

SERIES 400 STUDENTS

458.1

DISTRICT WELLNESS POLICY

I. GENERAL POLICY STATEMENT:

The Marshall Public School District (hereafter referred to as the District) created this wellness policy because it recognizes its responsibility to promote a healthy learning environment by supporting wellness, good nutrition and regular physical activity. Student and staff wellness is an integral part of a healthy school learning environment and staff members serve as daily role models for healthy behavior.

The District recognizes that each individual is multi-dimensional. The physical, mental/emotional and family/social dimensions of each person are dynamically intertwined. Acknowledgement and nurturing of these interactions, both within the individual and between individuals, are critical to successful health and wellness promotion. This district-wide wellness policy encourages all members of the school community to promote an environment that supports lifelong healthy eating habits, physical activity and general well-being.

II. POLICY LEADERSHIP:

The District Administrator or Designee shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy. The district will invite a diverse group of stakeholders to participate in the review of the policy. These stakeholders will include: An Administrator, a classroom teacher, a physical education/Health teacher, an SFA representative, the school nurse, a community member/parent, a student, and a medical/healthcare professional.

The district will evaluate compliance with the Wellness Policy once every other year. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. A report will be presented to the Board of Education at the conclusion of each review of The Wellness Policy. The District will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education Meetings.

III. POLICY GOALS:

A. Healthy Food Choices

The district recognizes the importance of nutrition as part of a comprehensive wellness policy. In accordance with this belief the district establishes systems and guidelines that focus efforts toward supporting nutrition within the schools and community. In order to model healthy choices at school, the district aims to reduce student access to foods during the school day that have little nutritional value as defined in USDA regulations.

School Meals

All meals will meet or exceed nutrition requirements established under the Health Hunger-Free Kids Act of 2010 (www.fns.usda.gov/school-meals/nutrition-standards-school-meals).

Foods sold outside of the school meals program

All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's *Nutrition Standards for All Foods sold in schools (Smart Snacks) rule*.

Foods provided but not sold (e.g., class parties, class snacks, rewards)

The district encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in School nutrition standards. This includes snacks that may be used for celebrations and parties in classrooms. Candy and other snacks with minimal nutritional value should not be served in classrooms.

Snack times shall be defined by the schools. Staff members shall promote healthy choices for snack times and shall only allow students to consume healthy choices during snack times.

Staff members are encouraged to promote non-food celebrations.

Celebrations involving food (e.g. pizza parties) may not take place during students' lunch period because they may not conflict with the school lunch program.

Food is not to be used as a reward for behavior. This is an area that has been part of PBIS processes throughout our schools. In order to allow staff in schools to have conversations about these practices and make appropriate revisions, this provision will go into full effect at the start of the 2018 – 2019 school year.

Food and Beverage Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) Rule.

B. Nutrition, Health and Physical Activity

It is the belief of the District that physical, health, nutrition and guidance education are essential components of the total educational program. These programs contribute to the physical, cognitive, social, and emotional development of all students at all grade levels and support student development of cognitive skills related to physical maturation, self-understanding, social attitudes, and personal behaviors.

Nutrition Education and Promotion

The District will:

- Develop student understanding of nutrition's impact on energy and growth.
- Scaffold critical thinking and practical reasoning as tools for nutrition decision-making.
- Promote attitudes of acceptance and openness around physical and cultural diversity regarding choices in nutrition.
- Promote nutrition education for students, staff, families and community.
 - Encourage information about nutrition about healthy snacks and nutrition be included in classroom, school, and district communications.
 - Provide information to the schools and community about healthy eating and living via social media and the school webpage.
- Review and revise curriculum in subject areas that are specifically about nutrition and wellness (i.e. Health, Physical Education, Family and Consumer Sciences, Human Sciences, etc.)
- Promote and use *Zones of Regulation* and other techniques for emotional and mental well being.

School Lunch Services shall determine ways to improve the school meals environment focused specifically on the following:

- Environment of the lunch room. Creating a pleasant and enjoyable place for students to dine.
- Exposing students to new and diverse healthy foods from different cultures.
- Heavily promoting fruits and vegetables.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. The district shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also provide opportunities for students to participate in physical activity in addition to physical activity.

III. MARSHALL SCHOOL DISTRICT NUTRITION GUIDELINES FOR IMPLEMENTATION:

The United States Department of Agriculture (USDA) offers Dietary Guidelines for all foods and beverages provided to students by the Marshall School District on school property during the instructional school day. The building principals, district administrators, school board members and community stakeholders in cooperation with the food service director, are responsible for communication and compliance with this regulation and any related guidelines. Administrative exhibit 458.1 details guidelines that support implementation at each school.

Exhibit 458.1

Nutrition Implementation Guidelines

CATEGORY	ELC	ELEMENTARY	MIDDLE SCHOOL	HIGH SCHOOL
School or Class Activities/Incentives	<ul style="list-style-type: none"> Using food as a learning incentive or for celebrations should be kept to a minimum. Such incentives shall be healthy food choices. To reduce the risk to students who have food allergies, all food items that are provided in a classroom shall be monitored by the classroom teacher. Withholding whole-group snacks from an individual student as a form of punishment is unacceptable practice and is not permitted. Food should not be used as a reward for behavior. Parents are encouraged to provide healthy snacks and treats for student celebrations and other events. A list of recommended snack/treat choices are included as an addendum to this policy. 			
Vending Machines	Vending foods are not available to students.		<ul style="list-style-type: none"> Food items must meet <i>Smart Snacks</i> Guidelines 	
Vending Beverages	Vending beverages are not available to students.		<ul style="list-style-type: none"> Beverages must meet <i>Smart Snacks</i> guidelines 	
School Meals	School meals, including breakfasts and lunches, will meet or exceed nutrient standards established by the USDA. An emphasis will be placed on offering a variety of fresh foods when feasible. USDA guidelines are available at the following links: www.usda.gov/fns			
A la Carte	A la carte items are not available for purchase prior to high school.			The Food Service Director will follow USDA Guidelines when determining a la carte items.
All School Sponsored Fundraising Activities	<ul style="list-style-type: none"> All fundraising is to be pre-approved by the District Administrator. Items being sold must not interfere or compete with the National School Lunch or Breakfast Programs. Fundraising activities that include candy, soda and other food items of minimal nutritional value may not be distributed during the school day or on buses. 			

Legal References: Child Nutrition and WIC Reauthorization Act of 2004

Cross References: *A Guide to Smart Snacks in School*

Link: https://fns-prod.azureedge.net/sites/default/files/tn/USDA_SmartSnacks.pdf

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