



School Health Starts with the Community

Indiana School Health
Conference

June 2022



INDIANA



AGENDA

- Introductions
- Indiana Department of Education
- Indiana Department of Health
- Richland Bean Blossom Community School Corporation
- Purdue Extension
- Resources
- Q&A



Tarrah Westercamp

MS, RDN, SNS

No Kid Hungry

Indiana Manager

twestercamp@strength.org

NO KID HUNGRY CAMPAIGN

No child should go hungry in America. But 1 in 7 kids will face hunger this year. No Kid Hungry is ending childhood hunger through effective programs that provide kids with the food they need.

This is a problem we know how to solve. No Kid Hungry is a campaign of Share Our Strength, an organization working to end hunger and poverty.



The Indiana Partnership for Hunger-Free Students

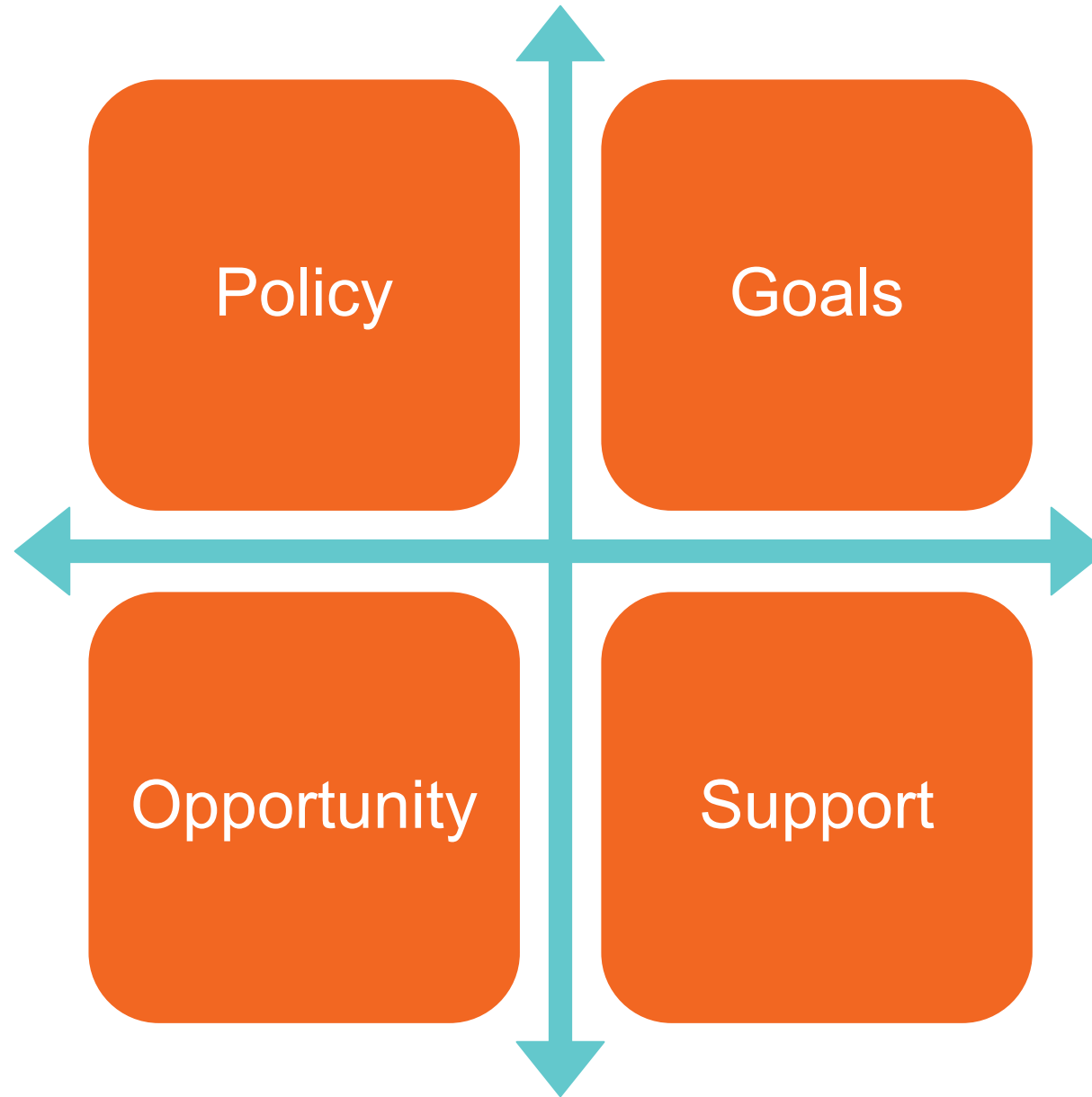
coordinates statewide efforts to ensure that no child goes hungry in the state of Indiana. The coalition is a dedicated group of stakeholders including school nutrition professionals, parents, students, educators, administrators, community advocates, health systems and University partners.





School Meals

- National School Lunch Program
- School Breakfast Program
- Afterschool Snack Program
- Farm to School
- Smart Snacks
- Offer Versus Serve
- Civil Rights
- Local Wellness Policy





**Indiana Department of
Education**

Ashley Heller



Wellness Policies

The Basics



1,200

amount of hours a student spends in
school per school year

WHAT IS A WELLNESS POLICY?

- Plan to emphasize and support healthy choices
- Included within section 204 of the Healthy, Hunger-Free Kids Act
- Better health = better learners



WELLNESS POLICY REQUIREMENTS

USDA School Wellness Policy Requirements
Indiana Department of Education, School and Community Nutrition

At a minimum, school wellness policies are to include:

- 1. Wellness Coordinator:** Has identified at least one person as responsible for monitoring the local wellness policy.
- 2. Stakeholder Participation:** Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the local school wellness policy.
- 3. USDA Requirements for School Meals:** Has assured school meals meet the USDA requirements.
- 4. Nutritional Guidelines for all Foods and Beverages Sold:** Has set nutritional guidelines for foods and beverages sold on the school campus during the school day.
- 5. Nutritional Guidelines for Non-Sold Foods and Beverages:** Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day.
- 6. Food and Beverage Marketing:** Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks).
- 7. Nutrition Education:** Has at least 2 goals for nutrition education.
- 8. Nutrition Promotion:** Has at least 2 goals for nutrition promotion.
- 9. Physical Activity:** Has at least 2 goals for physical activity.
- 10. Other Activities:** Has at least 2 goals for other school-based activities that promote student wellness.
- 11. Evaluation:** Every three years has evaluated the local wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:
 - to what extent the Local Educational Agency (LEA) is in compliance with the district policy;
 - the extent to which the local wellness policy compares to model school wellness policies;
 - the progress made in attaining the goals of the local wellness policy.Include name of evaluation tool used within the school wellness policy.
- 12. Communication:** Annually inform and update parents, students, staff, and the community about the content and implementation of the local wellness policy, including the assessment of the policy and provide a way for additional stakeholders to be able to participate.



[IDOE Wellness Policy Webpage](#)

WELLNESS POLICY TEMPLATES

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

Updated 9/2016 to Reflect the USDA Final Rule

[School District] Wellness Policy

Note: This "Basic" district-level wellness policy template meets the minimum Federal standards for local school wellness policy implementation under the final rule of the [Healthy, Hunger-Free Kids Act of 2010](#), the Alliance for a Healthier Generation Healthy Schools Program Bronze-level award criteria, and minimum best practice standards accepted in the education and public health fields. Where appropriate, the template includes optional policy language school districts can use to establish a stronger policy that meets the Healthy Schools Program Silver or Gold award levels. School districts should choose policy language that meets their current needs and also supports growth over time. If you are using this tool to compare your policy against, you should include the language in italics as the strongest examples for comparison.

Preamble

[Insert School District name] (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards.

Indiana Model School Wellness Policy on Physical Activity and Nutrition

Intent of this Policy: *[The following two paragraphs are an explanation of the policy for informational purposes only and should not be adopted as part of the policy.]*

The intent of this model school wellness policy is to provide language for physical activity and nutrition for a school corporation that aligns with best practice recommendations. It is the "ideal" school wellness policy. It is not expected that your corporation will be able to use all of the best practices as written. Please use the model guidelines that are feasible or revise them to meet the needs and priorities of your school corporation and community.

A corporation may find it more practical to phase in the adoption of its guidelines than to implement a comprehensive nutrition and physical activity policy all at once. Compromises might be necessary as corporation decision-makers consider the challenges (e.g., limited class time, funding and space constraints) while striving to reach the ideal.

Wellness Policy on Physical Activity and Nutrition

The Board of School Trustees of **[School Corporation]** supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

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

I. Coordinated School Health Advisory Council

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

WELLNESS POLICY REQUIREMENTS

Identify a Wellness Coordinator

- Main contact and lead
 - Does NOT have to be food service personnel.
- Responsibilities:
 - Coordinate policy development, implementation, and compliance.
 - Ensure regular policy evaluation.
 - Engage with stakeholders.
 - Post and promote the policy.

WELLNESS POLICY REQUIREMENTS

Stakeholder Participation

- It takes a team to promote a culture of wellness.
- Use stakeholders from many groups, professions, and backgrounds.
- Help in the development, implementation, and evaluation of wellness policy.



WELLNESS POLICY REQUIREMENTS

Meet USDA Meal Requirements

- Make sure your meals meet the proper meal pattern guidelines.



WELLNESS POLICY REQUIREMENTS

Set Nutritional Guidelines for All Food and Beverages Sold on Campus During the School Day

- Must follow minimum Smart Snack Standards guidelines.
- Can set stricter guidelines.



WELLNESS POLICY REQUIREMENTS

Set nutritional guidelines for food and beverages not sold but available on campus during school day.

- Includes class parties, rewards, etc.
- Set by the wellness policy.
- Helps support school breakfast and lunch program guidelines.
- Can include outside food policies (fast food, food brought in from parents, etc.)

WELLNESS POLICY REQUIREMENTS

Food and beverage marketing

- Market only items that meet the food and beverage requirements.
- Market healthy items in particular.
- Think about how marketing can help build nutrition knowledge for students.



WELLNESS POLICY REQUIREMENTS

Creation of Specific Goals

Goals for
Nutrition
Education

Goals for
Nutrition
Promotion

Goals for
Physical Activity

Goals for Other
School-Based
Activities

WELLNESS POLICY REQUIREMENTS

Communicate with stakeholders

- Must annually inform parents, staff, students, and the community of the content and implementation of the local wellness policy.
- Share the impact the school is making!

WELLNESS POLICY REQUIREMENTS

Evaluate the wellness policy

- Triennial assessment
- Determine compliance
 - With district policy
 - To model wellness policies
 - Progress with the goals set
- Due June 30, 2023



[IDOE Triennial Assessment Template](#)



ADMINISTRATIVE REVIEW

Documents reviewed during an administrative review

- Copy of the current wellness policy
- Documentation on how information is made available to public
- Most recent evaluation of the policy
- Documentation of efforts to review and update the policy

Scenarios

SCENARIO

Student government is selling candy during the school day to raise money for prom.

- Fundraiser exemption?
- Non-food fundraisers only at your school?
- Smart Snack-only food fundraisers at your school?



SCENARIOS

A class is having an end of the year party with cupcakes and cookies.



- Possibly could limit amount of parties?
- Food at parties are healthier options?
- No parties with food?

SCENARIOS

Students earn Panther Points for perfect attendance. These points can be redeemed for purchasing food or beverages from a snack cart.

- No food or beverage rewards
- Smart Snack-only rewards



SCENARIOS

The vending machines in the main hall are on and accessible to students throughout the day.



- Smart Snacks are in play but the wellness policy can build upon those
- Can require only healthier options
- Could remove vending machines altogether

WELLNESS POLICY WEBPAGE

Wellness Policies

DOE > Nutrition > Wellness Policies

Each local educational agency that participates in the National School Lunch Program is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.

Local wellness policies are an important tool for parents, local educational agencies and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

The wellness policy is a plan and common understanding of how schools are helping to make the healthy choice the easy choice at school. The wellness policy is updated periodically and parents, school staff, and the community all take part in creating it to ensure that everyone's voice is heard.

Requirements	+
Toolkits	+
Assembling the Team	+
Writing the Policy	+
Evaluating the Policy	+
Funding	+
Community Partners	+



[IDOE Wellness Policy Webpage](#)



THANK YOU!

Questions?
aheller@doe.in.gov



**Indiana Department of
Health**

Jenna Sperry





Indiana
Department
of
Health

SCHOOL WELLNESS POLICY BEST PRACTICES AND THE WSCC APPROACH

Jenna Sperry, MPH

Child Wellness Coordinator

Division of Nutrition and Physical Activity

6/20/2022

OUR MISSION:

**To promote, protect, and improve
the health and safety of all Hoosiers.**

OUR VISION:

**Every Hoosier reaches optimal health
regardless of where they live, learn,
work, or play.**



The WSCC Model

- Builds upon the Coordinated School Health Approach and the Whole Child Framework.
- 10 school components.
- Student-centered.
- Requires **policies**, processes and practices with multiple stakeholders involved to make systems-level change.





Local School Wellness Policies (SWPs)



Indiana
Department
of
Health

Why Have a SWP?

- Guides school wellness activities
- Ensures health-promoting activities happen across ALL schools in the district
- Ensures health-promoting activities continue for years to come
- Supports a school culture of health (*makes the healthy choice the easy choice*)



Student Benefits of a Healthy School

Benefits of Physical Activity and Nutrition for Students:

- Improved attention and memory
- Better attendance
- Higher grades and test scores
- Fewer disciplinary issues
- Bolstered immune systems
- Improved heart health
- Reduced risk of chronic disease and mental health conditions
- Stronger bones and muscles



IDOH Recommendations

Best Practice: *Embed this work in their official job responsibilities*

1. Assign a district-level wellness coordinator to guide and coordinate efforts among individual schools.
2. Create an active school wellness council/committee with many stakeholders:
 - Parents or caregivers
 - Students
 - Administrator
 - School nurse
 - School nutrition staff
 - Counselor
 - Social services
 - School board member
 - Teachers (including health and P.E. teachers)
 - Youth-serving organizations
 - Out-of-school staff
 - Medical providers
 - Public health agencies

Tips:

- *Extend invitations to each prospective member (see a sample [here](#))*
- *Ensure your council represents the diversity in your community*

IDOH Recommendations

3. Assess the school health environment.

- Online assessment tools, such as the [School Health Index](#) and [Thriving Schools Integrated Assessment](#) are available to help.

4. Create specific goals and action plans to reach desired outcomes.

Tips:

- *Consult your school wellness policy*
- *Appoint school health champions to provide oversight in their area*
- *Involve students in the decision-making process*



IDOH Recommendations

5. Implement school wellness activities.

Tips:

- *Consult the [Action for Healthy Kids Resource Library](#) for ideas*
- *Partner with community groups to access more resources*
- *Seek grant funding opportunities*

6. Evaluation

- Review and update your SWP
- Re-assess the school health environment



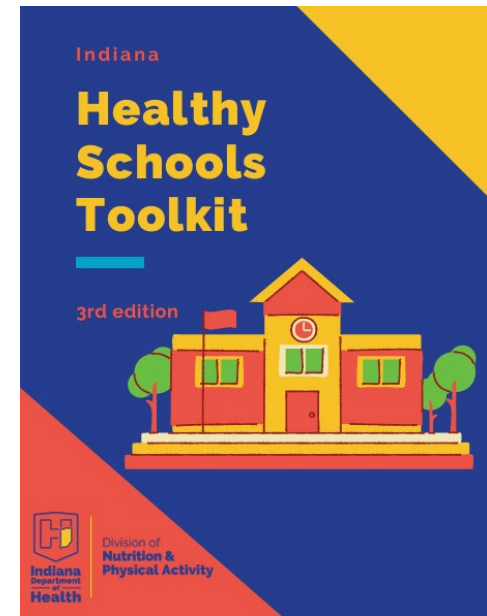
Policy Best Practices

- Sequential nutrition education for grades K-12
- Not stigmatizing students with unpaid meal balances
- 20+ minutes of seat time for lunch
- Nutrition standards for before/after school
- 150 minutes/week of P.E. for elementary students and 225 minutes/week for middle/high school students
- Physical activity breaks
- Not using or withholding physical activity as punishment
- Employee wellness



Additional Resources

- [Indiana Healthy Schools Toolkit](#) (3rd edition)
 - Includes the WSCC model, guidance on local school wellness policies and committees, school health environment resources and more!
- IDOH, DNPA Wellness Policy Reviews
 - A free and voluntary service where DNPA staff will review your district-level SWP using the [WellSAT 3.0 scoring tool](#) to assess your policy's content and strength, while also highlighting areas for improvement:
 - Contact Jenna Sperry at jsperry@isdh.in.gov or Emma Smythe at esmythe@isdh.in.gov for more details.
- [USDA School Wellness Policy Outreach Toolkit](#)
- [Alliance for a Healthier Generation's Action Center](#)
 - Create a free account to access the wellness policy builder tool, a model wellness policy, action planning tool, trainings, and other resources.



Questions?

CONTACT:

Jenna Sperry

jsperry@isdh.in.gov





RBB Edgewood Schools

Vickie Coffey



School Health starts with your Administration



WHOLE SCHOOL
WHOLE COMMUNITY
WHOLE CHILD



How to develop community partnerships?



Indiana University Health



Ask for help and apply for grants

- Not an RD? Consult one...
- Tap into local universities (internships)
- Americorps
- [Grants.gov](#)
- [Action for Healthy Kids](#)
- [Indiana Dairy Association](#)
- [Fuel Up to Play 60](#)
- [No Kid Hungry](#)
- Local foundations
- State and local department of health

Collaborate with Teachers and Classrooms



Keep the partnership active

GOAL



It's a two way street...



Work with your universities!



Whole School, Whole Community, Whole Child



Huntington
Studio



Feeding our Community

Local partners contact us to schedule summer meals at their sites!



Vickie Coffey
RBB Edgewood Schools
Nutrition Services/Healthy Schools Director

vcoffey@rbbschools.net

812-876-7805





Purdue Extension

Lacy Wilson



Making the Healthy Choice the Easy Choice



The Role of Community Wellness Coordinators Across the State

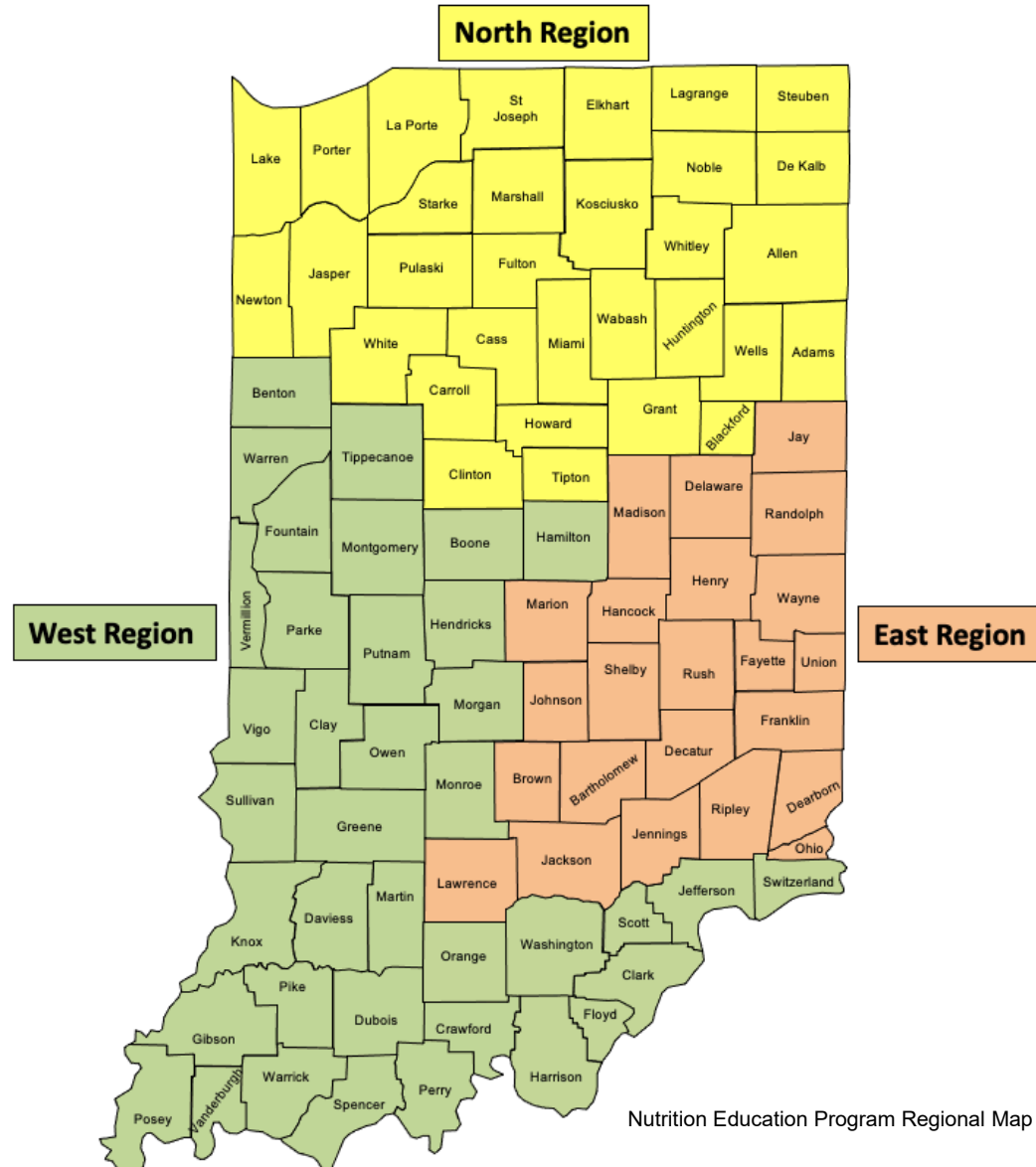
What is The Purdue Extension Nutrition Education Program?

The Purdue Extension Nutrition Education Program (NEP) works with limited-resource audiences to improve nutrition and health in communities statewide.

NEP collaborates with community partners to help people eat smart and move more by focusing on five specific areas.



Extension - Nutrition
Education Program



What are our Five Focus Areas?

We help positively change adult behavior and influence youth in five areas:

1. Physical activity
2. Nutrition
3. Food security (hunger)
4. Food safety
5. Food resource management (stretching food dollars)



What is the Role of A Community Wellness Coordinator?

A Community Wellness Coordinator (CWC):

- Assists in planning, creating and implementing health and wellness initiatives in the 5 NEP focus areas
- Assesses & helps meet community needs
- Builds relationships
- Encourages partnerships
- Focuses on long-term community change and sustainability
- Champions policy, systems and environmental change

Policy, Systems, and Environment (PSE) Change

Individual
behavior
change & direct
education

Educators



Environmental
changes
(structures &
systems where
we work, live &
play)

CWCs



Supports
healthy choices
across the
population vs.
individuals

Collective Impact

Traditional Programs vs. PSE Change

Setting

Traditional Programs

Policy, Systems and Environmental Change

School

Celebrate National Nutrition Month

Add fruits and vegetables to the a la carte options at schools

Host a Family Fitness Night

Make school athletic facilities regularly available to families

Community

Holding a 5K for obesity awareness

Add sidewalks, crosswalks, bike lanes and bike racks to make walking and biking safer and more enjoyable

Offer nutrition lessons at farmers markets

Allow SNAP vouchers to be accepted at farmers markets

Worksite

Hold health screenings for staff

On-site fitness facilities and workplace policies promote walking breaks

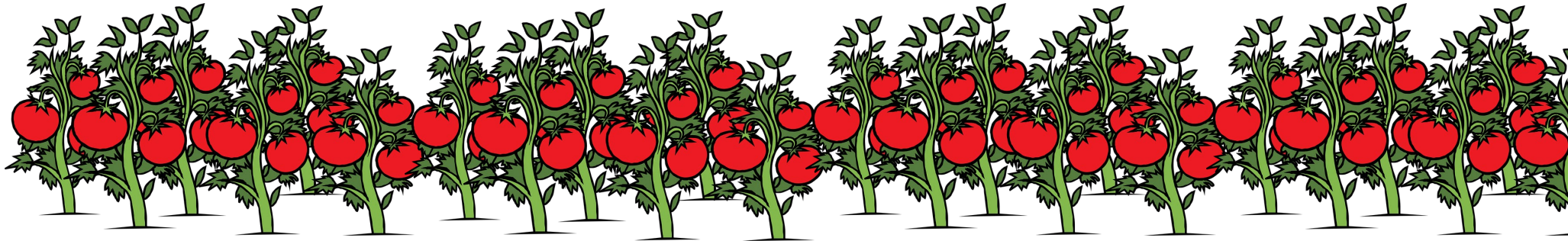
Provide the Dietary Guidelines for Americans brochure to employees

Institute healthy food guidelines for meetings and vending machines

Examples of CWC Initiatives

The work of a CWC is extremely diverse depending on the community they are serving. Examples of initiatives across the state include:

- Health coalitions
- Community gardens
- **School and workplace wellness**
- Healthy corner stores
- Trails and parks
- Farm to school
- Farmers markets
- Active living
- Food access
- Food pantries



School based projects

Workplace/ Staff Wellness:

- East Chicago Schools: East Chicago School staff was able to attend a Healthy Cooking Creations Workshop at Ivy Tech
- Early Learning site in Evansville revamped their staff's vending options to offer fruit and sugar free beverages



School based projects

School food pantries or weekend backpack

West Washington School Corporation evolved to include a client choice pantry for students and families.



Healthy Food Donation List

Fruits & Veggies

- Canned Fruit
- Applesauce
- Dried Fruit
- 100% Fruit Juice
- Canned Vegetables
- Canned tomatoes
- Pasta Sauce
- Salsa

Grains

- Whole grain or whole wheat pasta
- Brown rice, wild rice or quinoa
- Oatmeal or whole grain cream of wheat
- Whole grain crackers
- Whole wheat or corn tortillas
- Whole grain cereal
- Popcorn

Protein & Dairy

- Peanut or nut butter
- Canned or dried beans, peas or lentils
- Canned tuna, salmon, or chicken
- Nuts or seeds
- Powdered egg whites
- Eggs
- Fluid or Shelf stable low-fat, 1%, fat-free or skim milk or soy milk

Other

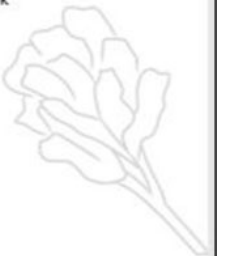
- Soup, stews, or chili
- Broth or stock
- Mac & Cheese
- Light salad dressing
- Vegetable, olive or canola oil
- Dried herbs and spices
- 100% fruit spread

Toiletries

- Toilet paper
- Paper towels
- Toothpaste
- Soap
- Shampoo

Nutrition Facts Label Tips

- No salt added or low sodium
- Canned beans = 200 mg or less
- Pasta sauce, soups = 480 mg or less
- Whole wheat = whole grain as first ingredient
- No sugar added
- Packed in 100% fruit juice



Healthy
Shelby County

School based projects

School gardens

- Grants secured by CWC's helped pay for raised beds and tools for the school garden
- Distributed bucket gardens to low-income families and provided education on growing produce at home during the pandemic



Bucket gardens in Lake County, IN- courtesy of Theresa Mince, CWC

School based projects

Food Rescue

K12 Food Rescue is a program which helps schools reduce food waste of pre packaged foods that children do not eat during breakfast or lunch.



vested and produce donated, courtesy

School based projects

Breakfast carts

Many CWC's helped fund breakfast carts through grants to help the nutrition service staff deliver food for breakfast in the classroom. Also these carts increase breakfast participation in high schools when placed at high traffic areas



School based projects

Physical Activity

Walking/ Running clubs

Bike or walk to school day

Go Noodle

Walking classrooms

Walking paths



Questions about NEP?

Follow us on social media!



Purdue Extension Nutrition Education Program



Purdue Extension Nutrition Education Program



@PurdueNEP



PurdueNEP

Online at

eatgathergo.org

Connect with me directly
Lacy Wilson, MS, RDN
wilso766@purdue.edu
618-926-3576

THANK YOU!



RESOURCES



No Kid Hungry Resources & Support

The No Kid Hungry team is here and ready to help by providing...



Quarterly Webinars



Technical Assistance



Resources & Toolkits



Funding Opportunities



Resources

[Healthy Schools Toolkit](#)

[Summer Meals Outreach Toolkit](#)

[School Meals Playbook](#)

[Parents for Healthy Schools](#)

[Action for Healthy Kids](#)

[Alliance for a Healthier Generation](#)

[Recommendations for Communicating with Students & Parents on School Meals](#)



INDIANA

Q&A

Follow us on Facebook

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Current Partners



Indiana University Health

ESKENAZI
HEALTH



A young boy with freckles, wearing a blue baseball cap and an orange hoodie, is smiling while sitting at a table. He is eating from a yellow school tray that contains a sandwich, some orange slices, and a small container of white sauce. The background is slightly blurred, showing other people and a classroom-like setting.

THANK YOU

Tarrah Westercamp

No Kid Hungry Indiana

Manager

twestercamp@strength.org