



Local Wellness Policy

Wellness Committee and Policy Leadership

Committee Role and Membership

The LEA will convene a representative district wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. The committee will represent all school building levels (elementary, junior high, and high schools) and include to the extent possible, but not limited to parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program (SNAP-Ed) coordinators. To the extent possible, the committee will include representatives from each school building and reflect the diversity in the community.

Wellness Policy Leadership

The LEA will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.

The designated official for oversight is:

Rhonda Smith, MEd, BSN, RN, LSN

School Nurse

RSmith@MorganLocalSchools.org

Nutrition

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Goals for Nutrition Education:

- Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs.

Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community. The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Goals for Nutrition Promotion:

- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
- Students can bring in bottled water from home.
- The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property.

Standards and Nutrition Guidelines for all Foods and Beverages

The district shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations. Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) must be consistent with USDA's Smart Snacks in School nutrition standards. These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, à la carte lines, snack carts, and vending machines. The district will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).

Nutrition standards for all foods and beverages provided, but not sold, to students during the school day:

- The food service director offers reimbursable school meals that meet USDA nutrition standards.
- The school principals will encourage the use of healthy food for all classroom parties, snacks, and celebrations. For example, fresh fruits, vegetables, and whole grain items.
- The district superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.
- All schools will offer breakfast to all students through the USDA School Breakfast Program.

- Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
- Students are encouraged by 50% of teachers to drink tap water throughout the school day. Students are permitted to have water bottles at their desks and are given ample opportunities to refill water containers.
- Sugary drinks (soda, sport drinks, energy drinks) in the classroom are discouraged by 50% of teachers.

Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. It is the intent of the district to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards. As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

Physical Activity and Physical Education

The district shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Goals for Physical Education:

- Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- Planned instruction in physical education shall include cooperative as well as competitive games.
- The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies for physical education teachers.

Students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short-and long-term benefits of a physically active and healthy lifestyle.

Goals for Physical Activity:

- All district elementary students in each grade will receive physical education for an average of 60 minutes per week throughout the school year.
- Schools must provide at least 20 minutes of active daily recess to all elementary students.
- Students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short-and long-term benefits of a physically active and healthy lifestyle.
- All students in grades 7-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.

Other School-based Activities that Promote Student Wellness

The district will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

Goals for other school-based activities that promote student wellness:

- The school shall provide at least twenty (20) minutes daily for students to eat.
- The school shall provide attractive, clean environments in which the students eat.

Implementation, Assessment, Documentation, and Updates

Implementation

The district will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building. It is recommended that school buildings use the Healthy School Action Tool (HSAT) to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

Triennial Assessment

The LEA will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

The person responsible for the Triennial Assessment is:

Rhonda Smith, MEd, BSN, RN, LSN

School Nurse

RSmith@MorganLocalSchools.org

Documentation

The LEA will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and

documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the LEA, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found on the Morgan Local Schools district website under Documents.

Required documentation will be maintained at the MLSD's Administrative Office.

Updates to the Policy

The LEA will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.

Public Updates

The LEA will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The district will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or districtwide communications (email, newsletters, mailings).

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