**Indianapolis Junior Academy**

**Wellness Policy**

The Seventh-day Adventist Church recognizes the autonomy of each individual and his or her God-given power of choice. Rather than mandating standards of behavior, Adventists call upon one another to live as positive examples of God’s love and care. Part of that example includes taking care of our health—we believe God calls us to care for our bodies, treating them with the respect a divine creation deserves. Gluttony and excess, even of something good, can be detrimental to our health.

Adventists believe the key to wellness lies in a life of balance and temperance. Nature creates a wealth of good things that lead to vibrant health. Pure water, fresh air and sunlight—when used appropriately—promote clean, healthy lives.

Exercise and avoidance of harmful substances such as tobacco, alcohol and mind-altering substances lead to clear minds and wise choices. A well-balanced vegetarian diet that avoids the consumption of meat coupled with intake of legumes, whole grains, nuts, fruits and vegetables, along with a source of vitamin B12, will promote vigorous health. Such health is a gift from a loving God who wants us to live life in its abundance. When we benefit from such love, we feel a sense of gratitude and appreciation toward our Creator.

Because of this, Adventists choose to praise God with joyful living.

The Indianapolis Junior Academy school board recognizes that good nutrition and regular physical activity affect the health and well-being of our students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition and by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The school board has set the following goals to enable students to establish good health and nutrition habits:

1. With regard to nutrition education, Indianapolis Junior Academy shall:

 1. Include nutrition education in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes and skills necessary to lead healthy lives.

 2. Include nutrition education in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State and North American Division of Seventh-day Adventists.

 3. Integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

 4. Make nutrition education standards and benchmarks age-appropriate and culturally relevant.

 5. Make standards and benchmarks for nutrition education behavior focused.

 6. Ensure that nutrition education includes enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing and others.

 7. Ensure that nutrition education includes opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

 8. Display nutrition education posters, such as those recommended by the United States Department of Agriculture (USDA), in the cafeteria.

 9. Ensure that the school cafeteria serves as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

 10. Ensure that nutrition education extends beyond the school by engaging and involving families and the community.

 11. Ensure that nutrition education reinforces lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

 12. Ensure that nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.

 13. Ensure that nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

 14. Ensure that staff responsible for providing instruction in nutrition education shall participate in professional development activities designed to better enable them to teach the benchmarks and standards.

 15. Ensure that Indianapolis Junior Academy shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

1. With regard to physical activity, Indianapolis Junior Academy shall:

 1. Provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity, in accordance with standards and benchmarks established by the State and the North American Division of Seventh-day Adventists.

 2. Ensure that planned instruction in physical education requires students to be engaged in moderate to vigorous physical activity for at least seventy-five percent (75%) of scheduled class time.

 3. Ensure that planned instruction in physical education teaches cooperation, fair play, and responsible participation.

 4. Ensure that planned instruction in physical education meets the needs of all students, including those who are not athletically gifted.

 5. Ensure that planned instruction in physical education is presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

 6. Ensure that planned instruction in physical education considers gender and cultural differences.

 7. Ensure that planned instruction in physical education promotes participation in physical activity outside the regular school day.

 8. Ensure that physical activity is not employed as a form of discipline or punishment.

 9. Ensure that physical activity and movement is integrated, when possible, across the curricula and throughout the school day.

 10. Encourage families to provide physical activity outside the regular school day, such as outdoor play at home.

 11. Ensure that all students in Grades K - 5 are provided with a daily recess period at least thirty (30) minutes in duration.

 12. Discourage extended periods of student inactivity, defined as ninety (90) minutes or more without some physical activity. This could include but is not limited to walking to/from class, stretch breaks and restroom breaks.

 13. Provide students with adequate time for physical education classes. Students in elementary school will participate in a physical education class at least once a week for a minimum of thirty (30) minutes*.* Middle school students will participate in a physical education class for thirty (30) minutes a day.

C. With regard to other school-based activities, Indianapolis Junior Academy shall:

 1. Provide a thirty (30) minute lunch period.

 2. Schedule mealtimes so there is minimum disruption.

 3. Provide an attractive, clean, and reasonably quiet environment in which students eat.

 4. Permit students to have only bottled water in the classroom.

 5. Provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.

 6. Discourage students from sharing their food or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

 7. Ensure that teachers and other staff do not withhold food as a punishment for students.

 8. Ensure that teachers and other staff do not use foods of minimal nutritional value as a reward.