nutritionists or certified dietitians;
 5. School health care professionals (e.g., school nurses);
 6. Board members;
 7. A school administrator;
 8. Interested community organizations;
 9. Teachers of Physical Education and Health.

2. The School Wellness Advisory Council shall meet at the call of a chair (“Wellness Coordinator”) designated by the Superintendent from among the members serving on the School Wellness Advisory Council; and shall oversee the Corporation’s efforts to improve student wellness through curriculum, policies, and practices. The School Wellness Advisory Council shall meet at least once a school year. Proposals for policies and practices shall be made in writing and shall be reported to the Board through the Superintendent. No votes shall be taken and where there are diverging views on a matter to be reported to the Board, all points of view shall be included in the written report to the Superintendent.
3. The School Wellness Advisory Council shall hold at least one (1) public meeting annually at which public input about the development, implementation, evaluation, and update of Corporation’s wellness policies and practices is solicited.
4. The School Wellness Advisory Council shall work with the:
 - a. School Attorney to insure that the Corporation’s policies and practices are consistent with Indiana and federal law and regulations, and the
 - b. Indiana Department of Education, the Indiana Department of Health, and other public and private agencies offering information and support for student wellness initiatives.
5. Each administrator/supervisor assigned to manage a Corporation school (“Wellness Coordinator(s)”) has the authority and duty to oversee the successful implementation of this Policy.

Nutrition Education and Nutrition Promotion

The Corporation will teach, model, encourage, and support healthy eating by all students. The Corporation will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote their health. Nutrition topics shall be integrated within the comprehensive health education curriculum and other curricular offerings such as math, science, language arts, social sciences, and electives according to standards of the Indiana Department of Education and federal law. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

Standards of U.S. Department of Agriculture Child Nutrition Programs and School Meals

The Board will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods and beverages to support healthier choices and promote optimal learning. All meals served by the Corporation will meet the federal nutritional guidelines issued by the U.S. Department of Agriculture (“USDA”) and follow principles of the Dietary Guidelines for Americans. Guidelines promulgated by the Superintendent will establish nutrition guidelines for all foods available on school campus during the school day that are consistent with federal nutritional guidelines and promote student health and reduce childhood obesity.

Sold and Non-Sold Foods and Beverages

The Corporation is committed to ensuring that all foods and beverages available to students support healthy eating.

The foods and beverages sold and served outside of the school meal programs (e.g., “sold” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. By meeting the Smart Snacks standards, the Corporation aims 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.

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 or served to students on the school campus during the school day will meet 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 in Schools

It is the intent of the Corporation to protect and promote health by permitting advertising and marketing for only those foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards during the school day.

Physical Activity and Other Activities

The Board supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before-and after-school activities; and walking and bicycling to school. Additionally, the Board supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

Public Input

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, Corporation administrators, and the general public are permitted to participate in the development, implementation, and periodic review and update of this Policy and procedures.

Annual Notification of Policy

The Corporation 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. This annual notification will include information on how the public can get involved in the Student Wellness Advisory Council or the implementation of the wellness policy in general. This information will be made available via the Corporation website and/or Corporation-wide communications.

Evaluation

At least once every three (3) years, the Corporation will evaluate compliance with the wellness policy through Wellness Policy in Action Tool (WPAT) to assess the implementation of the policy and include:

1. The extent to which schools in the Corporation are in compliance with the wellness policy;
2. The extent to which the Corporation’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
3. The progress made in attaining the goals of the Corporation’s wellness policy.

The Corporation will post the results of the triennial evaluation on the Corporation website when available.

Administrative Guidelines

The Superintendent or his or her designee shall ensure that this Policy and procedures are duly implemented, complied with, and evaluated. The content and implementation of this Policy and procedures shall be made available to the public. On an annual basis, the Superintendent or his or her designee shall assess this Policy and procedures, including the extent to which the Corporation is in compliance with the Policy, the extent to which the Policy compares to a model policy, and a description of the progress made in attaining the goals of the Policy. The Superintendent or his or her designee shall report to the board on an annual basis an assessment of this Policy and corresponding procedures. This assessment shall be made available to the public.

The Superintendent or his designee shall develop and administer guidelines to:

1. Coordinate the work of the School Wellness Advisory Council and staff members working in Food Services, Curriculum Development, and extra-curricular activities;
2. Promote student wellness in all curricular and extra-curricular activities of the Corporation;
3. Establish goals and procedures for the implementation of this Policy, including regular assessment of progress on established wellness goals.

I.C. 20-26-9-18 et. seq. 42 U.S.C
§ 1758b

Franklin Community School Corporation

Adopted: 9-9-24
Revised:



Book	GUIDELINES
Section	Section A - Basic Commitments
Title	A275-R - School Wellness
Code	
Status	DRAFT

A275-R

SCHOOL WELLNESS

As established in the School Wellness Policy, the Student Wellness Advisory Council will review Corporation practices and annually make recommendations to enhance student health/wellness procedures. The Superintendent adopts the following guidelines to assure that the Corporation meets this goal.

Overall Procedures

1. The Superintendent will appoint the Student Wellness Advisory Council annually on or before September 1st.
2. The Chair will be responsible for implementation of these guidelines and contact information for the Chair will be included in annual notifications on the wellness policy and procedures.
3. The Council will include members working in Child nutrition and Curriculum Development. Staff members working in extra-curricular activities will be consulted on Council matters as needed/appropriate, but at least on an annual basis.
4. The Chair will establish a calendar of meetings that includes at least one public meeting by October 31st.
5. The Chair will present a comprehensive set of recommendations to the Superintendent no later than May 1 .
6. The Superintendent will communicate as needed/appropriate, but at least on an annual basis following the annual Council meeting, to the School Board regarding Student Wellness.
7. The Corporation will promote student wellness by strongly pursuing resources available for this purpose, by communicating supportive messages throughout the Corporation community, and by encouraging students to participate in curricular programming and extra-curricular activities focused on wellness.

Nutrition Education

1. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.

2. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).
3. Nutrition education resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.
4. Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
5. Nutrition labels will be provided on all foods to allow students to easily identify healthier foods.
6. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

Standards for USDA Child Nutrition Programs and School Meals

School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs will:
 - a. Be appealing and appetizing to children;
 - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - a. Contain a limited amount of added sugar based on USDA guidelines
 - c. Offer a variety of fruits and vegetables;
 - d. Include whole grains for at least half of all grains served.
2. 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*.
3. Schools are encouraged to purchase or obtain fresh fruits and vegetables from local farmers when practical.
4. Students and parents will have the opportunity to provide input on local, cultural and ethnic favorites.
5. 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*.
6. The child nutrition department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a

variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

School Meal Participation

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving “grab-and-go” breakfasts and arranging transportation schedules to allow for earlier arrival times.
3. Schools will inform families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010. Schools in which more than 50 percent of students are eligible for free or reduced-priced school meals will sponsor the Summer Food Service Program when feasible.
4. To the extent possible, schools will provide the After School Meal Program, in accordance with the Healthy, Hunger-Free Kids Act of 2010.

Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. Elementary schools will schedule recess before lunch.
3. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to hand-washing and sanitizing stations.
5. Plain potable (drinking) water must be readily available at all mealtimes.
6. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

Professional Development

Professional development and training will be provided at least annually to child nutrition managers and staff on proper food handling techniques and healthy cooking practices.

Nutrition Standards for Competitive and Other Food and Beverages

1. K-12 à la carte, school vending machines (where permitted) and other foods outside of school meals shall be limited to items allowed by the Smart Snack Guidelines.
2. Availability of Vending Machines
 - A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
 - Vending machines in middle and high schools will not be available during mealtimes and will contain items that meet the approved nutrition standards.
 - Vending machines for school staff will not be accessible to students.
3. Food and beverages will not be sold in school stores.

4. Students and staff will have free, plain potable (drinking) water for consumption available in water fountains throughout the school building.
5. The concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.
6. Classroom celebrations are encouraged to focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
7. Classroom celebrations that include food must meet the approved nutrition standards.
8. Teachers and staff may use food as a reward.
9. Fundraising activities will support healthy eating and wellness. Schools will promote the sale of nonfood items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards.

Physical Activity and Physical Education

1. All students in grades K-12 will participate in physical education in order to meet the Physical Education Standards. Also, high schools will encourage students to take more than the courses of physical education required for all Indiana diplomas.
2. Waivers will not apply towards the physical education courses required for a diploma. Credit flexibility in physical education will be limited to elective physical education courses.
3. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 30 to 1.
4. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
5. Physical education will be taught by a licensed physical education instructor.
6. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
7. Students will not be removed or excused from physical education to receive instruction in other content areas.
8. School staff may not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Daily Recess and Physical Activity Breaks

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20305-7.5.
2. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

Physical Activity Opportunities Before and After School

1. Schools will offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

Walking and Bicycling to School

1. Where appropriate and safe, schools will allow walking and bicycling to school.
2. Schools will promote walking and bicycling to school, including the promotion of International Walk to School Day, which falls on the first Wednesday of October each year.

Use of School Facilities Outside of School Hours

School spaces and facilities may be used before, during, and after the school day. For facility use, reach out to the office of the Superintendent.

Playgrounds are accessible after school hours.

School policies concerning safety will apply at all times.

Franklin Community School Corporation

Adopted: 8-12-24 Revised: 4-14-25