

**Sherman Indian High School  
9010 Magnolia Ave  
Riverside, Ca. 92503**

**Wellness Policy  
2011 – 2012**

**Preamble/Statement of Responsibility**

Sherman Indian High School recognizes that there are links among nutrition education, the food served in schools, and the amount of physical activity. Student wellness is affected by all of these. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

**Overall Goal:**

All students at Sherman Indian High School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff at Sherman Indian High School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Sherman Indian High School adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

## **1. Nutrition Education**

### **Nutrition Education and Promotion**

Sherman Indian High School Wellness Policies aims to teach, encourage, and support healthy eating by participants. Programs should provide nutrition education and engage in nutrition promotion that:

- Is offered and is designed to provide participants with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities to the extent possible, such as taste testing, and on-sight gardens when possible;
- Shall promote the importance of students starting the day with a healthy breakfast, including the School Breakfast Program.
- Shall promote the importance of students eating a nutritious lunch & healthy snacks, including participation in the National School Lunch Program and After School Snack Program.
- Adequate dining room facilities are provided with adequate seating in a clean, safe, attractive, and comfortable environment; Promote balanced food choices through visual cues such as signage, graphics, sample trays, etc. to demonstrate a balanced meal.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; and
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

## **2. Physical Activity**

### **Daily Physical Education**

All participants including those with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 400 minutes per 10 days of school is required/for high school age participants) for the entire year. Participants will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

### **Physical Activity Opportunities after School**

After-school enrichment programs will be provided and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

The school shall recommend that students participate in a minimum of 30 minutes of developmentally appropriate physical activity each day. We will provide daily opportunities for all students to learn about and enjoy physical activity that will foster an understanding for the need for lifelong fitness and health in a safe environment.

### **Physical Activity and Punishment**

Teachers and other staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### **3. Other Activities to Promote Participant Wellness**

#### **Integrating Physical Activity into Classroom Settings**

For participants to receive the national-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for participants to fully embrace regular physical activity as a personal behavior, participants need opportunities for physical activity beyond physical education class. Toward that end health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

#### **Access to facilities for physical activity after school hours**

Students, will have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

The school's physical activity facilities (gym) will be made available to use outside the normal school day, subject to priority use for students and subject to other competing uses and safety and risk management considerations.

#### **Maintaining Student Wellness**

All employees of the School are expected to set a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.

#### **4. Nutrition Guidelines For All Foods Available At SIHS**

##### **Child Nutrition Program Meals**

Sherman Indian High School meet or exceed the nutrition standards established by the federal and state law and regulation for school meals, a la carte foods and beverages, and food served in the After School Snack Program.

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to participants;
- be served in a clean and pleasant settings;
- offer a variety of fruits and vegetables;
- serve a variety of milk (low-fat or fat free) or nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

##### **Breakfast**

Ensure that all participants have breakfast, in order to meet their nutritional needs and enhance their ability to learn.

##### **Foods offered outside the meal times (e.g., vending, a la carte, sales)**

If available, foods and beverages sold or offered individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

The facility should discourage or limit: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

SHIS shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all veins.

Vending sales of soft drink, artificially sweetened drinks, and candy will not be permitted prior to the start of the school day and throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day.

##### **Rewards**

Use of food or beverages as rewards for academic performance or good behavior, will be evaluated for appropriateness in the individuals treatment plan. Other alternatives to food should be considered.

## **Food Safety**

All foods adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

### **5. Monitoring, Evaluation and Review Monitoring**

The designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. In each program, the designee will ensure compliance with those policies in his/her program and will report on the compliance to the board.

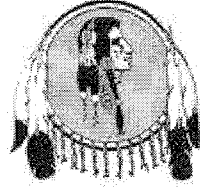
Facility food service staff will ensure compliance with nutrition policies within facility food service areas and will report on this matter to the administrator. In addition, the facility will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The designee will develop a summary report every three years on program-wide compliance with the organization's established nutrition and physical activity wellness policies, based on input from staff from within the program. That report will be provided to the board and also distributed to all stakeholders in the organization.

### **Policy Review**

To help with the initial development of the program's wellness policies, the committee may conduct a baseline assessment of the existing nutrition and physical activity environments and policies. The results of those assessments will be compiled to identify and prioritize needs. Assessments will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement.

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2011 - 2012

Richard W. Hayes  
Principal (Print)

Richard W. Hayes 02 April 2012  
Principal (Signature) Date

School Board Member (Print)

Kara J. Schwab  
Health/P.E Teacher (Print)

School Board Member (Signature) Date  
[Signature] 4/11/12  
Health/P.E. Teacher (Signature) Date

MATTHEW G. TOWNSEND  
Health/P.E. Teacher (Print)

[Signature] 4/9/12  
Health/P.E. Teacher (Signature) Date

LISA RIVERA  
SIHS Food Service Director (Print)

[Signature] 4-3-12  
SIHS Food Service Director (Signature) Date

Ken Deal  
Contractor Food Service Manager (Print)

[Signature] 4-3-12  
Contractor Food Service Manager (Signature) Date

Student (Print)

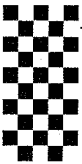
Tara Sherlock  
Additional Member (Print)  
Homeliving Manager

Student (Signature) Date  
[Signature] 4/9/12  
Additional Member (Signature) Date

BE SE

BRANDON CYDER 4/10/12

RECREATION TECH



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**Riverside, CA 92503**



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**2011 - 2012**

Roland W. Doepner, III Roland W. Doepner, III 04/13/12  
Principal (Print) Principal (Signature) Date

Raymond Lopez Raymond Lopez 4-13-12  
School Board Member (Print) School Board Member (Signature) Date

Kara Schwab [Signature] 4/13/12  
Health/P.E. Teacher (Print) Health/P.E. Teacher (Signature) Date

Matthew Townsend [Signature] 4/13/12  
Health/P.E. Teacher (Print) Health/P.E. Teacher (Signature) Date

Lisa Rivera [Signature]   
Food Service Manager (Print) Food Service Manager (Signature) Date

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Student (Print) Student (Signature) Date

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Additional (Print) Additional (Signature) Date

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