

SCHOOL WELLNESS POLICY

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PURPOSE

The Mountain View School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

GENERAL STATEMENT OF POLICY

1. The Mountain View School District recognizes that nutrition education and physical education are essential components of the educational process and that good health practices foster students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
2. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
3. The school district will consists of one or more individuals representing each of the following groups: School Board members, administration, Physical Education Instructors school lunch program, parents, students and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
4. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
5. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
6. Qualified food service staff will strive to provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant setting and adequate time for students to eat.
7. Public participation is encouraged through staff, parents and community members by accessing the school district web site.

GUIDELINES

1. All foods and beverages made available on campus and served under the umbrella of the National School Lunch Program (Breakfast, Lunch, and After School Snack, and Summer Food) will be consistent with the current USDA Dietary Guidelines for Americans.
2. During school hours Smart Snacks will follow the nutritional guidelines in vending machines, school stores and the a la carte.
3. Food service personnel will take every measure to ensure that student access to foods and beverages served on campus as part of the National School Lunch Program meets or exceed all federal, state, and local laws and guidelines.
4. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. 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-priced school meals.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. The school district will make every effort to provide students with adequate time and space to eat meals in a pleasant and safe environment, and will schedule meal periods at appropriate times during the school day.
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

SCHOOL FOOD SERVICE PROGRAM PERSONNEL

1. The schools will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school district shall designate an appropriate person to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for school breakfast, school lunch and summer food programs.
3. The food service contractor will provide ongoing in-service and professional development training opportunities for all food service personnel in schools.

FOODS AS REWARDS

Teachers and other school personnel are prohibited from using food as a reward for students and will not withhold food or beverages as a punishment. Guidelines for appropriate alternative reward systems can incorporate but are not limited to social rewards, recognition and praise, privileges and opportunity for classroom physical activity or additional recess.

CELEBRATIONS AND SNACKS

Classroom celebrations and snacks served during the school day or in after-school programs are encourage to have foods under 200 calories per serving, no high fructose corn syrup, focus on fruits and vegetables, trans fat free items, and whole grain rich (51%) when possible. Schools will determine when to offer snacks based on the schedule for school meals, the nutritional needs of students, student age, and other pertinent factors. Schools that provide reimbursable snacks through afterschool programs will follow the federal guidelines for the Afterschool Snack Program.

NUTRITION EDUCATION AND PROMOTION

1. The teachers will aim to teach, encourage, and support healthy eating habits, by providing students with the knowledge and skills necessary to promote and protect their health through classroom curriculum.
2. All teachers, directors and administrators will encourage student to make age appropriate healthy selections of foods and beverages including those sold individually outside the reimbursable school meal programs, such as through ala carte (snack) lines, vending machines, fundraising events, and concession stands.
3. Nutrition education will be offered in the cafeteria as well as in the classroom with coordination between the food service staff and teachers.
4. Nutrition education materials and meal menus will be made available to parents via handouts, newsletters, and presentations. Meal menus will be posted on-line.
5. The school district will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

PHYSICAL ACTIVITY

1. Schools will provide regular, age-appropriate, quality physical education, including instruction on year-round outdoor and indoor activities contributing to life-long habits of physical activity.

2. Physical activity is to be encouraged through active engagement in recess, physical education classes, and intramurals which maximize the use of available space, time and personnel.
3. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
4. The School District will encourage and inform students about physical education and other school-based physical activity opportunities outside of regular school hours, such as physical activity clubs and intramural programs as well as interscholastic sports program to all students.
5. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle.
6. Teachers and other school personnel are prohibited from withholding opportunities for physical activity such as recess or physical education as punishment.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES

Wellness activities available throughout the district include staff wellness training, a school garden, having a recycling program and having a drug prevention program.

1. Initiating and sustaining a recycle/environmental stewardship program.
2. Providing professional development related to healthy, nutrition and physical activity to all staff members. (i.e. CPR training)
3. Sponsoring health fairs, school supported races or fun runs, or family wellness activities that promote health and wellness.
4. Providing students, parents and staff with mental health resources available and prevention program information.

IMPLEMENTATION AND MONITORING

1. This wellness policy was developed by the District Wellness committee, a group comprised of individuals from the following: School Board members, school administration, Food Service Director, parents, students, School Nurse and Physical Education teachers.
2. After approval by the school board, the School Wellness Policy will be implemented throughout the school district.

3. School food service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the food service program administrator, or the superintendent, as appropriate.
4. The school district's food service program administrator will provide an annual report containing the selection of all foods to be served, complying with the nutrition guidelines and procedures made available under the National School Lunch Program to the superintendent for review.
5. The principal from each school is responsible to ensure that their school complies with the local School Wellness Policy. A School Wellness Evaluation form will be given out to each principal to fill out yearly.
6. Annually updated information of the local School Wellness Policy will be available to the public (including parents, students and other in the community) via our district website.

LEGAL REFERENCE:

Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265 Section 204)

The Healthy, Hunger-Free Kids Act of 2010 (PL111-296)

ADOPTED: May 2014

AMENDED: February 2017