

LOCAL SCHOOL WELLNESS POLICY

Monrovia Unified School District Wellness Policy

Monrovia Unified School District (MUSD) is committed to the optimal development of every student. In order for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create a positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

MUSD recognizes the link between student health and learning and is committed to providing a comprehensive program promoting healthy eating and physical activity for district students. This policy outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures that ensure that:

- Students in the district have access to healthy foods throughout the day
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- Students have opportunities to be physically active, before, during, and after school
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits
- The district establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the policy and its established goals and objectives

This policy applies to all students, staff and schools in MUSD. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee:

The Superintendent or designee shall encourage parents/guardians, caregivers, student representatives, school nutrition director, physical education teachers, health education teachers, school health professionals, mental health and social services staff, school administrators, and general public district will convene a wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and review of the wellness policy. The Superintendent or designee will convene the district wellness committee and facilitate development of updates to the wellness policy and ensure each school is in compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement:

Implementation and Monitoring

Implementation:

- Policy will be shared with staff at individual school sites through a member of the Science, Health and Physical Education Vertical Team representative.
- Policy will be shared with parent organizations via an administration management designee.
- Policy will be posted in public view within all school cafeterias (EC 49432).

Monitoring:

- Policy will be shared with staff and parent organizations at individual school sites through the site administrator and/or school representative to the School Wellness Committee.
- The policy will be posted and available within all school cafeterias and on district and School Site websites.
- Specific quality indicators will be reported to the board annually to measure the implementation of this policy (i.e. School Health Index, assessment results, school meal participation rates, nutrient analysis of school meals, or specific feedback from stakeholders).
- The Superintendent of designee will ensure district-wide and individual school compliance with the adopted wellness policy.
- The principal or designee will ensure individual school compliance.
- Food Service Department will provide assistance in ensuring policy compliance.

Recordkeeping

MUSD will retain records to document compliance with the requirements of the wellness policy at Monrovia Unified School District's Administrative Office in the Food Service Department. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation showing efforts of actively soliciting wellness committee members.
- Annual progress reports.
- Triennial assessment documentation a.
- Documentation of public notifications regarding the wellness policy.

Annual Progress Reports

MUSD will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. The annual report will be published around the same time each year (**MONTH**) and will include the following information:

- The website address for the wellness policy and/or how the public can receive a copy.
- A description of each school's progress in meeting the wellness policy goals.

- A summary of each grade level events or activities related to the wellness policy.
- The name, position title, and contact information of the designated district policy leaders.
- Information on how individuals and the public can get involved with the District Wellness Policy Committee.

The annual report will be available in English and Spanish. The district will actively notify households/families of the availability of the annual report.

Triennial Progress Assessments

At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent in which the schools under the jurisdiction of the district are in compliance with the wellness policy.
- A description of the progress made in attaining the goals of the districts wellness policy.
- The extent to which the wellness compares to the Alliance for a Healthier Generations model wellness policy.

Evaluation Plan

Once a year, evaluation forms will be completed to maintain compliance with the Wellness Policy Evaluation Forms. Evaluation forms include:

- School Site Annual Evaluation Form
- Health Services Annual Evaluation Form
- Parents and Volunteer Group Annual Evaluation Form
- Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form

Community Involvement, Outreach and Communications

MUSD is committed to being responsive to community input, which begins with awareness of the wellness policy. MUSD will actively communicate ways in which committee members and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the district. The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of the compliance with Smart Snacks in School nutrition standards. The district will use electronic mechanisms, such as email, Thought Exchange, or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

The district will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The district will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition:

The district is committed to serving healthy meals to children, with plenty of fruits and vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving; and to meet the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help prevent childhood obesity, and encourage healthy eating habits that will develop lifelong healthy eating patterns.

Nutrition Education and Promotion

The district shall adopt goals for nutrition promotion and education, physical activity and other school based activities that promote wellness and are supported by evidenced based research.

The district nutrition program will aim to teach, model, encourage and support healthy eating by all students. Nutrition education will not only be part of health education classes, but will also be integrated into other classroom subjects when appropriate. The nutrition education program shall include, but not limited to, information about healthy eating and learning, disease prevention, weight management, balancing food intake and physical activity, and preparing healthy meals and snacks.

Requirements:

- (1) Teach health education, including nutrition education, in grades one through six. (EC 51210)
- (2) Provide a comprehensive health education and require that a variety of health topics be included in middle school and high school curricula (EC 51890)

Goals:

- (1) Integrate current, scientifically accurate nutrition content into class instruction in such core subject areas as science, mathematics, English-Language Arts, and history-social science, as well as into the instruction offered in before and after school programs.
- (2) Encourage instructional strategies that incorporate experimental learning opportunities (such as taste testing, cooking demonstrations, tours of grocery stores, and school gardens) that encourage family members in reinforcing healthy nutrition behaviors.
- (3) Engage students as active participants in developing, advocating, and implementing nutrition related policies, programs, practices, and services.
- (4) Provide instructional staff with adequate and ongoing nutrition education training that focuses on teaching strategies that assess health knowledge and skills to promote healthy behaviors.
- (5) Provide Health Education courses at the middle school and high school level as guided by Health Framework, in order to build an infrastructure for providing quality health instruction, with sufficient time for nutrition education and other topics of health education.

- (6) Reinforce messages on healthy eating by coordinating the school Food Service Program with classroom-based nutrition education.

School Meals

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Seamless Summer Feeding Option (SSFO), Child and Adult Care Food Program (CACFP), Snack, and Supper programs. The District also operates additional nutrition-related programs and activities including Second Chance Breakfast, Mobile Breakfast carts, and Mobile Lunch Carts. All schools within the district are committed to offering school meals through these programs, that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in a clean and pleasant environment
- Meet or exceed current nutrition requirements established by local, state, and Federal regulations

Nutrition Guidelines for Food and Beverages

Requirements:

- (1) All schools shall follow the guidelines set forth for food and beverage sales that are listed in the Administrative Policies: EC 49430, 49431, 49431.2, 49431.5 49431.7; CCR 15575-15578, 15500, 15501; CFR 210.10, 210.11, 220.12, 220.8, 220.12 and Smart Snacks in School's USDAs "All Foods Sold in Schools" Standard.

Goals:

- (1) Schools shall use whole, fresh, unprocessed foods and ingredients.
- (2) Schools shall offer fresh fruits and vegetables with each meal, snack, or supper.
- (3) Schools shall use food low in sodium and limit sources of saturated fats and *trans* fatty acids.
- (4) Milk shall be limited to one percent fat or nonfat.
- (5) The school district will provide resources to clubs and organizations as alternative fundraisers that include non-food items.
- (6) Schools will avoid serving fried foods.
- (7) Chocolate and strawberry milk will not be served during elementary school breakfast, only one percent white milk will be offered at this time.

Administrative Nutrition Standards in the School Breakfast Program (SBP) and National School Lunch Program (NSLP)

To ensure that the students are receiving the best nutrition possible, MUSD follows nutrition standards for both the School Breakfast Program and National School Lunch Program.

School Breakfast Program

Requirements:

- (1) Schools shall encourage participation in school breakfast, offer breakfast before school and provide "second chance breakfast" during recess/break.
- (2) Students shall be given at least 10 minutes to eat breakfast.
- (3) Schools shall promote the importance of eating a healthy breakfast and the link to academic achievement to students and families.

Nutrition Standards:

- (1) **Fruit** - 1 cup per day (vegetable substitutions allowed)
- (2) **Grains** - Daily minimum and weekly ranges for grains
 - Grades K-5: 1 oz. eq. min. daily (7-10 oz. weekly)
 - Grade 6-8: 1 oz. eq. min. daily (8-10 oz. weekly)
 - Grades 9-12: 1 oz. eq. min. daily (9-10 oz. weekly)*Meat/Meat Alternative substitution allowed after the daily grains minimum are met
- (3) **Whole Grains** - All grains must meet whole grains criteria
- (4) **Milk** - 1 cup daily; Must be fat-free (unflavored/flavored) or 1% low-fat (unflavored)

Calories:

- (1) Grades K-5: 350-500 calories
- (2) Grades 6-8: 400-550 calories
- (3) Grades: 9-12: 450-600 calories

Nutrient Standards

- (1) **Sodium**
 - Grades K-5: < 540 mg
 - Grades 6-8: <600 mg
 - Grades: 9-12: <640 mg
- (2) **Saturated Fat**
 - <10% of total calories
- (3) **Trans Fat**
 - 0 grams per serving (nutrition label)*Note: FDA allows products with <0.5 grams per serving to count as 0 grams on nutrition label, naturally-occurring *trans* fat is exempted.

National School Lunch Program**Requirements:**

- (1) Students shall be given at least 20 minutes to eat lunch.
- (2) Salad bars will be used daily in the cafeterias at the elementary, middle, and high school level.
- (3) Student and staff shall have access to hand washing or sanitizing before eating any school meal or snack
- (4) Lunch will be served at appropriate intervals from other meals, in accordance to USDA guidelines (USDA guidelines 210.10)
- (5) District will ensure the prevention of overt identification of low income students and ensure that those students are not stigmatized or treated differently because they avail themselves to free and reduced priced meals (USDA guidelines 245)
- (6) Meet safety and sanitation requirements, as outlined in current USDA guidelines (Child Nutrition and WIC authorization Act section 111).
- (7) The Food Service Program will participate in the available federal school nutrition programs which could include the National School Lunch program, the School Breakfast Program, After School Snack Program, Supper Program, and the Summer Food Service Program.
- (8) The district will not charge reduced eligible students and their monetary fee will be waived.

Goals:

- (1) Be appealing and attractive to children of various ages and diverse backgrounds.
- (2) Be served in clean, safe, and pleasant settings.
- (3) Contain a fresh fruit and vegetable daily in each meal.
- (4) Include food items selected by students through taste testing's and surveys.

Nutrition Standards:

- (1) **Fruits** - $\frac{1}{2}$ -1 cup of fruit per day
- (2) **Vegetables** - $\frac{3}{4}$ - 1 cup of vegetables per day. Weekly requirement for vegetables include:
 - Dark green
 - Red/orange
 - Beans/pea (legumes)
 - Starchy
- (3) **Meat/Meat Alternative** - Daily minimum and weekly ranges:
 - Grades K-5: 1 oz. eq. min. daily (8-10 oz. weekly)
 - Grades 6-8: 1 oz. eq. min. daily (9-10 oz. weekly)
 - Grades 9-12: 2 oz. eq. min. daily (10-12 oz. weekly)
- (4) **Grains** - Daily minimum and weekly ranges:
 - Grades K-5: 1 oz. eq. min. daily (8-9 oz. weekly)
 - Grades 6-8: 1 oz. eq. min. daily (8-10 oz. weekly)
 - Grades 9-12: 2 oz. eq. min. daily (10-12 oz. weekly)
- (5) **Whole Grains** - All grain products must be whole grain rich
- (6) **Milk** - 1 cup daily; must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

Calories:

- (1) Grades K-5: 550-650 calories
- (2) Grades 6-8: 550-650 calories
- (3) Grades: 9-12: 750-850 calories

Nutrient Standards:

- (1) **Sodium**
 - Grades K-5: <1230 mg
 - Grades 6-8: <1360 mg
 - Grades: 9-12: < 1420 mg
- (2) **Saturated Fat**
 - <10% of total calories
- (3) **Trans Fat**
 - 0 grams per serving (nutrition label)

*Note: FDA allows products with <0.5 grams per serving to count as 0 grams on nutrition label, naturally-occurring *trans* fat is exempted.

USDA Smart Snack in School

MUSD supports USDA's Smart Snack in Schools. The following guidelines will be required of all snacks sold in all MUSD schools. As snacks must:

- Be a "whole grain rich" product.
- Have a first ingredient of a fruit, vegetable, a dairy product or a protein food.
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and or vegetable.

- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Nutrient Standards:**(1) Calorie Limits**

- Snack items \leq 200 calories
- Entree items \leq 350 calories

(2) Sodium Limits

- Snack items \leq 230 mg
- Entree items \leq 480 mg

(3) Fat limits

- Total fat \leq 35% of calories
- Saturated fat \leq 10% of calories
- *Trans* fat - 0 grams

(4) Sugar limit

- \leq 35% of weight from total sugars in foods

Competitive Foods and Beverages

The district is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (“competitive” food and beverages) will meet the USDA Smart Snacks in School nutrition Standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforced the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day*, and ideally, the extended school day*, will meet or exceed state nutrition USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in school nutrition standards, including through:

- Celebrations and parties. The district will provide a list of healthy party ideas to parent and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
- Classroom snacks brought by parents. The district will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- Rewards and incentives. The district will provide teachers and other relevant school staff a list of alternative ways to reward children.

- Foods and beverage will not be used as a rewards, or withheld as punishment for any reason, such as performance or behavior.
- The Food Service Program will provide fresh produce and milk for a classroom pizza party as an alternative to the school lunch program for a special event.
- All other class parties shall occur after the last lunch period if food items are going to be offered, as not to interfere with the school lunch program.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The district will make available to parents and teachers a list of healthy fundraising ideas.

- Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jog-a-thons, etc.)

Fundraising during and outside school hours will see only non-food items or foods and beverages that meet or exceed the Smart Snack nutrition standards. These fundraisers may include but are not limited to, donation night at restaurants, cookie dough, candy and pizza sales, market days, etc.

V. Physical Activity:

All schools will strive for physical activity and physical education that provide opportunities for every student to develop concepts, knowledge, and skills for age appropriate physical activity, and understand the short and long term benefits of a physically active lifestyle.

All students will be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity will be provided through physical education and recess. Opportunities may also be provided through school athletic programs, extracurricular programs, before and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structure and unstructured activities (cf. 5142.2, 6145, 6145.2). All schools in the district will implement physical activity and physical education by:

- All students will be provided equal opportunities to participate in physical education classes.
- All K-12 students (including students with disabilities and/or special health care needs and those in alternative learning education settings) will receive physical education instruction as designated (EC sections 51210, 51222, and 51223)
 - A minimum of 200 minutes for every 10 school days for students in grades 1-6.
 - A minimum of 400 minutes for every 10 school days for students in grades 7-12.
- High school students who are exempt from two years of physical education in grades 10, 11, or 12, must be provided with the opportunity to participate in a variety of physical education elective courses (EC 51222b, and 51241).
- Physical education instruction will be delivered by a teacher credentialed to teach physical education (EC 44203).

- Class size is consistent with the requirements of good instruction and safety (CCR, Title 5, section 10060).
- The school district will administer a physical fitness test annually to all students in grades 5, 7, and 9 (EC 60800).
- Teachers and other school personnel will not use physical activity or withhold opportunities for physical activity as punishment (EC 49001).

Goals:

- (1) Teachers assigned to deliver physical education will receive focused on-going professional development related curriculum, instruction, and assessment in physical education.
- (2) Instruction in physical education will be based on content standards.
- (3) Along with meeting the physical education requirements, all students will have at least 20 minutes a day of recess, during which school will encourage moderate to vigorous physical activity.
- (4) Assess, and if necessary, improve the students' ability to safely walk and bike to school. When appropriate, the district will collaborate with the city to achieve safe routes for walking and biking.
- (5) Elementary school students will be encouraged to participate in the Monrovia Elementary Olympic Games (MEO)
 - a. Monrovia Elementary Olympic Games: Annually, during the month of March
- (6) Schools will encourage families and community members to institute programs that support physical activity, such as Walk to School Program. The district will participate in National Walk/Bike to School Day:
 - a. Walk to School Day 2018: October 5th, 2018

Physical Education

The district will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education topics. The curriculum will support the essential components of physical education. Physical education curriculum will focus on, but not be limited to the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight.
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Opportunities for physical activity in the community
- How to preventing injury during physical activity
- How to resist peer pressure that discourages physical activity

Daily Recess

All elementary school students will have at least **20 minutes of supervised recess** on all days during the school year. Preferably, recess should take place outdoors when the weather is feasible. During this time, schools will encourage moderate to vigorous physical activity. In the event that the school must conduct indoor recess, teachers and staff will follow the appropriate indoor recess guidelines that promote physical activity for students, to the extent possible.

Classroom Physical Activity Breaks

The district recognizes that students are more attentive and willing to learn if provided with periodic breaks to be physically active. Due to this, school will be discourage extended periods of inactivity (periods of 2 hours or more or inactivity). When activities such as mandatory testing require students to remain indoors for long periods of time, schools are encouraged to give students periodic breaks where they promote the students to stand and stretch.

Before and After School Activities

The district offers opportunities for students to participate in physical activity either before and/or after the school day. These before and after-school programs will provide and encourage daily periods of moderate to physical activity of all participants.

Other Activities that Promote Physical Activity

The district will support various physical activity opportunities that promote the health and wellness of students as well as staff members. These activities include but are not limited to:

- Walkathons
- Jogathons
- Walk to School Day
- Monrovia Elementary Olympics (MEO)
- Field Trips
- School Dances

VI. Healthy Behaviors:

The district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the district are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics with consultation provided by either the school or the district's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the District Wellness Committee.

All school-sponsored events will adhere to the wellness policy guidelines.

All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

MUSD will continue to provide and promote a safe environment during the school day and during all school related functions.

Physical Environment, Health, & Safety

- Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.
- School sites will monitor equipment/ground and refer potential hazards for repair promptly.
- Staff will be informed of and follow safety regulations.
- School sites will promote a drug- and substance –free environment and will encourage making healthy choices at home and at school.
- School sites will enforce anti-bullying policy and encourage social tolerance and respect for others.

Social/Psychological Health

- School sites will have a protocol in place for detention and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health services and mental health services, the District will provide access or referrals to community resources.

Health Services

- The Health Services program is a critical means to improving both educational performance and the well-being of the students.
- Health Services staff shall be fully supportive of Wellness Policy regulations and promotion of health and wellness activities.
- Health Services will promote attendance by communicable disease surveillance, encouraging healthy habits and injury prevention.
- Health Services will provide local community resources for health care, health insurance, and health education, including low-and no-cost resources to students, families, and staff.
- Health Services will provide information on nutrition, respiratory management, disease prevention and detection, tobacco cessation, emotional wellness, and other health and wellness opportunities as requested by students and staff.
- In addition to grade level mandated screenings (vision, hearing, scoliosis, and Acanthosis Nigricans), District Nurse will provide other screenings if requested (B/P, BMI, dental, height, and weight) to students as identified/needed.

Health Education

- MUSD will continue to encourage health education to K-12 students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.
- Staff will strive to use a sequential health education curriculum that is consistent with state standards for health education.
- MUSD should explore resources and grants for training and materials for health curriculum K-12.
- Schools will be encouraged to provide educational events to support and teach healthy choices.

Communication with Parents/Guardians

The district/school may support parent's effort to provide a healthy diet and daily physical activity for their children by offering healthy eating seminars, sending home nutritional information, post nutrition tips on the district website, and provide nutritional information about the school menus.

Community Partnerships

The district will develop relationships with community partners (i.e. hospitals, universities/colleges, and other local businesses) in support of the implementation of this wellness policy. Existing and new community partnerships will be evaluated to ensure that they are consistent with the wellness policy goals.

Community Health Promotion and Engagement

The district will promote to parents/caregivers, families, and the general community the benefits of healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school sponsored activities during and after school hours. They will also receive information on health promotion efforts.

The district will reach out to the parents/caregivers, families and general community through electronic means, such as email and updating notices on the district's website. The district will also use non-electronic means such as newsletters, presentation to parents, and flyers to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The District Wellness Committee will have committed staff wellness outreach that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness.

The Staff Wellness Outreach Liaison is

The schools in the district will implement strategies to support staff to promote and model healthy eating and physical activity behaviors.

The district promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low cost. Strategies in supporting staff member participation are listed below:

- Promote healthy eating during staff meetings by encouraging staff participation in class assemblies and cafeteria, offering healthy food and beverages, offering clean drinking water, and employee discounts on school foods
- Build physical activity by encouraging participation in physical activities in assemblies, classroom, and events, creating physical activities for breaks,
- Offer free or low cost wellness resources such as YMCA membership and healthy recipes online

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, it will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for food services supervisors, school cafeteria managers, and cafeteria workers, according to their levels of responsibility and in accordance with FNS.486 (March 2, 2015) NSLP Professional Standard.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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