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Statement of.....

## **Policy and Responsibility**

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SUBJECT: WELLNESS POLICY

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### **Nutrition Education**

#### **Student Nutrition Education**

*All Murray schools will teach and support healthy eating habits by students.*

1. The nutrition education component of the Utah State Core Curriculum provides the foundation for nutrition education taught in MSD elementary and secondary schools.
2. Nutrition education is a comprehensive, standards-based program designed to provide all students with the knowledge and skills necessary to promote and protect their health.
3. Nutrition education will be integrated into multiple curriculum areas including, but not limited to, language arts, math, science, and social studies.
4. Nutrition education will focus on nutritional themes including, but not limited to, the following:
  - Food Guide Pyramid
  - Food labels
    - serving sizes
    - understanding calories
  - Dietary guidelines for USA
  - Sources and variety of food
  - Healthy diet
    - importance of a healthy breakfast
  - Healthy snacks
  - Major nutrients
    - nutrient density
  - Diet and disease
  - Healthy heart choices
  - Multicultural influences
  - Proper food safety and sanitation.
5. Nutrition education will emphasize the balance between food (caloric) intake and physical activity/exercise (energy expenditure).

#### **Parent Nutrition Education**

*All Murray schools will share nutrition information with parents of all students and the larger community to positively impact students and the health of the community.*

1. Nutrition information for parents and the community will be offered in/on:
  - Seminars
  - Newsletters
  - District/school websites

2. All Murray schools will share information regarding community-based nutrition services

### **Physical Activity and Education**

*All Murray schools will provide regular physical activity and physical education opportunities to all K-12 students that will provide them with the knowledge and skills to lead a physically active lifestyle.*

1. All students in grades K-12 will participate in physical education as required by district policy. Students will spend at least 50% of their physical education class time in moderate to vigorous physical activity.
  - a. Utah State Office of Education Core Curriculum requires 90 minutes of physical activity per week for elementary students.
2. All elementary students may have a supervised 15-minute recess, preferably outdoors.
3. The physical education component of the Utah State Core Curriculum provides the foundation for physical education taught in MSD elementary and secondary schools.
4. Physical education opportunities may be offered daily before school, during school, or after school.
5. All students will participate in a process that will enable them to achieve and maintain a high level of fitness through:
  - Exposure to a wide variety of physical activities
  - Learning skills to help maintain a lifetime of health and fitness
  - Encouraging self-monitoring of physical activity so students are aware of their level of activity, can set personal goals, and monitor their progress
  - Focus on achieving/doing one's personal best
6. Physical education or activities will not be used as a reward or punishment except when legally prescribed (as in an I.E.P.).

### **Establishing Nutrition Standards for All Foods Available on School Campus During the School Day School Foods Services**

1. All foods provided by district facilities will comply with current Federal and USDA dietary guidelines and state law.
2. All school meals will be analyzed over a five day week and meet minimum nutritional standards set by USDA.
3. A La Carte item selection shall comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value."

### **Menu Planning**

1. Menu planning will include whole grain items, produce, and attention to sodium and fiber content.

### **Eating Environment**

1. Students will be provided at least 10 minutes for breakfast and 25 minutes for lunch.
2. Advertising or promotions related to foods or beverages shall promote or reinforce the objectives of the learning environment or nutrition environment of the school.
3. Dining areas shall be attractive, healthy, and clean at all times. Dining areas shall be large enough to ensure access by all students during regularly scheduled eating times.
4. Drinking water shall be available for students in the school throughout the day.
5. Adequate supervision shall be provided during meals.

### **Vending**

1. The MSD Wellness Committee will research available information and models currently in use nationally to determine 1) the food items to be sold in vending machines and 2) in which schools (elementary, junior high, and/or high school) these food items will be sold.
  - a. The Committee will present its final recommendations to the Board of Education by January, 2007.

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

1. MSD buildings and facilities will be available for community and special program use when school is not in session. District policies governing conduct in and safe use of district buildings will be adhered to at all times.
2. Support for health of all students will be demonstrated by:
  - hosting health clinics and screenings
  - helping students/families access needed health services offered by other local/state agencies
  - helping families to enroll students in Medicaid and other state children's health insurance programs.

### **Policy Monitoring and Evaluation**

1. The Superintendent or designee(s) will ensure compliance with the district wellness policy. Each school principal or designee(s) will ensure compliance with the district wellness policy and report on the school's compliance to the Superintendent as requested/required.
2. A policy progress and compliance assessment will be conducted as directed by the Superintendent to determine progress toward achieving full compliance with the district wellness policy and levels of student personal fitness growth. Data collected will be used to determine needed modifications and/or adjustments to the policy implementation.