

1 **Medicine Lake School District #7**

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3 **INSTRUCTION**

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4  
5 School Wellness

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7 The Medicine Lake School District is committed to providing school environments that promote  
8 and protect children's health, well-being, and ability to learn by supporting healthy eating and  
9 physical activity. Therefore, it is the policy of the Medicine Lake School District that:

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11 The local wellness policy, at a minimum, includes:

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13 1. *Community involvement*, including input from parents, students, school food service, the  
14 board, the Building Administrator, educators, and the public in the development of the  
15 school wellness policy. Training of this team of people on the components of a healthy  
16 school nutrition environment is recommended.  
17 2. *Goals for nutrition education, physical activity and other school-based activities* that are  
18 designed to promote student wellness in a manner that the local education agency  
19 determines appropriate.  
20 3. *Nutrition guidelines* for all foods available in the school during the school day, with the  
21 objectives of promoting student health and nutrient-rich meals and snacks. This includes  
22 food and beverages sold in a la carte sales, vending machines, and student stores; and  
23 food and beverages used for classroom rewards and fundraising efforts.  
24 4. *Guidelines for reimbursable school meals* to ensure that the District offers school meal  
25 programs with menus meeting the meal patterns and nutrition standards established by  
26 the U.S. Department of Agriculture.  
27 5. *A plan for measuring implementation* of the local wellness policy, including designation  
28 of one or more persons within the local education agency or at the school, as appropriate,  
29 charged with operational responsibility for ensuring that the school fulfills the District's  
30 local wellness policy.

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32 Nutrition Education

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34 All students K-12 shall receive nutrition education that teaches the knowledge and skills needed  
35 to adopt healthy eating behaviors and is aligned with the *Montana's Health Enhancement and*  
36 *National Association of Sport and Physical Activity/American Alliance of Health, Physical*  
37 *Education, Recreation and Dance Physical Education Content Standards and Benchmarks*.  
38 Nutrition education shall be integrated into the curriculum. Nutrition information and education  
39 shall be offered throughout the school and be based on the U.S. Dietary Guidelines for  
40 Americans. Staff who provide nutrition education shall have the appropriate training, such as in  
41 health enhancement or family and consumer sciences.

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43 Health Enhancement and Physical Activity Opportunities

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45 The District shall offer health enhancement opportunities that include the components of a  
46 quality health enhancement program taught by a K-12 certified health enhancement specialist.  
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Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Health enhancement instruction shall be aligned with the *Montana's Health Enhancement and National Association of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks*.

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

#### Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices through accessibility and marketing efforts of healthful foods.

The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, classroom rewards, fundraising efforts). The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. The Building Administrator 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.

#### Other School-Based Activities Designed to Promote Student-Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity, such as staff wellness programs, non-food reward system, and fundraising efforts.

#### Maintaining Student Wellness

The Building Administrator shall develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the Board, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Building Administrator shall measure how well this policy is being implemented, managed, and enforced. The Building Administrator shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004

#### Policy History:

Adopted on: February 14, 2006

Revised on: