

South Gibson School Corporation
Wellness Policy on Physical Activity and Nutrition
Revised May 2026

The Board of Trustees of the South Gibson School Corporation is committed to supporting the health and well-being of all students. This is achieved by promoting proper nutrition, ensuring access to healthy foods and beverages, and providing opportunities for developmentally appropriate physical activity. All meals served by the corporation will meet or exceed the federal nutrition guidelines established by the U.S. Department of Agriculture (USDA).

The implementation of this Wellness Policy enhances opportunities for healthy eating and physical activity. The policy will be made available to students, families, and the community via the corporation's website.

Wellness Committee

In accordance with state and federal law, South Gibson School Corporation will establish and maintain a Health Committee. The Director of Food Services will serve as the Wellness Coordinator and will oversee the implementation and monitoring of the policy.

The Health Committee will include:

- Parents
 - Students
 - Food Service Director
 - Physical Education Teachers
 - School Nurse
 - School Board Member
 - Gibson Southern High School Administrator
 - Haubstadt Community School Administrator
 - Fort Branch Community School Administrator
 - Owensville Community School Administrator
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Standards for USDA Child Nutrition Programs and School Meals

South Gibson School Corporation ensures compliance with USDA requirements for all school meals, including all foods and beverages sold during the school day.

- Students will be provided adequate time to eat:
 - Lunch: at least 20 minutes after being served
 - Breakfast: at least 10 minutes after being served
 - Students will have access to handwashing or sanitizing stations.
 - Safe, potable drinking water will be readily available.
 - Meals will be served in a clean and pleasant environment.
 - Families will be informed of summer meal programs in accordance with the *Healthy, Hunger-Free Kids Act of 2010*.
 - Food service staff will receive annual professional development on food safety, handling, and healthy preparation practices.
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Nutritional Guidelines and Non-Sold Food and Beverages

- Students may have water only in classrooms.
 - Parents will be provided with healthy snack suggestions that take common food allergies into consideration. Store-bought foods with clearly labeled ingredients and allergen information are highly encouraged.
 - Homemade food items brought to school must be individually packaged.
 - All vending machine items at Gibson Southern High School will comply with Smart Snacks standards.
 - All à la carte items will meet Smart Snacks requirements.
 - Classroom celebrations will emphasize non-food activities (e.g., extra recess, music, or reading time).
 - Fundraisers will promote wellness. Food-based fundraisers that do not meet federal standards will be limited to two per school building annually.
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Food and Beverage Marketing

- Vendors will be encouraged to provide healthy options, including water, in vending contracts.
 - Cafeterias will display signage in accordance with IDOE and USDA guidelines.
 - Marketing that promotes student health and wellness is permitted on school grounds.
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Nutrition Education

- Nutrition education will be integrated into a standards-based health curriculum.
 - Instruction will be sequential and designed to provide students with the knowledge and skills necessary for lifelong health.
 - Education will emphasize balanced nutrition and age-appropriate physical activity.
 - Health education will be delivered by licensed instructors as part of a comprehensive program.
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Nutrition Promotion

- Students will learn to read food labels, understand portion sizes, and make healthy choices.
 - Nutritional information, including calories and sodium content, will be available for main entrées at Gibson Southern High School.
 - Schools will collaborate with community organizations to promote student engagement in nutrition-related activities (e.g., school gardens, promoting balance between caloric intake and physical activity).
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Physical Activity

Student health and well-being will be supported through physical education, recess, and classroom activity breaks.

- Grades K–5 will be provided opportunities for approximately 40 minutes of daily physical activity.
 - School facilities may be made available outside school hours for community use, including activities such as basketball, volleyball, and archery.
 - Teachers will be encouraged to incorporate physical activity breaks into classroom instruction.
 - Extended periods of inactivity (two or more hours) will be discouraged. During events such as testing, students will be given periodic activity breaks.
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Other School-Based Activities

- Schools will host an annual health fair promoting safe and healthy physical activity.
 - Schools will participate in events such as Walk to School Day, Bike to School Day, and Scooter Day, in accordance with School Resource Officer (SRO) safety regulations.
 - K–8 schools will hold an end-of-year field day focused on physical activity.
 - School facilities (e.g., gyms, tracks, and playgrounds) will be available before and after school and on weekends, in accordance with safety policies established by the South Gibson School Corporation Safety Resource Officer.
 - Students in grades 8–11 will have the opportunity to receive a free physical examination for participation in Indiana High School Athletic Association (IHSAA) activities, with proper consent.
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Staff Wellness

- Staff members will have access to the Gibson Southern High School Wellness Center.
 - Schools will allow staff to use facilities outside of school hours for physical activity, including fitness classes and walking programs.
 - The corporation will support breastfeeding employees by providing a private space in accordance with Indiana Code 22-2-14-2.
 - Staff will have access to:
 - Annual biometric screenings
 - Annual immunization clinics
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Evaluation

The Wellness Committee will conduct an evaluation of the policy every three years using an approved assessment tool. The evaluation will include:

- The extent of policy implementation
- Compliance levels across schools
- Progress toward achieving wellness goals

Results will be shared with the public through school board meeting minutes. Building principals are responsible for maintaining documentation of compliance.

Communication

Annual updates to the Wellness Policy will be posted on the South Gibson School Corporation website on the food service tab to ensure transparency and community awareness.

