

Wellness Policy Recommendations and Findings:

Findings:

Our policy does not address 2 components for nutrition. They are concerning no caffeine for MES and MMS. The other nutrition component not addressed is prohibiting the use of food as a reward.

A Physical component not addressed is allowing physical activity as a reward when feasible.

Recommendations:

Update policy to say:

“Beverages containing caffeine will not be served at the elementary or middle schools.”

“Food rewards are prohibited, and teachers are provided with a list of alternative ideas. Staff are to use physical activity as a reward when feasible.”