



FFA (Goodwater Montessori)

STUDENT WELFARE: WELLNESS AND HEALTH SERVICES

WELLNESS POLICY

Goodwater Montessori establishes this School wellness policy to participate in the National School Lunch Program and School Breakfast program under the jurisdiction of Goodwater Montessori.

The School wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. *7 C.F.R 210.30(a)*

The local health advisory committee (SHAC) shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law.

“School Day”

“School day” means the period from the midnight before, to 30 minutes after the end of the official school day. *7 C.F.R. 210.11(a)(5)*

“School Campus”

“School Campus” means all areas of the property under the jurisdiction of the School that are accessible to students during the school day. *7 C.F.R. 210.11(a)(4)*

Wellness Plan

At a minimum the School wellness plan must contain:

1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing these goals, Goodwater Montessori must review and consider evidence-based strategies and techniques;
2. Standards for all foods and beverages provided, but not sold, to students during the school day on the school campus under the jurisdiction of Goodwater Montessori that:
 - a. Are consistent with applicable requirements set forth in 7 C.F.R. 210.10 (meal requirements for lunches and afterschool snacks) and 220.8 (meal requirements for breakfasts);
 - b. Are consistent with the nutrition standards set forth under 7 C.F.R 210.11 (competitive food service and standards);
 - c. Permit only those foods and beverages that meet the nutrition standards under 7 C.F.R 210.11; and
 - d. Promote student health and reduce childhood obesity;
3. Identification of the position of the school official(s) responsible for the implementation and oversight of the School wellness policy to ensure compliance with the policy;
4. A description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the School wellness policy; and
5. A description of the plan for measuring the implementation of the School wellness policy, and for reporting school wellness policy content and implementation issues to the public as required below.

Goodwater Montessori's Wellness Plan and SHAC

The Board delegates to the Superintendent the responsibility for ensuring that Goodwater Montessori has established and continues to implement a wellness plan for the School that:

1. Includes measurable goals to promote sound nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in an appropriate manner;
2. Includes nutrition guidelines for all foods available at the School, both during and after school, with the objectives of promoting student health and reduce childhood obesity;
3. Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture pursuant to the federal child nutrition and National School Lunch and Breakfast Acts;
4. Establishes a plan for measuring implementation of the wellness policy, including designation of one or more school employees charged with operational responsibility for ensuring that the School complies with the wellness policy; and
5. Involves parents, students, teachers of physical education, representatives of the school food authority, the Board, administrators, and the public in the development and continued revision, if necessary, of the wellness policy.

Wellness Plan

The School Health Advisory Committee (SHAC) shall develop a wellness action plan to implement Goodwater Montessori's nutrition guidelines and wellness goals. The wellness action plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. Goodwater Montessori's standards for foods and beverages provided, but not sold, to students during the school day on a school campus are in line with USDA requirements; and
5. The manner of communicating to the public applicable information about the School's wellness policy and plan by posting to the Goodwater Montessori website and in Parent, Student, and Employee Handbooks.

The SHAC shall review and revise the plan if needed on an annual basis and recommend revisions to the wellness policy when necessary.

Nutrition Guidelines: Foods and Beverages Sold and Provided

The School's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance.

Goodwater Montessori shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the School's wellness plan.

In addition to legal requirements, the School shall:

1. Establish age-appropriate guidelines for food and/or beverages served during classroom parties, birthdays, or school celebrations or events. Campuses shall follow these guidelines when offering food and/or beverages during events, parties, and celebrations.
2. Provide guidance to campuses requiring that birthday and/or school celebrations shall not occur in the cafeteria during meal serving time. Such events may take place at the end of the school day after the last scheduled class or after school.
3. Provide guidelines that foods and/or beverages shall not be used as rewards for academic performance, except when provided in a specific student's individualized education program (IEP) or behavior intervention plan.
4. Provide teachers with education and guidelines on the use of food. for instructional purposes or as a reward in the class-room.
5. Require that all foods of minimal nutritional value (FMNV), including chocolate and all forms of candy, not be sold, distributed, provided, or made available to students in kindergarten–grade 12 at any time during the school day.
6. Require that food and/or beverages offered to students and employees of Goodwater Montessori during the day as a snack or meal, whether provided by parents or staff, shall be consistent with the goals of the policy and in compliance with the Federal Public School Nutrition Policy.

Wellness Goals

Nutrition Promotion and Education

Goodwater Montessori shall implement a coordinated school health program with a nutrition education component.

Goodwater Montessori establishes the following goals for nutrition promotion:

1. The School's food service staff, teachers, and other Goodwater Montessori personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The School shall share educational nutrition information with families (through handouts, newsletters and progress notes) to promote healthy nutrition choices and positively influence the health of students.

Goodwater Montessori establishes the following goals for nutrition education:

1. The School shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Goodwater Montessori shall make nutrition education a Schoolwide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members through the use of print media, newsletters, school lunch menus, and the Goodwater Montessori's website.

Physical Activity

Goodwater Montessori shall implement a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

Goodwater Montessori establishes the following goals for physical activity:

1. The School shall provide an environment that fosters safe and enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The School shall encourage parents to support their children's participation, to be active role models, to include physical activity in family events, and to participate in before-school and after-school physical activity programs.

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3. The School shall make appropriate training and other activities available to Goodwater Montessori employees in order to promote enjoyable, lifelong physical activity.

Other School-Based Activities

Goodwater Montessori establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. Goodwater Montessori shall allow sufficient time for students to eat meals in classrooms that are clean, safe, and comfortable.
2. Goodwater Montessori shall promote wellness for students and their families at suitable school activities.
3. Goodwater Montessori shall promote employee wellness activities and involvement.

Implementation

The Comprehensive Programs Principal, in conjunction with the Chairperson of the SHAC, shall oversee the implementation and development of this plan and measure and monitor the implementation of the wellness plan and appropriate administrative procedures.

Evaluation

Goodwater Montessori shall comply with federal requirements for evaluating this policy and the wellness plan.

Public Notification

Goodwater Montessori shall annually evaluate and inform the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required action plan.

Records Retention

Goodwater Montessori shall retain all the required records associated with the wellness policy, in accordance with law and the School's records management program.

PUBLIC INVOLVEMENT AND NOTIFICATION

Goodwater Montessori must::

1. Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the School wellness policy.
2. Inform the public about the content and implementation of the School wellness policy and make the policy and plan, as well as any updates available to the public annually on the Goodwater Montessori website.
3. Inform the public about progress toward meeting the goals of the School wellness policy and compliance with the School wellness plan and action plan, by making the triennial assessment, as required at item 2 under IMPLEMENTATION ASSESSMENTS AND UPDATES below, available to the public in an accessible and easily understood manner on the Goodwater Montessori website.

IMPLEMENTATION ASSESSMENTS AND UPDATES

Goodwater Montessori must:

1. Designate one or more school officials to ensure that Goodwater Montessori complies with the wellness policy. The Board has designated the Superintendent.
2. At least once every three years, assess compliance with the School wellness plan, and make assessment results available to the public on the School's website. The assessment must measure the implementation of the School wellness policy, and include:
 - a. The extent to which Goodwater Montessori is in compliance with the School wellness plan;
 - b. The extent to which the School wellness policy compares to model local school wellness policies; and
 - c. A description of the progress made in attaining the goals of the School wellness plan in Goodwater Montessori's Action Plan.
3. Make appropriate updates or modifications to the School wellness plan, based on the triennial assessment.

RECORDKEEPING

Goodwater Montessori must retain records to document compliance with the requirements of the policy. These records include, but are not limited to:

1. The written School wellness policy and plan;
2. Documentation demonstrating compliance with community involvement requirements in the Action Plan, including requirements to make the School wellness policy and triennial assessments available to the public and report to the Board as required at IMPLEMENTATION ASSESSMENTS AND UPDATES above; and
3. Documentation of the triennial assessment of the School wellness policy.

Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, sec. 204, 124 Stat. 3183 (2010) [42 U.S.C. 1758b]; 7 C.F.R. 210.30(c)(f)