



Mitchell School District 17-2 POLICY

Category	Approval	
Series 500: Foundations and Basic Commitments	Adopted	Revised
	3/27/06	3/24/08, 6/14/10, 4/14/14, 6/8/15
	Reviewed	
	6/29/07, 6/27/16, 4/27/20	

WELLNESS POLICY

MSD 544

To support its mission, the District will provide an environment that cultivates maximum student potential. Nutrition influences a child's development, health, well being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports lifelong healthy habits and lifestyles. Decisions made in all school programming need to reflect and encourage positive nutrition messages, healthy food choices, and opportunities for students to be physically active and parent education.

The Mitchell School District recommends the following as part of its Wellness Policy:

1. The District will provide a positive environment and appropriate knowledge regarding food. In pursuit of this, the District will work to:
 - a. Ensure that all students have access to healthy food choices when the school provides food.
 - b. Provide a pleasant eating environment for students and staff.
 - c. Allow a minimum of 20 minutes for students lunch break in the designated cafeteria area.
 - d. Enable students, by providing opportunities, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
2. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.
3. When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.
4. In an attempt to reduce student access to foods of minimal nutritional value and in keeping with contractual obligations to the National School Lunch/Breakfast programs, the District will ensure the integrity of the school lunch/breakfast program by prohibiting food and beverage sales and unapproved food and beverage distribution that are in direct conflict with the lunch/breakfast programs.
5. The District will provide opportunities for every student to develop the knowledge and skills for specific activities, maintain physical fitness, regularly participate in physical activities, and understand the short and long-term benefits of a physically active and healthy lifestyle.
6. To accomplish these goals during the school day:
 - a. Child Nutrition Programs will comply with federal, state and local requirements and be accessible to all children. Included among these requirements are the components of an approvable meal, specifically 3/4 – 1 cup of vegetable plus 1/2-1 cup of fruit per day, that all grains be whole grain rich, that all milk must be fat free or 1%, and that lunch calorie counts not exceed 650 (K-5), 700 (6-8), or 850 (9-12) on a weekly average.
 - b. Interdisciplinary nutrition education will be provided and promoted.

- c. Patterns of meaningful physical activity connected to students' lives outside of physical education will be encouraged.
 - d. School-sponsored activities will be consistent with local wellness policy goals.
 - e. Nutritional food and beverage choices made available to students on campus during the school day will be consistent with the current Dietary Guidelines for Americans. Healthy food and beverage choices will be encouraged for vending, ala carte, student stores, parties and fundraising. To access information on healthy food choices/options, go to choosemyplate.gov
 - f. All food provided by the school will adhere to food safety and security guidelines.
 - g. Food and/or physical activity (e.g. taking away recess or using punitive physical activity) used as a reward or consequence will be limited.
 - h. A comprehensive physical activity program encompassing a variety of opportunities for students to be physically active, including physical education, recess, walk-to-school programs, after-school physical activity programs, intramurals and physical education that includes health education will be provided.
 - i. Each building will develop and follow an individual building action plan that will be reviewed annually by the superintendent or his designees, building principals. Building principals will annually report to the ADAPT Committee on the success of their action plan. Action plans will be based on current federal requirements and other relevant guidelines.
7. Under Federal requirements, which govern which foods can be consumed during the school day, 'school day' is defined as midnight of the evening before through 30 minutes after the end of the instructional day, or 3:45 p.m. in the case of the Mitchell School District.

4/14/14 revision changed review request from every two years to annually.

6/8/15 revision spelled out several required components of reimbursable meals, reinforced the requirement of principal to report to ADAPT on building action plans, and clarified the federal definition of the 'school day.'