

Wellness Policy

As required by law, the School Board establishes the following Wellness Policy for Career Academy of South Bend.

Career Academy of South Bend recognizes good nutrition and regular physical activity affect the health and well-being of students.

Career Academy of South Bend School Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

1. Coordinated School Health Advisory Council

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

2. Nutrition Education:

1. Nutrition education shall be included in the Health curriculum providing students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, the standards for health education.
3. Nutrition education shall extend beyond the classroom through age appropriate activities including, but not limited to food demonstrations, newsletter publications, and nutrition promotions.

3. Physical Activity:

1. A comprehensive physical education program shall be provided for students in K-12 in accordance with standards established by the State.
2. The physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in health- enhancing physical activity
3. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
4. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day

4. School Based Activities:

1. The school shall provide attractive, clean environments in which the students eat.
2. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify
3. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
4. Fundraisers selling food items that do not meet the federal nutrition standards are limited to *two* such fundraisers *per school building per year*.

In accordance with enhancing student health, the following guidelines are established:

1. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
2. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
3. The food service program shall be administered by a qualified nutrition professional.
4. The food service staff shall receive professional development as required by state and federal regulations.
5. Accommodations for students with special dietary needs will be honored in accordance to the guidelines set forth by state and federal regulations. Documentation will be kept on file in the food service department.

Updated: 2/27/24