



# CLARKSVILLE COMMUNITY SCHOOLS

---

Office of the Superintendent • 502 Little League Blvd. • Clarksville, IN 47129  
(812) 282-7753 • FAX (812) 282-7754

## 2021-2022 Wellness Policy

In accordance with state and federal law, the school corporation shall form and maintain a corporation level District Wellness Committee to oversee the development, implementation and evaluation of the district's wellness policy. The CCSC Wellness Committee will meet a minimum of one to two times per year to review and modify as needed NEOLA Policy 8510, and the district's nutrition education, nutrition promotion, physical activity and other school-based activities that promote student wellness goals. Per Indiana Code and Board Policy, wellness policy and goals will be uploaded to the corporation website.

### Wellness Committee Members:

- Superintendent
- Food Service Director and Wellness Coordinator
- School Nurse
- School Safety Specialist
- School Administrator
- Physical Education Teacher
- High School Counselor
- Middle School Counselor
- Parent
- Student

### 2021-2022 Meeting Dates:

- November 22, 2021 - (updated wellness board policy, board adopted December 14, 2021)
- March 14, 2022 – (reviewed policy assessment comparison, established goals for nutrition promotion, education, physical activity, other activities)
- May 3, 2022 – Matt Pait, CHS Assistant Principal (Board presentation of goals)

## **2022-2023 Wellness Goals**

### **Nutrition Education Goals:**

1. CCSC staff will ensure that nutrition education is included in the curriculum and instruction is sequential, standards-based and provides students with the knowledge, attitudes and skills necessary to lead healthy lives.
2. Nutrition education shall apply opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

### **Nutrition Promotion Goals:**

1. Nutrition education resources will be distributed to students, parents/guardians through website links, handouts, school newsletter, presentations, social media and student management system (Infinite Campus). Some examples include: Friday nutrition and fitness facts, student led productions and activity clubs.
2. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums and cafeterias.
3. Food service staff will utilize the cafeteria as a learning lab. Healthy items such as salads and fruits will be displayed prominently in all cafeterias in order to promote and make healthy food choices more appealing.

### **Physical Activity Goals:**

1. CCSC will coordinate, plan and implement a Corporation wide fitness fundraising event.
2. Classroom teachers and administrators will provide short physical activity breaks between lessons and classes as appropriate for grade and age level. Some examples include but are not limited to: brain breaks, fit minute, recess, etc.
3. CCSC will provide a staff and student (when appropriate) wellness facility outside of school hours for activities such as fitness classes and individual use.
4. Create a staff led walking program and/or contest to encourage fitness and healthy eating.

### **School Based Activity Goals:**

1. Incorporate and promote wellness programs and incentives available through health insurance providers.
2. Schools will partner with local agencies to host health clinic and screenings for students and families.
3. Food and beverages that meet nutrition guidelines as set forth in the policy will be available at school sponsored events such as, but not limited to, athletic events, dances, showcase, family nights or other school-based performances.