

MONTROSE SCHOOL DISTRICT #43-2
WELLNESS POLICY

COMPONENT 1: SETTING NUTRITION EDUCATION GOALS

The primary goal of nutrition education is to influence students' eating behaviors. The following should be considered when establishing nutrition education policy language:

Students in grades pre-K -12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.

Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.

State and district health education curriculum standards and guidelines include both nutrition and physical education.

Nutrition is integrated into the health education curricula or core curriculum (e.g., math, science, language arts).

Schools link nutrition education activities with the coordinated school health program.

Staff who provide nutrition education have appropriate training.

Schools are Team Nutrition Schools and they conduct nutrition education activities and promotions that involve parents, students, and the community.

COMPONENT 2: SETTING PHYSICAL ACTIVITY GOALS

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthful lifestyle.

The following examples of policy language should be considered when setting goals for physical activity.

At a minimum, students should have 60 minutes of physical activity on most, preferably all, days of the week.

Students should be given opportunities for physical activity during the school day through daily recess periods, elective physical education (PE) classes, walking programs, and the integration of physical activity into the academic curriculum.

Students should be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

Schools should work with the community to create an environment that is safe and supportive of students' physically active commute to and from school.

Component 3: Establishing Nutrition Standards for All Foods Available on School Campus During the School Day

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220. They must also establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

The following items should be considered when setting nutrition standards for all available foods during the school day. These standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

- Set guidelines for foods and beverages in a la carte sales in the food service program on school campuses.

- Set guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.

- Set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.

- Set guidelines for refreshments served at parties, celebrations, and meetings during the school day.

Component 4: Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active. Examples of policy language include:

- Provide a clean, safe, enjoyable meal environment for students.

- Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.

- Prohibit use of food as a reward or punishment.

- Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.

- Prohibit denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time.

- Ensure fundraising efforts are supportive of healthy eating.

Provide on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.

Provide student access to physical activity facilities outside school hours.

Schedule recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.

Develop strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Adopted: July 10, 2006

Reviewed: March 11, 2019