

May-Port CG School District Wellness Policy

District Wellness Committee

May-Port CG will form a wellness committee to develop the policy and perform additional duties described. The committee will be made of parents, students, school food representatives, school board members, physical education teachers, health teachers, school health professionals, administrators and the public to develop and implement good health practices for the district. The committee will also provide information about promoting wellness using the most appropriate cost effective methods.

Wellness Policy Goals

The district wellness committee will meet at least once every school year to work towards the wellness goals. These goals will be the set objectives that suggest a healthy environment for all buildings and the students and staff that fill it.

At least once every three years, the committee will conduct an assessment of the wellness policy to ensure compliance with federal law. It will include changes in the district priorities, changes in community needs, changes in wellness goals, advances in health science, mental health resources, new physical federal or state guidelines, and new standards and regulations.

All results will be shared publicly on the school's website. Amendments will inform patrons and parents regarding improvements to school meals, compliance with school meal standards, availability of child nutrition programs, and standards with the USDA Smart Snacks in Schools.

Physical Activity Goals

In addition to state standards and mandates related to physical education, May-Port CG will strive to make opportunities available for students to be physically active.

The goals of physical activity programs must be to:

1. Develop students' knowledge and skills necessary to perform a variety of physical activities;
2. Assess, maintain and improve personal fitness;
3. Regularly participate in physical activity;
4. Understand the short- and long-term benefits of physical activity; and
5. Value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Nutrition Education Activity and Promotion Goals

May-Port CG shall teach, model, and support healthy eating in grades K-12 through the curriculum and through other promotional methods. MPCG should strive to:

1. Educate teachers and other staff members responsibly for nutrition education (e.g. provide training regarding the Dietary Guidelines for Americans and how to teach them);
2. Identify and implement methods to educate family members about district nutrition standards and goals as well as involve them in program development and implementation;
3. Integrate nutrition education into core curricula that is aligned with state standards and requirements;

4. Include developmentally appropriate, culturally relevant and participatory activities in the nutrition curriculum;
5. Emphasize caloric balance between food intake and physical activity;
6. Provide students with the knowledge and skills necessary to promote and protect their health;
7. Promote fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes; and
8. Promote healthy food and beverage choices for all students as well as encourage participation in school meal programs.

All foods and beverages offered to students during the school day must meet or exceed the USDA *Smart Snacks in Schools* nutrition standards.

Mental Wellness Activity Goals

May-Port CG takes an active role in the health and wellness for our students in the areas of mental/emotional well-being. Mental and Emotional wellness is the ability to understand ourselves and cope with the challenges life can bring. May-Port CG uses a collaboration strategy to focus on the needs of our students and takes the necessary steps to ensure that these needs are being met daily. The school has partnered with several outside agencies to help with the process of meeting those needs for both students and families.

May-Port CG staff will receive two hours of mental health training bi-annually. All staff members are responsible for reporting student concerns to the school health team.

Students, who display health needs through symptoms, behaviors, referrals, and infractions, will meet with the school health team. The health team will gather information from all invested parties and assess the student for additional needs.

- The health team will work to identify issues and screen for areas of concern.
- The health team will develop appropriate plans to be implemented by the district and guardians.
- The health team will work to connect students and their families with resources to address areas of concern.
- The team will work monitor interventions and collaborate with stakeholder when appropriate.

Other School-Sponsored Activities

May-Port CG shall seek to promote the physical activity and nutrition goals of this policy through other activities that are practical, implementable, and within district budgetary and statutory parameters. The goals of these other activities shall reinforce the nutrition promotion, nutrition education, and/or physical activity goals set forth above. Activities implemented under this provision may be offered to students, parents, and/or district personnel.

Nutrition Standards

May-Port CG shall comply with applicable nutrition standards established in federal regulations for all reimbursable meals, e.g. the National School Breakfast and Lunch program.

May-Port CG shall comply with applicable nutrition standards established in federal regulations for all competitive foods and beverages sold on school grounds during the school day to students (see USDA *Smart Snacks in Schools* nutrition standards).

Except as otherwise provided, all foods and beverages provided for celebrations, during the school day, for snacks, or as rewards, or sold for fundraising by the schools, should be selected judiciously, taking into consideration the nutritional value of the food being served, the goals of this policy, and the frequency of use.

Exception to Competitive Food and Beverage Sales

Each school year, schools within the May-Port CG District may hold up to two fundraisers that do not comply with federal nutrition standards for competitive food and beverage sales. The Superintendent shall develop rules for requesting and receiving approval to hold fundraisers under this exception. The fundraiser may occur during school hours, but not during school meal times.

Standards for competitive food and beverage sales do not apply to foods and beverages sold off school grounds and foods and beverages sold on school grounds more than 30 minutes after the school day until midnight of the next school day.

Hydration Standards (Water)

To promote hydration, unflavored drinking water that is free is provided and available to all students throughout the school day and throughout every school building. May-Port CG will make drinking water available during mealtimes where school meals are being served.

Marketing

May-Port CG permits marketing and advertising of only those foods and beverages that meet or exceed the USDA *Smart Snacks in School* nutrition standards. These standards do not apply to foods and beverages sold off school grounds.

Staff Qualifications and Training Goals

The District will hire professionals that are qualified in the areas of physical and nutritional education. The District will provide opportunities for on-going professional training and development for foodservice staff and teachers in the area of nutrition and physical education.