

Millington Municipal Schools Wellness Policy

Millington Municipal Schools (hereto referred to as the 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.

Good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. 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. 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 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.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about monitoring of the policy and its established goals and objectives.
- Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

This policy applies to all students, staff and schools in the District.

School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that will try to meet at least twice 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 District Wellness Committee will represent all school levels and include, but not be limited to parents and caregivers; students; representatives of the school nutrition staff; physical education teachers; health education teachers; school health professionals, teachers, school health services staff, and mental health and social services staff; school administrators, school board members; health professionals; and the general public. To the extent possible the District Wellness Committee will reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the District Wellness Committee and facilitate development of and updates to the wellness policy and will ensure each schools' compliance with the policy. The designated official for oversight shall be the Coordinated School Health Coordinator.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Millington Municipal Schools will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. It is recommended that the schools use the Centers for Disease Control and Prevention's Schools Health Index to create an action plan that fosters implementation.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the office of Coordinated School Health and School Nutrition Department. Documentation maintained will include but not be limited to:

- The written wellness policy.
- Documentation demonstration that the policy has been made available to the public.
- Documentation of efforts to review and update the Local School 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 District Wellness Committee.
- 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 implantation of the Local School Wellness Policy has been made available to the public.

Triennial Assessments

At least once every three years, Millington Municipal Schools will evaluate compliance with the wellness policy to assess the implantation 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 model wellness policies
- 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 shall be the Coordinated School Health Coordinator.
- The District Wellness Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

- The District will make public, the triennial assessment.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with community input as well as awareness of the wellness policy. 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 ways to participate in policy development as well as, content of, implementation of, and updates to the wellness policy.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these methods to inform the community about the availability of the annual and triennial reports.

Commitment to 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 improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Fresh Fruit and Vegetable Program (FFVP) and The After-School Snack Program for tutoring programs. The District also operates additional nutrition-related programs and activities including an outdoor garden at Millington Elementary, Breakfast in the Classroom and Grab n' go Breakfasts. All schools within the District are committed to offering schools meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition 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 at least ten of the following [Smarter Lunchroom techniques](#):
- Menus will be posted on the District website or individual school websites.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.

- Students will be allowed at least 10 minutes to eat breakfast and at least 20 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 will follow the recess period to better support learning and healthy eating.
- 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.

Staff Qualifications and Professional Development

All school nutrition program supervisors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

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.

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 (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

Celebrations and Rewards

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

1. Celebrations and parties.
2. Classroom snacks brought by parents.
3. Rewards and incentives.

Food and beverages shall not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Healthy party ideas are available from the [Alliance for a Healthier Generation](http://www.allianceforahealthiergeneration.org) and from the [USDA](http://www.usda.gov).

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*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

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 [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition 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;
- 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, other school foods and nutrition-related community services; and
- May include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 2 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

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. The District strives to teach students how to make informed choices about nutrition, health and physical activity. 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.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Commitment to Physical Activity

Physical Activity

Millington Municipal Schools is committed to providing a school environment that enhances learning, the development of life-long wellness practices and safe playground equipment for students. The district shall provide and promote physical activity. Physical activity may be integrated into any area of the school program. School physical activity will not be withheld or used as punishment for any reason. Physical activity being withheld, however, does not include participation on sports teams that have specific academic

requirements. In addition to the District's physical education program, non-structured physical activity periods shall be offered. Non-structured physical activity will consist of temporary withdrawal or cessation from usual schoolwork or sedentary activities.

The following opportunities for physical activity shall be provided:

1. Grades K-5: a minimum of 150 minutes of physical activity per full school week.
2. Grades 6-12: a minimum of 90 minutes of physical activity per full school week.

All District elementary and secondary schools will adhere to District weather guidelines during recess and State mandated weather policies for sports participation.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum with national and state standards. The 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 also support the essential components of physical education.

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

All District elementary and secondary students will receive physical education that is consistent with State requirements.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments or other appropriate assessment tools and will use criterion-based reporting.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades in elementary and middle schools and the district will require high school students to take and pass at least one health education course. The health education curriculum may include 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
- Decreasing sedentary activities, such as TV watching
- 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
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing and individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in a 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
- Any other health education topic deemed relevant

Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components and work towards promoting student well-being, optimal development and strong educational outcomes.

Community Partnerships

The District will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

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

The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

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 and school. Professional learning will help district staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district academic improvement plans/efforts.