

Mohall Lansford Sherwood (MLS) Public School Wellness Policy

I. Nutrition Education Goals

The primary goal of nutrition education is to positively influence the students' eating behaviors to promote good health.

Nutrition education in all MLS schools, K-12 will be:

- Interactive and teach the skills at each grade level (e.g., media awareness, menu planning, reading nutrition facts labels) that students need to adopt healthy eating behaviors
- To provide nutrition services training and staff development programs that include appropriate certification and/or training programs for the food services manager, and nutrition services staff, according to their levels of responsibility and applicable federal regulations
- Communicated in consistent nutrition messages throughout the school, classroom, and cafeteria
- Integrated into the comprehensive health, physical education, family consumer science (FACS) and other core curriculum that is aligned with state standards and requirements
- Water is readily available to all staff and students throughout the school
- Promote activities to bring awareness to wellness and nutrition (ex. USDA Team Nutrition ideas)
- Encouraging staff to be role models for healthy behavior

II. School Meal Guidelines

Nutrition Services offers healthy, nutritious meals, snacks and beverages in compliance with applicable nutrition standards established in federal regulations for reimbursable meals through the National School Breakfast and Lunch program. The district shall comply with annual training requirements in state law and federal regulations for all food service personnel.

III. Nutrition Standards for Competitive Foods

Competitive foods are those foods and beverages sold or served (given) on school grounds during the school day that are not part of the federally reimbursed school breakfast and lunch program. The school day is defined as midnight the night before the first class through 30 minutes after the last class.

- **Foods and beverages sold in schools during the school day**
All competitive foods sold will comply with the USDA's Smart Snacks in Schools nutrition standards. For details and complete list of Smart Snacks in Schools guidelines, visit www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks or see MLS School Board Policy ABEA-AR3
- **Food and beverages served (given) during the school day**

All competitive foods, snacks, and beverages given to students should be selected judiciously, taking into consideration the nutritional value, the goals of this policy, and the frequency of use.

- **Food and Beverages served off-site or after school**

Competitive food sale requirements do not apply to off-site food sales and do not apply to foods sold on campus outside of the school day.

IV. Food and Beverage Marketing

Schools will use marketing activities that promote healthful behaviors. Food and beverages depicted on items and equipment located on school grounds during the school day will meet Smart Snacks in Schools standards.

V. Physical Activity Opportunities and Physical Education K-12 Goals

The primary goal of physical fitness and physical education is:

- To provide opportunities for every student to develop the knowledge and skills for specific physical activities
- To maintain physical fitness by regularly participating in physical activity
- Fitness assessments to monitor personal (student) fitness levels
- To understand the benefits of a healthy physically active lifestyle

- **Physical Education Objectives/Goals**

- Shall provide adequate space and equipment and conform to all applicable safety standards at every school
- Ensure highly qualified certified physical education staff will receive professional development on a yearly base
- Shall comply with state standards and mandates related to physical education
- Students with disabilities or other special health needs may participate as fully as possible in physical education and other school physical activities.

Elementary School:

At least an average of 60 minutes per day of Physical Education instruction and/or additional physical activity including daily recess periods and in classroom movement breaks for grades K-6

Middle School:

At least an average of 500 minutes per month of Physical Education instruction in grades 7-8 and students are encouraged to participate in elective after-school competitive sports

High School:

At least ½ credit of Physical Education and ½ credit of Health is required by students in grades 9-12 to graduate and students are encouraged to participate in elective after-school competitive sports

- **Other School-Sponsored Activities** (ex-competitive sports)
 - Shall provide adequate space and equipment and conform to all applicable safety standards at every school
 - Ensure highly qualified certified coaching staff will be hired
 - Shall comply with state mandates related to competitive sports, etc.
 - Students with disabilities or other special health needs may participate as fully as possible in other school physical activities

- **Daily Recess**

All elementary school students will have at least a 30 minute supervised recess break daily, preferably outdoors.

- **Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as a punishment. Teachers and other school and community personnel will not withhold opportunities for physical activity (e.g. recess, physical education) as punishment. Staff is encouraged to use physical activity as a reward for students.

VI. Policy Development, Application, and Review

The Superintendent or designee and the wellness committee will monitor and ensure compliance with the established district-wide wellness policy. The wellness committee will conduct a wellness policy assessment at minimum once every three years based on input from all stakeholders. The assessment report, along with recommended amendments, will be provided by the wellness committee to the superintendent. (see MLS School Board Policy ABEA-E) MLS encourages participation from the public, including parents, students, teachers, health professionals, food service staff, school board members, administration, and other interested persons in the development and implementation of the wellness policy. The policy, along with assessments and updates, is made available to the public on the district's website.

Adopted 5/2022