Philosophy

Burris Laboratory School supports the health and well being of the students by promoting nutrition and physical activity at all grade levels.

Purpose and Goal of Policy

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being, as well as reducing the link to reducing the risk for mortality and development of many chronic diseases as adults. A well-planned and well-implemented school nutrition programs has been shown to positively influence students’ eating habits. Schools have a responsibility to help students and staff establishes and maintains lifelong, healthy eating patterns.

By emphasizing health in schools, all students will possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. Burris Laboratory School shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. Professional development will be provided to help all staff effectively integrate physical activity with improved nutrition. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms. The school’s Health and Wellness Advisory Committee will provide ongoing input for revisions to this plan that lead toward the ultimate goal of improved student learning.

Component 1: A Commitment to Nutrition and Physical Activity

A) The Burris Laboratory School has established a Health and Wellness Advisory Committee of parents, students, faculty, a health professional, food service professionals, staff and administrators who will share in the mission to address nutrition and physical activity issues and develop, implement, and evaluate guidelines that support a healthy school nutrition environment. The Health and Wellness Advisory Committee shall offer revisions to these guidelines annually or more often if necessary. (Indiana Code 20-26-9-18)

B) The Health and Wellness Advisory Committee will address concerns including, but not limited to, the types of foods available in the building, sufficient mealtime, nutrition education, and physical activity.

C) Nutrition education will be integrated across the curriculum and physical activity will be encouraged daily.
D) The Ball State Dining staff will participate in making decisions and guidelines that will affect the school nutrition environment.

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

**Component 2: Quality School Meals**

A) Burris Laboratory School will offer breakfast and lunch. Students and staff are highly encouraged to promote and participate in these programs.

B) Professionally qualified Ball State Dining personnel will be responsible for ensuring meals served at Burris Laboratory School meet the National Standards for School Meals set by the U.S. Department of Agriculture. Ball State Dining personnel will attend professional development activities, as appropriate.

C) Food safety will be a key part of the school food service operation; bi-annual training of Ball State Dining personnel and food safety inspections will be completed as required by the state of Indiana. Ball State Dining will perform additional internal food safety inspections throughout the school year.

D) Menus served will meet nutrient standards established by the U.S. Department of Agriculture, including food-based menu planning principles, featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and meet food safety standards.

E) Burris personnel, along with parents, will encourage students to choose and consume balanced, healthy meals.

F) Positive nutrition statements will be provided to students.

**Component 3: Other Healthy Food Options**

A) The Health and Wellness Advisory Committee will develop and recommend guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events). The administration will implement these guidelines.

B) The preponderance of food and beverages available or sold to students at school will include items that are low in total fat, saturated fat, sodium, and sugar. Staff, students, and parents will be encouraged to provide items that are low in total saturated fat, sodium and sugar for all school activities in which food is provided.

C) School staff shall use food as a reward for student accomplishment sparingly. The withholding of food as punishment for students will be prohibited. For example, restricting a child’s selection of flavored milk due to misbehavior in the classroom.

D) Burris Laboratory School will provide food and nutrition resources to parents to assist them in providing safe and nutritious foods for their children. Parents will consult the school nurse regarding foods and menu items for students with special dietary needs.

E) During the middle school and high school lunch periods students may visit the “Snack Zone” located in the Burris Laboratory School’s cafeteria where they can choose from a variety of healthy snacks after finishing their school lunch. (for a complete list see the website)
Component 4: Pleasant Eating Experiences

A) Facility design will be given priority in renovations and new construction.
B) Drinking fountains will be available for students to get water at meals and throughout the day and a dispenser of water with cups will be available in the dining room.
C) School personnel will assist all students in developing the healthy practice of washing hands before eating.
D) Burris Laboratory School personnel along with Ball State Dining Service will schedule enough time so students do not have to spend too much time waiting in line.
E) Burris should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
F) A minimum 30-minute uninterrupted lunch period should be scheduled to allow students to eat, relax, and socialize.
G) Burris Laboratory School will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.
H) Creative and innovative methods will be used to keep noise levels appropriate.

Component 5: Nutrition Education

A) Burris Laboratory School will follow the health education curriculum standards and guidelines as stated by the Indiana Department of Education and provide a link to nutrition education activities.
B) Students in kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors. Teachers will be encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
C) Nutrition education will be offered in the school dining room and in the classroom, with coordination between Ball State Dining staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
D) Burris Laboratory School teachers are encouraged to participate in the U.S. Department of Agriculture’s nutrition programs such as “Team Nutrition” and conduct nutrition education activities and promotions that involve students, parents, and the community.
E) Nutrition education will include lessons that cover topics such as, how to read and use food labels, choosing healthy options and portion control.
F) Foods of minimal nutritional value, including brands and illustrations, will not be advertised or marketed in educational materials.

Component 6: Marketing

A) Students will receive positive, motivational messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
B) Burris will consider student needs in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.
C) Burris will promote healthy food choices and will discourage advertising that promotes less nutritious
food choices.
D) Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO/PTA meetings, Open Houses, Health Fairs, teacher in-services, etc.
E) Burris will spread the word to the community about a healthy school nutrition environment through classroom and school newsletters.

Component 7: Implementation

A) A review will be conducted in the spring semester of each year to identify areas of improvement. The Health and Wellness Advisory Committee will report their findings to the principal and develop with him/her a plan of action for improvement.
B) Before the end of each school year The Health and Wellness Advisory Committee will recommend any revisions the Student Nutrition/Wellness Plan it deems necessary to the Superintendent.
C) The Advisory Committee, via the Food Service Director, will report annually to the Superintendent the progress of the committee and the status of compliance by the school.

Component 8: Standards for USDA Child Nutrition Programs and School Meals

A) School Meal Content will be nutritious, student-friendly. Each meal provided by Burris will be prepared and served by Ball State Dining.
B) Ball State Dining will share and publicize information about the nutritional content of meals with students and parent/guardians. Daily menus will be available in the school newsletter and website, while full nutrition and ingredient information will be available online via NetNutrition and in the nurse’s office. Additional information can be made available upon request.
C) Each meal will follow the offer versus serve guidelines outlined in the U.S. Department of Agriculture’s 2013-2014 National Standards for School Meals:
   a. Daily fruit and vegetable options
   b. Fat free and low-fat milk choices
   c. At least half of all grain items are “whole grain” rich
   d. Meat and meat alternates
   e. Adherence to age-specific calorie ranges
   f. Zero trans fats and limited saturated fats
D) Mealtimes will be scheduled with adequate time for students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
E) School meals will be served in a clean and pleasant setting.
F) Students will have convenient access to hand-washing and sanitizing stations.
G) Drinking water will be readily available at all mealtimes.
H) Appropriate supervision will be provided in the cafeteria and rules for safe behavior will be consistently enforced.

Component 9: Nutrition Standards for Competitive and Other Foods and Beverages

   a. K-12 a la carte, school vending machines and other foods outside of school meals shall meet the mandated nutritional standards.
   b. K-12 a la carte, school vending machines and other beverages outside of school meals shall meet the mandated nutritional standards.
B) The availability of vending machines
   a. In accordance with Indiana Code 20-26-9-19, a vending machine at an elementary school that dispenses food or beverage items may not be accessible to students
   b. Vending machines in middle and high schools will contain items that meet the approved nutrition standards
   c. Vending machines for school staff will not be accessible to students
   d. Students and staff will have free drinking water for consumption available in water fountains throughout the school building.

C) Classroom Celebrations
   a. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
   b. Classroom celebrations (such as holidays or events) will include food that meets the nutritional standards.
   c. School personnel will inform parents/guardians of the classroom celebration guidelines.

D) Food as a Reward or Punishment
   a. Teachers and staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward is not appropriate.
   b. School staff will not withhold food or drink at mealtimes as punishment.

E) Fundraisers
   a. Fundraising activities will support healthy eating and wellness. Burris will promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards of The Healthy Hunger-Free Kids Act of 2010.
   b. Fundraising activities that take place outside of the Burris, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards as long as distribution of order forms and food are not sold or consumed on school grounds during school hours.

Component 10: Physical Activity and Physical Education

Burris 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 encouraging walking and bicycling to school.

Physical Education K-12

A) All students in grades K-5 will participate in physical education daily for 30 minutes, which exceeds the physical education standards.
B) Middle school students will participate in physical education throughout their middle school years in order to meet the Physical Education Standards.
C) High school students will be encouraged to take more than the required courses of physical education required for all Indiana diplomas.
D) 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.
E) Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school will not exceed an average of 30 to 1.
F) The physical education program will be provided adequate space and equipment to ensure quality physical education classes for students.
G) A licensed physical education instructor will teach physical education.
Daily Recess and Physical Activity Breaks

A) Students in grades K-5 will have daily physical activity accordance with Indiana Code 20-30-5-7.5

B) All students in grades K-5 will have at least one 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. The recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor activity break in the classroom.

C) All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.

D) Extended periods of inactivity (2 or more hours) are discouraged. 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

A) Burris Laboratory School will offer interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.

Physical Activity and Remedial Activities/Punishment

A) All effort will be given to not remove or excuse students from physical education to receive instruction in other content areas.

B) School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Walking and Bicycling to School

A) To the extent possible, Ball State University will make improvements so it is safer, easier and more enjoyable for students to walk and bicycle to school.

B) Burris Laboratory School 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

A) School spaces and facilities, such as the playground and gym will be made available to students, staff and community members before, during and after the school day; on weekends and during school vacations. School policies concerning safety will apply at all times.

Component 11: Staff Wellness

Burris 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.

A) Burris Laboratory School faculty and staff have access to the recreation facilities of Ball State University at a low or no cost.

B) Burris Laboratory will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.

C) Staff will be encouraged to participate in community walking, bicycling or running events.
D) At least 50% of the food options available at staff meetings will meet the approved nutrition standards.
E) Burris Laboratory School will promote breastfeeding by making reasonable efforts to prove a private location for employees to express breast milk, in accordance with Indiana Code 22-2-14-2.

Component 11: Evaluation

Burris Laboratory School is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, Burris will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, Burris will evaluate efforts and their impact on students and staff.

A) Implementation and Data Collection
   a. Burris Laboratory School will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance and flexibility.
   b. The school administration will ensure that Burris is in compliance with the corporation’s wellness policy halfway through the school year by assessing wellness implementation strategies. The administration will then report to the superintendent, who will provide a report to the school’s advisory committee.
   c. The Burris Health Advisory Committee will direct the evaluation of the School Wellness Policy and implementation.
   d. Policy language will be assessed each year and revised as needed.

I.C. Section 204 of Public Law 108-265

*Policy is modeled after Kokomo-Center Township Consolidated School Corporation Wellness Policy and the Indiana Model School Wellness Policy on Physical Activity and Nutrition.*

*Created 11.8.203 Revised: January 8, 2014*