

## **JLCF - WELLNESS POLICY**

The Mason School recognizes that the physical and emotional health of our students is essential to their social and academic success. We recognize that “wellness” is achieved through proper nutrition, physical activity, and emotional growth. We are committed to creating and maintaining a school environment that promotes wellness at all levels: In the classroom, on the athletic field, in staff offices, in the cafeteria, on the playground, and at in-school and after school activities. Through a cooperative effort among teachers, administrators, food service professionals, school nurses, physical and health educators, counselors, parents and students, we believe we can help our students achieve and maintain a healthy lifestyle that will enhance their lives in school and at home. We therefore adopt this wellness Policy.

### **I. NUTRITION EDUCATION GOALS**

A. Nutrition education will be part of the school curriculum in grades 1 through 5. The nutrition education program will be based on theories and methods that are drawn from published research and be consistent with state and district health education guidelines. Nutrition education activities will be age-appropriate, interactive and teach the skills needed to adopt healthy eating habits. Nutrition programming will educate students in the following areas:

1. Nutrition Information: This information will include but will not be limited to the benefits of healthy eating, essential nutrients and nutritional deficiencies, the principles of healthy weight management, and safe food preparation, handling and storage.

2. Nutrition Skills: This information will include but not be limited to planning a healthful meal, understanding and using food labels, and critically evaluating nutrition information, misinformation and advertising.

3. Nutrition Goals: This information will include but will not be limited to setting goals for nutrition improvement, and using proven tools (such as food journals) to achieve those goals.

B. The health educators will work with teaching teams to integrate nutrition education into the curriculum, so as to educate the students to identify healthy and unhealthy food choices.

C. The program will strive to involve parents in the school’s nutrition education program by using tools such as newsletters, parent-child eating opportunities, and nutrition related activities, projects and programming.

### **II. NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON THE SCHOOL CAMPUS**

A. Foods and beverages sold or served at school will meet the most current nutrition recommendations of the U.S. Dietary Guidelines for Americans. Nutritional information on foods sold at school throughout the school food program shall be made available to parents and guardians upon request.

B. The school food service program will strive to provide and promote healthful food choices by introducing fresh fruits and vegetables, display of posters, activities or projects about nutrition where students and families can easily access and view them. Any marketing and advertising for food shall be only that of foods that meet the federal competitive food (Smart Snacks) standards sold in schools.

C. All foods made available will comply with food safety and security guidelines; and follow the federal school meal and competitive food (Smart Snacks) standards for all foods sold to students during the school day. (School day is defined as the period from the midnight before to 30 minutes after the end of the official school day.)

D. Students will be given a clean, safe, and comfortable dining environment and will be allowed ample time for meals. (Recommended snack time: 15 minutes. Recommended mealtime: 25 minutes.)

- E. Students will have access to a healthy, nutritious breakfast at school.
- F. Students will not be denied participation in meal or snack times as a form of punishment.
- G. All students are entitled to eat during meal and snack times. If a student forgets his or her lunch or lunch money, a meal will be provided by the school food service program that day in accordance with policy EFD. Students must repay the school food service program in a timely manner.
- H. All student fundraisers and school functions will offer some healthful food options, as outlined in the Appendix.
- I. Parents will be encouraged to support the school wellness policy by complying with school nutrition guidelines set forth in this policy. See Appendix for healthful food suggestions.

### **III. PHYSICAL ACTIVITY GOALS**

- A. Physical and health education will be part of the school curriculum in grades K through 5.
- B. Students of all ability levels will participate in at least one physical education class each week. These classes will be designed to develop the knowledge, attitudes, skills, behaviors, and confidence needed to encourage the students to be physically active for life.
- C. Students will attend daily recess periods that offer structured and unstructured, supervised physical activity options.
- D. All students will be encouraged to participate in the school's ongoing wellness-related clubs and activities whenever appropriate.
- E. With a combination of physical education classes, recess activities, and after school programming, it is the school's goal that each child should participate in as much daily exercise as time allows.
- F. School staff should try to limit the amount of time a student is held in from recess as a form of discipline or as time to complete school work.
- G. Parents will be encouraged to support the school wellness policy by supporting student participation in school wellness activities, athletic programs, and recreational programming.

### **IV. GOALS FOR SOCIAL AND EMOTIONAL GROWTH**

- A. Social/emotional/mental health education will be part of the health curriculum in grades K through 5.
- B. Staff will emphasize the correlation between physical health and social/emotional and mental health and the ability to learn and succeed in school.

### **V. GOALS FOR OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE STUDENT WELLNESS**

Outside of regular school hours, the school is committed to making the school facility available to members of the school and community for wellness-related recreational programs, with scheduling priority given to school-related functions.

### **VI. TOOLS**

- A. School staff will be offered staff wellness opportunities that will assist them in promoting the guidelines outlined above.
- B. Support and use of facilities will be given by staff and Administration for the use of school facility to host school garden, and physical activity clubs for students and the community whenever possible.
- C. Administration and the School Board will oversee the implementation of the guidelines outlined above.

D. The Wellness Policy Committee will review and revise these guidelines annually or more often if necessary and develop work plans to facilitate their implementation. Members of this committee should include School Board, School Administration, parents, students, school food representative, school health professionals, PE teachers, and members of the community.

E. Administration will ensure public notification by annual posting of the Wellness Policy on the school website or by hard copy posting at the school.

### **APPENDIX 1: Healthful Food Suggestions**

Non processed food is recommended. Portion sizes should be considered in all breakfasts, lunches and snacks for all students. Below is a list of healthful food suggestions. These are good to pack for school snacks and lunches and to enjoy at home. At school functions, (i.e. Parties, celebrations, receptions, festivals, sporting events, concessions, bake sales, fundraisers etc...), at least some foods such as these should be available to students:

- Raw vegetable sticks/slices
- Whole fresh fruit or fruit slices
- Low-fat popcorn
- Baked chips
- Dips to go with above foods such as salsa, yogurt, hummus
- Low-fat muffins
- Whole/ low-fat Granola
- Cheese sticks
- Pretzels
- Pepperoni
- Whole grain crackers
- Water

Below is a list of foods to limit:

- Carbonated and caffeinated beverages: (i.e. soda, tea coffee)
- Sugary treats (i.e. cake, cupcakes, cookies)

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