

MAPLE DALE-INDIAN HILL SCHOOL DISTRICT WELLNESS POLICY

The Maple Dale-Indian Hill School District is committed to providing school environments that promote the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. The District promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports lifelong healthy choices. School programming decisions ought to reflect and encourage positive nutrition messages and healthy food choices. This wellness policy aims to provide students the opportunity to develop the knowledge and skills for a variety of physical activities, maintain physical fitness, and understand the benefits of a physically active and healthy lifestyle.

The goals of the Maple Dale-Indian Hill School District Wellness Policy are to:

- 1. Provide a positive environment and appropriate knowledge regarding nutrition.**
 - Ensure that all students have access to healthy food choices during the school day.
 - Provide a clean and relaxed lunchroom environment for students and staff.
 - Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
 - Provide students with access to hand washing or hand sanitizing before eating a meal or snack.
 - Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
 - The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. Within this curriculum students will learn appropriate eating habits to help build and maintain a healthy lifestyle.
 - Topics in the Science curriculum will include: eating habits, nutrients, dietary guidelines, food guide pyramid, serving sizes, labeling, weight problems, eating disorders, fad dieting, food safety, food allergies and food sensitivities.
- 2. Encourage staff and students to utilize healthy, nutritious food choices or non-food items for class or student incentives.**
- 3. When curricular-based food experiences are planned, encourage staff and students to seek out healthy choices whenever appropriate.**
- 4. Elementary Grades will annually, via a communication home, encourage families to consider the District's nutrition policy when providing treats or snacks for**

their child's classroom.

5. Provide appropriate time for students to engage in age appropriate physical activities. A quality physical education program is an essential component for all students to learn and participate in physical activity.

- Physical education will be included in a school's education program from grades K4 through 8.
- In grades 1-8, physical education will be provided, on average, 3 times a week.
- The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities, so that students develop the knowledge and skills to be physically active for life.
- Physical education will include regular instructional physical education, co-curricular activities and recess at the appropriate grade levels.

6. The development of a district staff wellness committee is encouraged.

- The staff wellness committee will have a volunteer representative from each building and one administrator.
- The committee's responsibility will be to develop, promote, and oversee activities geared to assist with staff health and wellness.
- Each school site shall be in compliance with drug, alcohol and tobacco free policies.

7. Reduce student access to foods of minimal nutritional value.

- In keeping with the contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the Lunch/Breakfast Program.
- The Food Service Program will continually expand and explore menu offerings based on nutritional content and student preferences by
 - Striving to exceed the minimum nutrition guidelines required by the National School Lunch Program
 - Offering, promoting and displaying food items deemed high in nutritional value
 - Assisting consumers in making healthy choices and educate them on proper nutrition through the Dietary Guidelines for Americans and the Food Guide Pyramid
 - Discouraging the sale and/or distribution of foods of minimal nutritional, value (as defined by federal regulations) during the school day
- Make every effort to follow the District Nutrition Guidelines (JLC-AR) when determining items for a la carte sales.
 - A la carte items that do not meet the District Nutrition Guidelines may be acceptable for student consumption within moderations (i.e., limit quantity sold to an individual student).
 - A la carte items that do not meet the District Nutrition Guidelines may be acceptable when offered on an intermittent basis.

Adopted: 7/10/06