

Max Public School Local Wellness Policy (LWP)

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

Nutrition education and promotion

- A. Teachers will be encouraged to integrate nutrition education into core curricula.
- B. Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the school nutrition staff and teachers.
- C. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- D. Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited.
- E. Staff is strongly encouraged to model healthful eating habits.
- F. Families will be requested to pack lunches and snacks that meet district nutrition standards and comply with USDA's Smart Snacks Guidelines (http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf).

Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

- A. USDA School Meals:
 - a. School meals will include a variety of healthy choices while accommodating special dietary needs. Max Public School will participate in the USDA school breakfast and school lunch programs.
 - b. All school nutrition staff will be provided training on USDA meal plans.
 - c. Efforts will be made to provide at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated.
 - d. Meals will be served in a clean and pleasant setting and under appropriate supervision.
 - e. Students will have access to hand washing/hand sanitizing facilities before meals and snacks.
 - f. Participation in school meal programs will be promoted. Information on eligibility for reduced or free meals will be provided.
- B. Competitive Foods and Beverages
 - a. All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers.
 - b. All competitive foods should comply with the district's nutrition standards, as well as all applicable state and federal standards.
- C. Fundraising/Celebrations/Rewards
 - a. Non-food fundraising is promoted. Food items that do not meet nutrition standards must be sold outside the school day.
 - b. Fundraising activities that promote physical activity are encouraged.
 - c. Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

- d. It is encouraged that celebrations which involve food will comply with USDA Smart Snack's Guidelines (http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf).
 - e. Parents will be made aware in advance of when a celebration with food is taking place.
 - f. Rewards that involve food will be limited. Only foods that meet district's nutrition standards will be encouraged. The use of food as a punishment are strictly prohibited.
- D. Access to Drinking Water
- a. Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day.
 - b. Water will be promoted as a substitute for sugar-sweetened beverages
 - c. School staff will be encouraged to model drinking water consumption.

Marketing

- A. Max Public School will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the LWP.

Physical Activity

A. Physical Education

- a. Students in Kindergarten and 9th grade are provided at least 100 minutes of physical education per week.
- b. Students in grades 1-6 are provided at least 125 minutes of physical education per week.
- c. Students in grades 7-8 are provided at least 150 minutes of physical education per week.
- d. Students in Grades 10-12 will be offered 250 minutes of physical education per week.
- e. Physical Education will be standards-based, using national and state-developed standards.
- f. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation.
- g. The school will provide adequate space and equipment and conform to all safety standards.
- h. The school prohibits the use of physical activity as means of punishment or withholding physical education class as punishment.
- i. All physical education classes will be taught by a licensed, highly qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity.

B. Other Physical Activity

- a. All students will have opportunities for physical activity beyond physical education class on a daily basis.
- b. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle.

- c. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) Brain Breaks will be provided to incorporate short activity breaks into the day.
 - d. All teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.
- C. Recess
- a. All elementary school students will have at least 15 minutes a day of supervised recess during which moderate to vigorous physical activity will be encouraged.
 - b. When students jeopardize the safety and well-being of themselves and others, discipline actions will be taken according to the student handbook.
 - c. In the event that recess must be held indoors due to extreme weather, teachers and staff will follow indoor recess guidelines to ensure adequate physical activity for students.
- D. Safe Routes to School
- a. The school district will assess and make needed improvements to make it safer and easier for students to walk and bike to school. For example, crossing guards may be stationed around the school to facilitate safe walking and biking school commutes, and bike racks will be available.

Evaluation and Enforcement

- A. This wellness policy was developed by the School Wellness Committee (SWC). The SWC may include, but is not limited to: parents, teachers, students, school administration, school nutrition staff, and physical education staff.
- B. The SWC will meet regularly to review policy content.
- C. The SWC will use the WellSAT Assessment Tool to conduct a tri-annual assessment of the LWP.
- D. The SWC will prepare an annual progress report to determine progress towards wellness policy goals. The following information will be included in an annual report:
 - a. the extent to which the school is in compliance with the wellness policy
 - b. the progress made in attaining the goals of the policy
 - c. any recommend changes to the policy
 - d. a detailed action plan for the following school year to achieve annual goals and objectives
 - e. any additional information required by the USDA. The annual report shall be posted on the school website and mailed to all district families before the start of the following school year
- E. Administration will ensure the LWP compliance and will report to the school board.