

## **Mormon Trail Community School Wellness Board Policy**

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. Food should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Towards the end the school district may utilize electronic identification and promote the availability of meals to all students.

The school district will develop a local wellness policy committee composed of representatives of the board, parents, leaders in food/exercise authority and employees, the local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluate the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

## **Summary of Wellness Goals**

### **Nutrition Education**

The school district will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Provides students, family, and community with nutrition education as a model for a healthy lifestyle.

## **Physical Education**

The school district will provide physical education that:

- Is for all students in grades K-12 for the entire school year.
- Is taught by a certified physical education teacher.
- Includes students with disabilities, students with special health-care needs may be provided an alternative education setting.
- Engages students in moderate to vigorous activity during at least 50% of physical education class time.

## **Daily Recess**

Elementary schools should provide recess for students that:

- Is at least 30 minutes a day.
- Is preferably outdoors.
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Discourages extended periods (i.e., periods of two or more hours) of inactivity.

## **Physical Activity**

The school district will encourage physical activity through:

- Requiring elementary students, K-5, to have 30 minutes of physical activity, not physical education per day. This requirement can be met through a combination of recess, classroom, and other activities.
- Requiring middle and high school students to have at least 120 minutes of physical activity per week. Again this is not just physical education but can be met with a combination of PE, school and non-school sponsored athletics and other activities where the body is exerted. Should a student wish to meet the requirement outside of school, the student and school district must have an agreement detailing the outside activity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for activity beyond the physical education class. Towards that end, the school district will provide opportunities for physical activities to be incorporated into other subject lessons.

## **Nutrition Program**

Meals served through the National School Lunch and Breakfast Programs will meet at a minimum, nutrition requirements established by local, state and federal law and be served in a clean and pleasant setting.

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies. The district nutrition director will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent.

## **Detailed Breakdown of Specific Wellness Goals**

### **Nutrition Education**

The school district will provide education at each grade level and engage in nutrition promotion to help all students and staff, establish and maintain lifelong, healthy eating habits.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. Information will be provided to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

### **Health Education**

Health education shall be integrated across the curriculum, grades K-12, with health literacy being the goal. Health literacy for students and staff will provide the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions.

The district will require every student to complete a course that leads to certification in CPR, cardiopulmonary resuscitation, by the end of grade 12.

### **Physical Education/Physical Activity**

The district will provide physical education for all students K-12, that is taught by a certified physical education teacher and promotes safe, enjoyable activities including those students with disabilities.

The district will ensure that every student in grades K-5 has a minimum of 30 minutes per day of physical activity and every student 6-12 has a minimum of 120 minutes per week of physical activity. This requirement can be met with a combination of PE, recess, classroom and other activities.

District employees should rarely use physical activity or withhold opportunities for physical activity as punishment.

### **Nutritional Content Standards and Guidelines for all foods available on campus**

Any foods or beverages served or sold to students before, during, and 30 minutes after the school day must meet the Smart Snacks in School requirements and does include all vending, a la carte, and fundraising items.

**At the elementary level** 1% or skim, regular or flavored milk, 100% juice (no added sweeteners) and plain water are the only beverages allowed to be served or sold to the students.

No food will be served or sold prior to or during the National School Lunch Program, except for curriculum-based activities.

No pop or energy drinks will be allowed in the lunchroom during breakfast or lunch serving times.

**At the middle school level** 1% or skim, regular or flavored milk, 100% juice (no added sweeteners), and plain water are the only beverages allowed to be served or sold to the students.

No food will be served or sold prior to or during the National School Lunch Program, except for curriculum-based activities.

No pop or energy drinks will be allowed in the lunchroom during breakfast or lunch serving times.

**At the high school level** 1% or skim, regular or flavored milk, 100% juice (no added sweetener), plain water, sports drinks, flavored water and caffeinated beverages are allowed to be served or sold to the students.

No food will be served or sold prior to or during the National School Lunch Program except for curriculum-based activities.

No pop or energy drinks will be allowed in the lunchroom during breakfast or lunch serving times.

## **Eating Environment**

All students will be provided adequate time to eat.

The elementary principal will attempt to schedule lunch periods after recess periods.

School personnel will assist all students in developing the healthy practice of washing hands before meals.

## **School Nutrition Operations:**

The district will continue to operate the School Breakfast Program, National School Lunch Program and the Summer Food Service Program and will continue to employ a food service director, who is properly qualified, certified, and/or credentialed according to current professional standards, to administer the nutrition programs.

The district will provide continuing professional development for all nutrition professionals and provide staff development programs that include appropriate certification and/or training programs for child nutrition directions, nutrition managers and cafeteria workers, according to their levels of responsibility.

The child nutrition program will ensure that all students will have affordable access to the varied and nutritious foods they need and will continue to meet or exceed all the requirements set forth by the state and federal authorities to include the Smart Snacks in School requirements concerning a la carte foods available to students and staff.

The district's nutrition operations will promote and provide to all students and staff fresh fruits and/or vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices.

Schools in which more than 50% of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program for at least four weeks between the last day of the academic school year and the first day of the following school year.

## **Food Safety and Security**

The district's wellness committee will ensure that all foods 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 and continue to be implemented to help prevent food illness in our schools.

For the safety and security of the food and our facilities, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the USDA food security guidelines.

### **Communication with Parents and School Personnel/Staff**

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children.

The district will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.

The district will provide information about nutrition education and physical activity opportunities before, during and after the school day.

Parents are encouraged to: be a role model for your children, eat family meals, be active with your kids, provide healthy meals and snacks, send healthy foods to school and support your schools wellness team.

All school personnel and staff are encouraged to: choose nutritious foods and be physically active, be a role model for you students (kids learn from watching you, kids take their lead from you), involve students in school wellness, offer healthy choices to students, (in and out of the classroom,) remind parents to provide healthy treats during school parties and educate student son the districts Wellness Policy and the Smart Snack in School as it relates to them.

### **Implementation, Monitoring and Review**

The superintendent will ensure compliance with established district nutrition and physical activity wellness policies.

The principles will ensure compliance in their buildings with those policies in the school and will report on the schools compliance to the superintendent.

The nutrition director will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent.

An assessment of the schools existing nutrition and physical activity practices and environments will be made by the wellness committee prior to and upon request by the superintendent and will identify any changes and updates needed.

**Mormon Trail Community School District  
Wellness Committee**

**School Wellness Leader**

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