

at our schools, we do not wish to have a deterrent effect on those wishing to raise funds for school functions. Per ADE any fundraiser should be a single event of duration not exceeding one week. A school principal or designated representative of the school will submit the request for the fundraiser. However, per USDA the State agency must specify to USDA the number of exemptions they may grant. If the State agency doesn't respond – USDA will assume the State agency is electing to prohibit any exempt fundraisers.

- Our district food service program will comply with the federal and state nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, consistent with calorie requirements and served in appropriate portion size. This will be consistent with USDA standards and shall be established for all foods offered by MUSD's nutrition services department.
- In our district food service program, all grains will be at least 51% whole grain.
- Our district will not use food as a reward. All "treasure box" items must meet guidelines.
- Our district will prohibit soda and allow only water and beverages that are at least 50% juice K-8.
- Our district will sell only diet soda to high school students, 20 oz. max. Soda will not be available at any other campus.
- Our district will only sell low fat white and skim milk flavored.
- Students and staff will have access to free, safe and fresh drinking water throughout the school day. All drinking fountains will be maintained and kept in good working order.
- All our school sites have drinking fountains but some are not accessible to all students during meal time. For those sites that do not have nearby drinking fountains in the eating area – due to the eating area also being used for physical education class and safety concerns – a table with drinking water and small cups will be made available to the students during their meal time near the serving line.

PHYSICAL ACTIVITY

Physical education classes will be provided to students in all grade levels.

- It is recommended that physical education classes be provided at a minimum of two times per a six-day rotation for grades K-5 and meet the MUSD requirement for grades 6-12.

- Elementary students should accumulate a minimum of 120 minutes of age appropriate physical activity over the course of each full week, per national standards. Secondary schools should promote physical activities, both formal and informal, on a daily basis.
- Physical education classes will have the same student/teacher ratios used in other classes.
- The physical education program shall provide adequate space and equipment and conform to all applicable safety standards.
- MUSD will not tolerate the use of physical activity as punishment, the withholding of participation in physical activity/education as punishment, or the use of physical education class time to complete assignments from other classes.
- Athletics, recess and/or other classes may not take the place of physical education. Physical education classes will be taught by a certified physical education instructor.
- All students in grades K-5 shall receive daily supervised recess.
- MUSD promotes the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.

ACTIVITIES TO PROMOTE STUDENT WELLNESS

Our district will promote healthy choices through prominently displaying healthy foods in the cafeteria, use of posters and or food tastings and comparable pricing for healthy food options.

- District will have consistency of nutrition messages through the school – classroom, cafeteria, school hallways, etc.
- District will consider policies that will encourage physical activity such as increasing access to the gym or creating safer routes to bike or walk to school.
- MUSD will uphold current State policy regarding immunization and enforcement. Parents will receive education by the health staff regarding the risk of not immunizing and the health effect to the learning community.
- The school district will create, strengthen or work within existing school health advisory councils to develop, monitor, review and revise the Local Wellness Policy.