



Eric J. Holcomb  
Governor

Kristina M. Box, MD, FACOG  
State Health Commissioner

January 13, 2022

Hello Richland-Bean Blossom Community School Corporation,

Thank you for submitting your corporation-level wellness policy. The Indiana Department of Health (IDOH), Division of Nutrition and Physical Activity (DNPA) appreciates the opportunity to evaluate your policy using the WellsAT 3.0 tool! ***It is important to understand that this assessment tool goes above current USDA standards, which your school corporation has currently met.*** However, IDOE and IDOH highly encourage compliance with the evaluative standards established by WellsAT (*to read more about the WellsAT, please visit <https://www.wellsat.org>*).

When reviewing the policy, there are six components evaluated based on content and strength of wording:

- Section 1: Nutrition Education
- Section 2: Standards for USDA Child Nutrition Programs and School Meals
- Section 3: Nutrition Standards for Competitive and Other Foods and Beverages
- Section 4: Physical Education and Physical Activity
- Section 5: Wellness Promotion and Marketing
- Section 6: Implementation, Evaluation & Communication

Because the WellsAT scoring tool is subjective in nature, your wellness policy was scored by at least two independent reviewers who then met to combine scores and prepare feedback regarding your policy’s strengths and areas for improvement.

<b>Richland-Bean Blossom Community School Corporation 2022</b>		
<b>Individual Section Scores (each out of 100):</b>	<b>Comprehensiveness Score</b>	<b>Strength Score</b>
• Nutrition Education	100	50
• Standards for USDA Child Nutrition Programs and School meals	60	60
• Nutrition Standards for Competitive and Other Foods and Beverages	100	69
• Physical Education and Physical Activity	56	44
• Wellness Promotion and Marketing	92	42
• Implementation, Evaluation & Communication	88	63
<b>Total Averaged Score (out of 100)</b>	<b>83</b>	<b>55</b>
<b>Grand Total Score (out of 200)</b>	<b>138</b>	



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A School Wellness Policy (SWP) is a living document that should be reviewed each year and revised to reflect the changing needs and goals of your school corporation. To assist with future efforts to strengthen your SWP, we have identified the following strengths and areas for improvement in your current SWP.

### Strengths

- It sounds like the RBBCSC has an active wellness committee with a wide variety of members. This is great to make sure valuable input is coming from all stakeholders!
- Regarding nutrition education, all recommended WellSAT topics are addressed and it's clear that the school corporation understands the importance of providing comprehensive nutrition education to students.
- Regarding physical activity, it's great that physical activity is encouraged not only for students, but for staff as well. Also, it's clear that the school corporation understands the benefit of physical activity among students by stipulating at least 20 minutes a day of recess will be provided and that physical activity will not be taken away as a form of punishment. Both number of minutes and the physical as punishment are rare to see in wellness policies, so kudos to RBBCSC for having both in there.
- It sounds like the wellness committee does a great job of promoting wellness on multiple fronts (not just in the classroom) by distributing information in newsletters, on posters, through recipes, and in announcements.
- Throughout the policy, we appreciated all the components that promote overall wellbeing (not just physical activity and nutrition) while also using positive terminology.

### Opportunities for Improvement

*Regarding the points below, it's very possible that your corporation and/or individual schools are already taking some of these actions. By adding the relevant verbiage to your corporation's wellness policy, it ensures that your wellness actions are embedded in school policy for all schools and for many years to follow.*

- Wording could be improved in many areas throughout the policy to strengthen the language used. For example, replacing terms such as "when possible" or "should" with terms like "shall" or "will" would go a long way. Further, more detail could be provided in many areas such as by stipulating that all K-12 students will receive



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comprehensive nutrition education or by clearly referencing and linking to the USDA Smart Snacks guidelines in addressing nutrition standards.

- Depending on the capacity and/or interest of your school corporation or individual schools, we would also recommend adding verbiage related to providing free drinking water throughout each building (i.e., drinking fountains), promoting safe routes to school, and promoting farm to school initiatives such as procuring local foods for school meals.
- We noticed that the policy stipulates the provision of professional development opportunities to food service staff, but does not stipulate or advise the same for physical education staff. This may be something to consider.
- Regarding physical education, it would be helpful to stipulate the time per week that will be dedicated to physical education instruction for elementary, middle, and high school students.
- Regarding nutrition programs and school meals, more detail could be used throughout to express the specific federal policies mentioned, the amount of time allotted for students to eat breakfast, and the number of trainings provided to nutrition services staff each year, for example.

If you have any questions moving forward, please feel free to contact Jenna Sperry, Child Wellness Coordinator at the Indiana Department of Health, Division of Nutrition and Physical Activity via email or phone at [jsperry@isdh.in.gov](mailto:jsperry@isdh.in.gov) or (317) 233-7580 or Emma Smythe, Youth Physical Activity Coordinator via email or phone at [esmythe@isdh.in.gov](mailto:esmythe@isdh.in.gov) or (317) 233-8169.

Thank you for all of your hard work and dedication to health and wellness within schools. We greatly appreciate the opportunity to work with you!

Sincerely,

Jenna Sperry  
Child Wellness Coordinator

Emma Smythe  
Youth Physical Activity Coordinator