

May-Port CG School District Wellness Policy

Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. Building nutritional knowledge and skills helps children make healthy eating and physical activity choices. The MPCG school district will provide nutrition education that is appropriate for students that teach the skills they need to adopt healthy eating behaviors.

- The entire school environment will be aligned with healthy goals to positively influence a student's beliefs and habits as they relate to good nutrition.
- School personnel will practice nutrition messages throughout the curriculum and school environment.
- District health education curriculum standards and guidelines include both nutrition and physical education.

Setting Physical Activity Goals

The primary goals for May-Port CG's physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

- Every student in K-12 shall be encouraged to participate in at least one program of school-based physical activity at every grade level. The activity may be physical education class and/or a competitive sport.

Area Recommendations: K-5 Recess/Physical Education at least 4 times/week.

6-8 Increase the amount of the physical activity with intramurals

- Schools work with the community to create ways for students to walk, bike, or roller blade safely to and from school.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Setting Nutrition Guidelines for All Foods and Beverages Available on School Campuses during the School Day

May-Port CG will establish standards to address all foods and beverages sold or served to students including those available outside the school meal program.

Area Recommendations:

- 1) Candy sales during the school day will not be allowed.
- 2) Pop and candy for incentives will be discouraged.
- 3) Machines with water and fruit juice will be available all day at the high school.
- 4) Pop and candy for school parties at PBJ and the middle school will be limited.
Encourage healthy snacks and beverages at parties
- 5) Discourage outside beverages other than water from being brought into the MS/HS building during the school day.
- 6) Snack machine will be available in the HS and MS commons area.

**Setting Goals for Other School-Based Activities
Designed to Promote Student Wellness**

The goal is to create a total school environment that is conducive to healthy eating and being physically active.

- **Dining Environment**
 - The school district provides a clean, safe, enjoyable meal environment for students
 - The school district encourages all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.
- **Time to Eat**
 - The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
 - The school district will schedule lunch as near to the middle of the school day as possible.

Area Recommendations:

- 1) Recess for PBJ students will be before lunch.
- 2) Less waiting in line for students by improving recording system.

- **Food or Physical Activity as a Reward or Punishment**
 - The school district will restrict the use of food as a reward or punishment in schools.
 - The school district will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
- **Consistent School Activities and Environment**
 - The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.
 - The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
 - The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
 - The school district encourages all students to participate in the school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.

Area Recommendations:

- 1) Food sold for fundraising must meet food standards.
- 2) School will provide fresh fruits and vegetables along with water at parent-teacher conferences and faculty in-service meetings.
- 3) The Roughrider team will choose an area of wellness to plan and implement during the school year.
- 4) Concession stand will offer healthy alternative food for sale.

May-Port CG Food/Beverage Recommendations:

- 1) Less than 40% of calories from saturated fat/serving (food)
- 2) Sugar not listed as first ingredient (both)
- 3) Greater than 30% fruit juice (beverage)

Setting Goals for Measurement and Evaluation

- 1) Food service personnel will ensure compliance with nutrition policies within the food service area and report to the superintendent on a yearly basis including the School Meals Initiative review that is conducted every 5 years.
- 2) School Health Index will be completed every year by the FACS/Health advisory board to review compliance with policy, assess progress, and determine areas of needed improvement.
- 3) The FACS/Health advisory board will prepare a Wellness Policy Summary Report every 3 years on compliance with the May-Port CG Wellness Policy. The report will identify and prioritize the district needs for the next 3 years including policy revisions and plans to improve wellness policy. This plan will be presented to the superintendent and the school board in the spring of the 3rd year of policy.

Revised: 10/12/2007