

## **Clinton Massie Wellness & Nutrition Policy**

**Goal:** Clinton Massie School District is committed to promoting and protecting our students' health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is our policy at Clinton Massie Schools that:

Schools share in the responsibility to help students learn, establish and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an important part of a healthy school environment since staff can be daily role models for healthy behavior.

All students in the Clinton Massie School District shall possess the knowledge and skills necessary to make nutritional food choices and enjoyable physical activity choices for a lifetime. All staff in the Clinton Massie Local School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

### **The Student Wellness Program Shall:**

- A. Include setting goals for nutrition education, physical activities and goals for other school-based activities designed to promote student wellness;
- B. Establish nutrition standards for all foods available on school campus during the day
- C. Provide assurances that district guidelines for reimbursable school meals are, at a minimum equal to the guidelines issued by the U.S. Department of Agriculture.
- D. Establish a plan of implementation and evaluation, including designating one, or two persons within the district with the responsibility for ensuring that the district is compliant with the Federal law.

### **Physical Activity Goals:**

- A. Students should be given opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.
- B. Students should be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs.
- C. High schools shall require a one-half (.5) credit of approved physical education credit to graduation.

### **Nutrition Standards for all Food Service on School Campus:**

- A. Clinton Massie Local Schools participates in the National School Lunch Program. Free and Reduced cost meals are made available to students whose families meet certain income criteria. Forms are available at each school, school website, and the central office.
- B. Schools will make every effort to prevent overt identification of students eligibility who participate in the free and reduced price meal program
- C. Menus are planned to meet the nutritional guidelines established under the National School Lunch Program and meet the 6 cents guidelines set by the USDA.
- D. All vending machines accessible to students will be turned off during the entire schedules lunch serving hours.
- E. Food service staff will make sure all ala carte sales meet the “smart snacks” guidelines before sold on ala carte.
- F. Food and beverage items sold at school-sponsored events (such as, but not limited to, athletic events, dances or performances) should follow the “smart snacks” guidelines. Building Administrators will sign off yearly that we will abide by these standards each year.
- G. Fresh Fruit and/or vegetables will be offered daily in the lunch lines.
- H. Clinton Massie employs a Food Service Director who is properly qualified, according to Clinton Massie board policy and current professional standards, to administer the Food Service Program and satisfy all the reporting requirements.
- I. The Food Service Director and all Head Cooks will be certified in the Serving it Safe, and train the staff yearly in the HACCP program and yearly safety trainings.

### **Procedures that will be followed as a District:**

- A. We have a Wellness Leadership Team which consists of, but not limited to a parent, student, representative from the school food authority, teachers of physical education, school health professionals, school board member, and school administrator.
- B. The Wellness Leadership Team will conduct an assessment of the wellness policy every 3 years, at a minimum.
- C. We will make all Wellness meetings available to the public by posting them on our website.