

FDE Morgan School District Wellness Policy

Morgan School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets at least once per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The DWC membership will represent all school levels (elementary and secondary schools) and include, but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff; school administrators, school board members; health professionals; and the general public.

DWC Membership Committee 2019-2020

| Name | Title / Relationship to the School or District | Email address | Role on Committee |
|------------------|---|--|-------------------------------|
| Doug Jacobs | Superintendent | djacobs@morgansd.org | District Administration |
| Gaylene Adams | School Board Vice President | gadams@morgansd.org | School Board Member |
| Crae Wilson | MHS Principal | cwilson@morgansd.org | School Administration |
| Tyrel Mikesell | MGMS Principal | tmikesell@morgansd.org | School Administration |
| Renn Hoopes | MMS Principal | rhoopes@morgansd.org | School Administration |
| Andy Jensen | MES Principal | ajensen@morgansd.org | School Administration |
| Heidi Andreasen | MGES Principal | handreasen@morgansd.org | School Administration |
| Danielle Murdock | MES Counselor | danielle.murdock@morgansd.org | Social Services Staff |
| Kimberly Larsen | MGES Counselor | kimberly.larsen@morgansd.org | Social Services Staff |
| Roxanne Rich | District Food Services Director | rrich@morgansd.org | School Nutrition Director |
| Lucille Francis | MMS Kitchen Manager | lfrancis@morgansd.org | School Nutrition Manager |
| Kim Mikesell | MGES Kitchen Manager | kmikesell@morgansd.org | School Nutrition Manager |
| Krista Johansen | MES PE Super Skills Instructor | kjohansen@morgansd.org | Physical Education Instructor |

| | | | |
|---------------------|-------------------------------------|--|----------------------------|
| Kelly Toomer | MHS Health Teacher | ktoomer@morgansd.org | Health Education Teacher |
| Leslie Christiansen | District School Nurse | leslie.christiansen@morgansd.org | Health Education |
| Corrin Hyde | District School Nurse | corrin.hyde@morgansd.org | Health Education |
| Travis Olsen | Weber-Morgan Health Dept. | tolsen@co.weber.ut.us | Community Health Educator |
| Brad Matthews | MHS PE Teacher | bmatthews@morgansd.org | Physical Education Teacher |
| Steve Wood | District Special Education Director | swood@morgansd.org | Special Education Director |
| Ramona Martin | MMS Health Teacher | rmartin@morgansd.org | Health Education Teacher |
| Tammi Niederhauser | MGES Teacher | tniederhauser@morgansd.org | Parent |
| Ashlyn Morrell | MHS SBO President | 20ashlynmo@morganst.org | Student |
| Millee Breshears | MHS SBO Vice President | 20milleebr@morganst.org | Student |
| Jennifer Lance | Parent | jasjenlance@yahoo.com | Parent |
| Lori Duffield | Parent | duffieldlori@gmail.com | Parent |
| Cyndi McMillan | Parent | zcreekranch@gmail.com | Parent |
| Andrew Rockenfield | Parent | rockenfield@gmail.com | Parent |
| Melanie Keller | Parent | mln2keller@gmail.com | Parent |
| Caryn Cantrell | Parent | caryncantrell@hotmail.com | Parent |
| Janel Andersen | Parent | Jandersen38@yahoo.com | Parent |
| Seth Smith | Parent | sethksmith@gmail.com | Parent |
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Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is Roxanne Rich, Food Services Director.

The food services manager of each school will serve as the school wellness policy coordinator, and will ensure compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. This wellness policy and the progress reports can be found at:

www.morgansd.org

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at 67 N. 200 E. and/or at www.morgansd.org. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. Annually, the District will also publicize the name and contact information of the District leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Roxanne Rich, Food Services Director, r-rich@morgansd.org.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the

content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will actively notify the public about the content of or any updates to the wellness policy annually.

Nutrition

School Meals

Our School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to

1. Improve the diet and health of school children
2. Help mitigate childhood obesity
3. Model healthy eating to support the development of lifelong healthy eating patterns
4. Support healthy choices while accommodating cultural food preferences and grade appropriate food choices.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program. Participation in the School Breakfast Program is based upon the needs of the school as directed by the school community council. All schools within the District are committed to offering school meals through applicable Federal child nutrition programs, that:

- Are accessible to all enrolled students and visitors such as family members;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current Child Nutrition Program requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using the following marketing and merchandising techniques:
 - Fruits and vegetable choices daily consisting of a variety of fresh, canned and frozen.
 - All food options are displayed in a location in the line of sight and reach of students.
 - All students required to choose at least ½ cup of fruit or vegetable option with meal daily encouraging consumption of "more healthy food items". Weekly vegetable subgroups consisting of red/orange, Dark Green, starchy, lentils and additional vegetables, totaling of a minimum one cup daily for both fruit and vegetable offered on all serving lines.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.

- Alternative entrée options and / or choices are available in serving lines.
- Student surveys, taste tests, and student input are helpful tools used in menu development, dining spaces and healthy school meal promotional ideas.
- Student artwork may be displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.
- Food is produced from scratch using “Homemade Items” where possible.

Additionally,

- Menus will be posted on the District website or individual school websites, and will include nutrient content and will include allergy information. Food labels are available upon request from Roxanne Rich- 801-710-6590
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional to insure compliance with state and federal nutrition guidelines.
- School meals are administered and prepared by a team of child nutrition professionals certified in food safety. All kitchens will have one “SERVSAFE CERTIFIED FOOD SAFETY MANAGER” employed in each cafeteria site to oversee safe food preparation.
- The District child nutrition program will accommodate students with special dietary needs with a request signed by a medical authority.
- Students will be allowed at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch recess times will be structured to encourage food consumption.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school. This includes free and reduced meals for families who qualify based household income, Medicaid Chip, SNAP (Food Stamps), TANNF, homeless, runaway and migrant Children to ensure that children are consuming healthy meals to learn and grow. *All students*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA’s Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.

- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.]
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, school vending machines, school stores and snack or food carts.

Required Nutrition Standards—

All competitive food must meet the USDA nutrition standards unless it falls within one of the exemptions below. District employees may use a Smart Snacks calculator to evaluate whether a competitive food meets nutrition standards. (See

<https://foodplanner.healthiergeneration.org/calculator/>

7 CFR § 210.11(c)

Utah Admin. Rules R277-719-4(4) (April 9, 2018)

Exemptions from Standards—

The following are exempt from compliance with the competitive food nutrition standards:

1. Any entrée item which is offered as part of the school lunch or school breakfast program, when offered as competitive food on the day, or on the following school day, that it is also offered as part of the school lunch or school breakfast program. Such competitive food offerings must be offered in the same or smaller portion sizes as the lunch or breakfast program offerings. However, side dishes offered as part of the lunch or breakfast program and served à la carte must meet the competitive food nutrition standards.
2. Sugar free chewing gum
3. Specially exempted fundraisers. Competitive food may be sold as part of an infrequent fundraiser sponsored by the school, subject to the following restrictions. The allowed number of such excepted fundraisers is three times per year per school. (Upon written request of a career and technical education program, the State Superintendent may grant permission to exempt additional fundraisers.) The exempted fundraiser may not last more than five consecutive

days. Any competitive food sold as part of a fundraiser which is not exempted must meet the competitive food nutrition standards.

7 CFR § 210.11(b)(4), (c)(3)

Utah Admin. Rules R277-719-5(2), (3) (April 9, 2018)

Food and Beverages Not Subject to Regulation—

Smart snack Calculator For All food and beverages sold to students at school.

<https://foodplanner.healthiergeneration.org/calculator/>

Guide to smart Snacks 2018-19

<https://cdnlfk.pbrc.edu/pdfs/snacks/Smart%20Snacks%20Guide%202018-2019.pdf>

The Smart Snacks in Schools regulations apply to food and beverages sold to students on the school campus during the school day. The following are not within the scope of this regulation and are not required to meet the competitive food nutrition standards:

1. Food and beverages which are not sold. This includes food or beverages which are brought to school by students (home lunches, for example). It also includes food or beverages which are given to students without the exchange of any currency, tokens or tickets (for example, snacks or treats given out in connection with a birthday celebration).
2. Food and beverages sold after the school day. This includes food and beverages sold during the time period beginning 30 minutes after the end of a school's calendared class time until midnight (a common example would be concessions sold during an evening athletic event).
3. Food and beverages not sold on the school campus. The school campus is defined as all areas which are accessible to students. Food or beverages sold in areas which are not accessible to students (which might for example include a teacher's lounge) are not required to meet the nutrition standards.
4. Food and beverages not sold to students. Food or beverages sold to persons other than students (for example, parents or school staff) are not required to meet the nutrition standards.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards. Health School Snacks

<https://cspinet.org/protecting-our-health/nutrition/healthy-school-snacks>

Healthy Celebration Ideas

<http://www.actionforhealthykids.org/game-on/find-challenges/1786-ten-tips-for-making-the-switch-to-healthy-celebrations>

3. Rewards and incentives. The District will provide teachers and other relevant school staff a Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. <http://www.actionforhealthykids.org/game-on/find-challenges/classroom-challenges/1209-healthy-a-active-non-food-rewards>

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using marketing and merchandising techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education and Wellness Education

The Utah Core Curriculum in the area of health education is to be implemented as designated by the Utah State Board of Education.

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects, and mental and emotional health.
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;

- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will implement the most current version of the Utah Core Health Education Standards for nutrition for all students (K-12). The standards can be viewed at <https://www.schools.utah.gov/curr/health> .

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.

Food and beverage marketing is defined as advertising and other promotions in schools. As the District/school nutrition services/Athletics Department/PTA/PTO /School Community Council reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Physical Activity

Children and adolescents should participate in physical activity every day. Implementation of the Utah Core Curriculum in physical education at all grade levels.

1. In grades 1-5, include at least one recess period with active play each day as well as a regular, consistent program of physical education each week.
2. In grades 6-12, prioritize instruction to include activities that promote conditioning, strength building, and activities that can provide lifelong physical activity and fitness.
3. Encourage the development of intramural and recreation programs outside of the regular instructional program of the school day.
4. Encourage and promote competitive athletics at the high school level.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. Teachers and other school personnel **will not** use physical activity (e.g., running laps, pushups) as punishment. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Other Areas of Wellness

In addition to nutrition standards, the District will follow the Utah Core Health Education Standards for the other five major areas of learning for all students (K-12): Health Foundations and Protective Factors of Healthy Self; Mental and Emotional Health; Safety and Disease Prevention; Substance Abuse Prevention; and Human Development. More information can be found at <https://www.schools.utah.gov/curr/health> .

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down

- Overcoming barriers to physical activity
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria. Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Before and After School Activities

The District will encourage students to be physically active before and after school in extracurricular activities and community recreation leagues.

Active Transport

Each school in the district will support active transport to and from school, such as walking or biking including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Use crossing guards
- Use crosswalks on streets leading to schools
- Document the number of children walking and or biking to and from school

Community Partnerships

The District will enhance relationships with community partners (Weber-Morgan Health Department, Recreation Board, local businesses, etc.) in support of this wellness policy’s implementation.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members. Goals: Wellness program is offered to all employees.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom.

Resources

Health School Snacks

<https://cspinet.org/protecting-our-health/nutrition/healthy-school-snacks>

Healthy Celebration Ideas

<http://www.actionforhealthykids.org/game-on/find-challenges/1786-ten-tips-for-making-the-switch-to-healthy-celebrations>

Utah Dept. of Health

https://choosehealth.utah.gov/documents/pdfs/Physical_Activities_HBHM.pdf

Healthy body Healthy Mind Utah Dept. of health- Classroom activities to promote Brain Brakes

<http://choosehealth.utah.gov/documents/pdfs/HW%20Elem%20Project%202014%20final.pdf>

Fuel Up To Play 60 – Funding opportunities, Grants, Scholarship, and Wellness Resources.

<https://www.fueluptoplay60.com/>

<https://www.fueluptoplay60.com/tools>

CDC Centers For Disease Control and Prevention

<https://www.cdc.gov/healthyschools/success-stories/utah.htm>

Action for Healthy Kids

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/helpingyouthmakebetterfoodchoices-schools.pdf>

USDA Food and Nutrition service

<https://www.fns.usda.gov/core-nutrition/core-nutrition-messages>

Choose My Plate

<https://www.choosemyplate.gov/kids/> Work sheets

<https://www.choosemyplate.gov/teens>

<https://www.choosemyplate.gov/myplate-tip-sheets>

PTA

https://www.pta.org/docs/default-source/files/programs/health/final_smartsnacks_impguide_web.pdf

Parents: Let's Move for Americans Move To Raise a Healthier Generation

<https://letsmove.obamawhitehouse.archives.gov/healthy-schools>

| Wellness Procedural Checklist – To Be Filled out by District Committee Annually | | |
|---|-----|----|
| Date _____ | Yes | No |
| Ongoing professional development for nutrition and physical activity is promoted to faculty and staff (workshops, conferences, continuing education, or any other kind of in-service trainings). | | |
| A wellness program is offered to all employees. | | |
| District holds health fairs, health screenings, or other district-wide wellness events for community and/or staff. | | |
| District educates school leadership to participate in programs that encourage life skills related to nutritious/active lifestyles (e.g., Game On, Team Nutrition, Jump Rope for Heart, walk-a-thon, Comprehensive School Physical Activity Program, Healthy Schools Program). | | |
| District notifies the public annually of the location of wellness policy. | | |
| District wellness committee meets at least annually and reviews school checklists to identify future focus areas. | | |
| District incorporates public participation in the wellness policy process. | | |

Comments:

| Wellness Procedural Checklist – To Be Filled out Annually by School Wellness Representative Under Direction of School Administrator – Send to Child Nutrition Director | | | |
|---|--|-----|----|
| School _____ Wellness Rep. _____ Date _____ | | Yes | No |
| Nutrition Promotion | Smarter Lunchrooms strategies are incorporated into School Lunch Program (www.smarterlunchrooms.org/scorecard). | | |
| | School displays nutrition messages throughout school. | | |
| | Taste tests are offered for nutritional items. | | |
| | Farm to school activities are promoted (for example, a school garden, farmer guest speaker or farm field trip). | | |
| Nutrition Education | Nutrition education is provided. | | |
| | All foods made available on campus adhere to food safety and Smart Snack guidelines. | | |
| | Food is not used as a reward in the classroom. | | |
| | Parents, teachers and students are educated on using healthy foods and nonfood prizes for celebrations and rewards. | | |
| Physical Activity/ Education | School uses Utah State P.E. Core Curriculum (www.schools.utah.gov/curr/pe). | | |
| | Physical activity is not used as a punishment. | | |
| | School has a written recess plan or policy (Elementary). | | |
| | Employees are appropriately trained to teach all physical education classes. | | |
| | Students are provided several opportunities to be active for 15 minutes or more per day. | | |
| Competitive Foods | Food and beverage marketing on campus during the school day only promotes foods and beverages that meet Smart Snacks standards. | | |
| | All foods and beverages sold to students on school campus during school day meet or exceed USDA Smart Snacks nutrition standards.* | | |
| Other School Based Activities | School encourages families/community members to institute programs supporting physical activity (walk-to-school, Student Neighborhood Access Program, Track Club, afterschool programs.) | | |
| | School provides community access to the school’s physical activity facilities outside the normal school day. | | |

** School Day is defined as midnight before to 30 minutes after the end of the school day. See policy*

Comments:

for links to Smart Snacks standards.

Wellness Policy Assessment Tool

Form 357 Rev 8/17

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA, annual assessments are strongly encouraged in New Jersey.

SFA/District Name _____

Policy Reviewer _____

School Name _____

Date _____

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|---|--|--|----------------------------------|
| <input type="checkbox"/> Administrators | <input type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |

Person in charge of compliance:

Name/Title:

The policy is made available to the public.

Indicate How:

Our policy goals are measured and the results are communicated to the public.

Please describe:

Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No IV. Nutrition Guidelines (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast Program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No V. Physical Activity

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Additional Info: Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

VII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

| | | | |
|-------|----------------------|----------------|----------------------|
| Name | <input type="text"/> | Position/Title | <input type="text"/> |
| Email | <input type="text"/> | Phone | <input type="text"/> |

MINUTES

MORGAN SCHOOL DISTRICT WELLNESS COMMITTEE MEETING

Tuesday, April 23, 2019, 1:00 P.M. District Office

Members/Guests:

Superintendent Doug Jacobs - present
School Board Member Gaylene Adams - present
MHS Principal Crae Wilson – present
MGMS Principal Tyrel Mikesell - present
MMS Principal Renn Hoopes- present
MES Principal Andy Jensen - present
MGES Principal Heidi Andreasen - present
MES/MGES Counselor Amie Doepking – present
District Food Services Director Roxanne Rich – present
MMS Foods Manager Lucille Francis – present
MGES Foods Manager Kim Mikesell – present
MES PE Super Skills Instructor Krista Johansen – present
MHS Health Teacher Kelly Toomer – present
District School Nurse Kim Titus – present
Weber/Morgan Health Department Travis Olsen – present
MHS PE Teacher Brad Matthews – present
District Special Education Director Steve Wood – present
MMS Health Teacher Ramona Martin – present
MGES Teacher/Parent Tammi Niederhauser – present
MHS SBO President Keldan VanLeer – present
MHS SBO Vice President Mitch Jensen – present
Parent Jennifer Lance – present
Parent Lori Duffield – present
Parent Cyndi McMillan – present
Parent Andrew Rockenfield – present
Parent Melanie Keller – present
Parent Caryn Cantrell – present
Parent Janel Andresen - present

Welcome:

Superintendent Jacobs welcomed those in attendance and asked them to introduce themselves. He reported that the Food Service Department has a state review every 3 years. Upon the most recent review, it was recommended that our Wellness policy be updated and reviewed on a regular basis. He presented proposed Wellness and Meal Payment policies and reviewed it with the committee members. The committee will meet once a year in the spring and the goal is to have this policy approved and on the webpage for the start of the next school year.

Roxanne Rich reported that all recipes that are served in the school meal programs are analyzed to assure that all the federal and state nutrition standards as well as Smart Snacks in School nutrition standards are being met. The committee then discussed the breakfast program. Roxanne reported that breakfast is currently being served at Morgan Elementary and Morgan Middle Schools. Although there was some opposition from parents in the beginning, it has proven to be very beneficial to the students that are eating breakfast. The committee questioned whether or not breakfast should be offered in all the schools. It was determined that a survey should be sent by the schools to all parents to determine if this is a service that should be offered.

The committee then discussed recess time in conjunction with lunch regarding whether recess should be held before or after lunch. Superintendent Jacobs asked the principals to discuss this in their individual School Community Council meetings and maximize student time with food.

A question was raised regarding whether class snacks must meet the same guidelines as school lunch. Roxanne Rich reported that all foods and beverages sold and served outside the school meal programs must meet the USDA Smart Snacks in School nutrition standards. Therefore, all labels for items found in vending machines as well as class snacks must be provided to the Food Service Director to assure compliance. This does not include concession items that are sold at after school activities. It was suggested that the district provide a list for parents containing those snacks that meet these standards. School Nurse, Kim Titus, added that the number of students with allergies is increasing and a list like this would be beneficial for those students. Parents on the committee suggested rewarding students with other things such as an extra recess or being first in line rather than treats for birthdays, etc.

The committee discussed physical activity. Superintendent Jacobs stated that he feels that physical activity is very important. Utah Core Curriculum requires that students have physical activity at all grade levels. He feels that physical activity during the school day should not be withheld as punishment for any reason and the policy supports it. Teachers and other school

personnel should not use physical activity as punishment and will be provided with a list of ideas for alternative ways to discipline students.

MHS SBO President, Keldan VanLeer, reported that he feels that the students could be included in some of the decisions on school lunch menu items. He feels that more students will eat if they have a say in what is being served. He reported that the MHS kitchen is currently closed due to construction so the lunch ladies are serving pre-made salads and sandwiches. He noted that the students love these and he asked that they continue to serve them after construction is finished. Roxanne Rich reported that she will have a menu planning meeting and invite students to these meetings. MHS SBO Vice President, Mitch Jensen, added that students would be more likely to use the vending machines if they had fresh fruit or fruit cups in them. Roxanne noted that she will research this to determine whether or not it is possible.

MHS Health Teacher, Kelly Toomer, reported that she feels this policy needs to address mental and emotional health as well as physical health. Superintendent Jacobs asked Kelly to send him some standards on this subject and he will include them for future consideration.

MMS Food Manager, Lucille Francis, asked that the district include employees that do not have district health insurance in the wellness challenges.

Parent, Jennifer Lance, inquired about the possibility of students waiving PE if they participate in sports. Principal Crae Wilson reported that it is a state requirement that all high school students take Fitness for Life and Health. However, the elective PE credit may be waived if students participated in sports.

Superintendent Jacobs asked the committee members to review these policies and email him any changes and/or suggestions. He will revise the policy and email it to the committee members for review and approval.

The meeting adjourned at 2:21 p.m.