

<b>DESCRIPTOR TERM:</b>  <b>Support Services</b>	<b>Millard District Policy File Code: 3140</b>  <b>Approved: 08-11-22</b>
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## WELLNESS

### Policy Statement

Millard School District is committed to providing a healthy environment for students and staff by supporting wellness, good nutrition, and regular physical activity as part of the total educational experience. The link between nutrition, physical fitness and learning is well documented. Schools contribute to the basic health status of children by supporting and promoting wellness, thereby optimizing student performance in the classroom. Healthy staff members will be able to better perform their duties and will be encouraged to model appropriate wellness behaviors to the students. Schools will contribute to the basic health status of the students by facilitating learning through support and promotion of good nutrition and physical activity through a coordinated effort that involves the students, staff, parents, and community members.

#### **A. Nutrition Education Goal**

1. Students in grades pre-K-12 will receive age-appropriate nutrition education as outlined in the Utah State Core Curriculum. Lessons will be designed to provide knowledge and skills necessary to promote and protect health. Students will be taught to adopt healthy eating behaviors. Instructions should include, but not limited to: healthy cooking methods, recognition of the role the media plays in marketing and advertising food and beverages; the importance of various food groups; calorie, fat and sugar intake; and the relationship between a balanced diet and regular exercise in leading to a healthy lifestyle. Nutrition concepts will be integrated into the health curriculum as well as other subject areas as appropriate. School meal programs will work with teachers to help reinforce lessons.
2. Students will receive consistent nutrition messages in all areas of the school, including the cafeteria and classrooms. Nutrition concepts will be reinforced by all school personnel.
  - a. Staff responsible for teaching nutrition education will properly licensed and trained and will complete required professional development to help them provide accurate nutrition education.

- b. School Cafeterias will model healthy meals by providing foods that meet nutrient standards and regulations as defined by the United States Department of Agriculture as found at: <https://www.fns.usda.gov/cn/nutrition-standards-school-meals>. Food service staff will complete annual training as required by USDA professional standards as found at: [https://fns-prod.azureedge.us/sites/default/files/resource-files/Professional\\_Standards\\_Flyer.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/Professional_Standards_Flyer.pdf).
3. Schools will encourage age-appropriate activities which promote nutrition agriculture and food systems when possible. Examples include: taste testing, field trips to farms, school or community gardens, healthy promotions or contests.
4. Schools may provide education information to help with healthy eating habits and increased physical activity for families knowing that the family is a critical part in teaching children about health and nutrition.
5. Schools will provide current information about school meal programs and community nutrition related services via written information or internet links.

## **B. Nutrition Goal for All Food Available on Campus**

1. All food sold on campus to students and staff during the school day will be consistent with nutrition standards defined in the Federal and State Regulations. All reimbursable meals will meet, at the minimum, requirements for reimbursable meals for the National School Lunch Program as set by the USDA. These standards can be found at: <https://www.fns.usda.gov/cn/nutrition-standards-school-meals>
  - a. The school campus includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
  - b. The school day means the period from the midnight before, to thirty minutes after the end of the official school day.
2. Food provided on the school campus will provide students and staff with a variety of choices to help maintain a balanced diet. Food will be of excellent quality, appealing, and served at proper temperatures. Portion sizes will be age appropriate. Schools will use fresh, local-grown foods when possible. Meals will be served in areas which are clean, safe, and have adequate room for students to eat. Students will be given at least 10 minutes of seat time at breakfast and 20 minutes of seat time at lunch so the students are not rushed to eat.

Information on meals will be available for parents through school newsletters, school or district websites, and in the school cafeterias.

3. Food and beverages sold during the school day must comply with Smart Snack Rules. This includes food and beverages sold in vending machines or in school stores; food provided for school parties, celebrations, or meetings; and anything sold as part of a school-sponsored, fundraising activity. These standards will also apply to any food served or sold at any on-site afterschool activity. Smart Snack regulations can be found at: <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>
4. Breakfast. Students shall be encouraged to have breakfast, either at home or at school. All schools in the district that participate in the National School Lunch Program will have breakfast available for students. Breakfast meals through the USDA School Breakfast Program will meet regulations set by State and Federal Guidelines. Parents will be notified by newsletters or on school or district webpages of information on the breakfast program.
5. Free/Reduced price meals will be offered in all schools participating in the School Lunch/Breakfast Program. Parents will be notified at least two times a year that this program is available and that they have the option to apply at any time during the school year. Applications are available in school offices and online on the district webpage. Schools 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 by all students, regardless of meal status, entering a code or their name at the meal line.
6. Summer meal programs will be available to all children age 0-18 based on the needs of the community and school participation. All children will eat free during this time. Parents will be notified of this program before the end of the regular school year. Information will be provided at schools, on the district webpage, and throughout the community.
7. Drinking water will be readily available to all students and staff throughout the school day, including during meals. Water is available at drinking fountains or at ice/water machines throughout the schools.

### **C. Physical Activity Goals**

1. All students will receive age level appropriate physical education instruction and amount of instructional time as outlined in the Utah State Core Curriculum.
  - a. Physical Education will be designed to provide information, foster a positive atmosphere, encourage self-discipline, develop motor skills, and promote activities that can continue during the student's life.

- b. Physical Education will provide a safe environment for all students, including those with special needs.
  2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. With school approval, students may be exempted from or credit substituted for physical education classes.
    - a. Elementary students will have three fifteen minute recesses each school day. This will include a morning recess, an afternoon recess, and a recess within the lunch period. Lunch will be served after recess when possible. Students will not be asked to miss their recess for additional instructional time or to work on past incomplete assignments. Restriction of recess time should not be used as a form of punishment unless the student poses a threat to other students, or other special circumstances exist. Recess may be restricted for health reasons. Physical activity will not be used as a form of punishment for students, but can be used as a reward.
    - b. Secondary students will be encouraged to participate in physically active extra-curricular activities supported by the Millard School District.
    - c. Millard School District will make the gyms, tennis courts, fitness centers, weight rooms, and playing fields accessible for student and staff use on a reasonable basis, whenever feasible, during non-school hours to support wellness. A fee may be involved for use of these facilities. Schools will ensure facilities on school grounds are safe and well maintained. The District will maintain a joint-use agreement with the community recreation department to provide physical activity opportunities to students and families.
  3. School can provide employees and parents with information on promoting and incorporating physical activity outside of the school environment. This information will be written or available through web sites.
  4. Schools will work with the community to help create a safe environment for students who choose to walk or ride bicycles to and from school.

#### **D. Other School Based Goals and Activities**

1. Schools will be encouraged to plan fundraisers that promote physical activity and good nutrition. Schools will encourage fundraisers that promote healthy products and positive health habits with nutritious food items, as well as the

sale of non-food items. Competitive foods and fundraisers should not be sold in competition with school meal times.

2. Schools will be encouraged to set guidelines for celebrations that involve food during the school day. Any celebration must take place after lunch whenever possible.
3. Schools will be encouraged not use food or beverages, especially those that do not meet guidelines, as a reward for academic performance or good behavior. Food will not be held from a student as a punishment.
4. Schools shall only offer food products that have been prepared in a licensed and regulated establishment. Therefore, students, parents, teachers and others who bring food for celebrations or other activities must bring food items that have been commercially packaged.
5. Handwashing facilities or hand sanitizer will be convenient and available to students and staff at all times. Students will be reminded to wash hands before meals to prevent the spread of germs and to reduce health risks.
6. Marketing of any food or beverage on school campuses or school property must be for items that meet USDA guidelines and Smart Snack guidelines.

#### **E. Vending**

1. All schools with vending machines owned, serviced, or maintained by someone other than Millard School District shall have an agreement, written in contract form, that is approved by the local Board of Education. All vending machines, including those owned by Millard School District, are subject to the guidelines set forth in the Federal and State USDA reimbursable meal and Smart Snack Regulations.
2. Nutritional information for foods sold in the vending machine will be available where the food is sold.
3. Vending machine revenue may be used, as the discretion of the school principal, to support any school program that has been approved by the local Board of Education. Vending machine receipts and expenditures are subject to Millard District Policy, File Code: 2060

#### **F. Monitoring and Evaluation of Policy**

1. School food service staff will ensure compliance with the nutrition policies under the direction of the Child Nutrition Program Supervisor, who reports to the

Superintendent. In addition, any findings or changes from the Utah State Administrative Review will be reported.

2. Under the direction of the school principal, each school shall designate a "Wellness Specialist" to consult with the principal and assist with the operational responsibility for ensuring the school follows this policy.
3. The school's Wellness Specialist shall annually, together with the school principal and School Community Council, evaluate the school's compliance and develop a written report. This report will be turned in to the District Office at the end of the school year. Data from these assessments will be used to evaluate areas that need improvement. A District Wellness Committee including staff (including PE teachers, food service employees, and administrators), students, and general public will meet annually to assess the wellness policy. Information on the committee can be found on the District webpage.
4. A copy of the compliance report shall be submitted by the school to the School Board and the Superintendent prior to the end of each school year. The Wellness Policy will be reassessed every three years to help review policy compliance, assess progress and determine areas in need of change or improvement. The Wellness Policy will be revised as needed. A report of the findings will be given to the Board of Education, the Superintendent, school principals, School Community Councils and will be made available to the public on the District website.