

**MIDWAY
SCHOOL DISTRICT**

**WELLNESS PLAN
2022 - 2023**

MIDWAY SCHOOL DISTRICT WELLNESS PLAN

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity, often are established in childhood;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Midway District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Midway School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, DAC, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans, and State and local laws.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning when possible, and will provide clean, safe, and pleasant settings and adequate time for students to eat. All Food Service areas will provide Free Clean drinking water.
- To the maximum extent practicable, our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
- School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school meal programs, physical education and other school services. Consistent health education, including but not limited to nutrition and physical activity, should be provided to parents and families through articles, take-home materials, community meetings, or other means.

FOOD SERVICE/CHILD NUTRITION PROGRAM

SCHOOL MEALS

Meals served through National School Lunch and Breakfast Program will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet a minimum, nutrition requirements established by local, state and federal statutes and regulations
- Nutritional Analysis of all meals served in the Food Service Department will be provided upon request
- Offer a variety of fruit and vegetables, for lunch all students must take 1/2 cup fruit or vegetable and at least 2 other items.
- Offer a variety of fruits for Breakfast, all students must take ½ cup fruit and 2 other items.
- The Food Service Department will serve all 51% or higher whole grain products for lunch and breakfast.
- Serve only Non Fat Chocolate Milk and 1% White and nutritionally-equivalent nondairy alternatives
- HHFKA sodium requirements must be met.
- **The Food Service Department will review nutritionals in an attempted to decrease sugar consumption.**
- **The Food Service Department will review nutrition to ensure no Trans-fat is in any items served in the NSLP, SBP, After-School Snack Program as well as Dinner program.**

Schools will share information about nutritional content of meals with parents and students. Such information will be made available at school meetings and upon request.

Breakfast: In an attempt to ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn;

- Schools will operate the school breakfast program
Midway 7:45 - 8:00
Cafeteria
- Schools will arrange bus schedules and utilize methods to serve school breakfast that encourage participation
- Schools that serve breakfast to students will notify parents and students of the availability of the school breakfast program
- Schools will inform parents of the importance of healthy breakfast through newsletters, articles, take home material, etc.

Free and Reduced-priced Meals: Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals

Meal Times and Scheduling:

- Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Schools should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 12:30 p.m.;
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks;

Qualifications of School Foods Service Staff: Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for food service Directors, food service cook/baker, and cafeteria workers according to their levels of responsibility.

Sharing of Foods and Beverages: Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

NUTRITIONAL STANDARDS

Foods and Beverages Sold Individually (i.e. foods sold or served outside of reimbursable school meals, such as through vending machines, cafeteria a la cart (snack) lines, fundraisers, school stores, etc.) must meet the USDA Smart snacks in school and California Requirements. Please see attached list and guidelines.

- Non-compliant foods may be sold, provided:
 - The sale of those items takes place off of and away from school premises, or
 - The sale of those items takes place on school premises at least one-half hour after the end of the school day and end before 12:00 am
- **The Food Service Director and The Central Kitchen lead will work with the School Officials, the Parents, The Student Body and PTO's to insure all regulations are met**

Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards, as stated above. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks. programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards: Schools will not use foods or beverages that do not meet the nutrition standards and foods will not be withheld as a punishment.

Celebrations and Events: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy, party ideas to parents and teachers. Celebrations should occur after the last lunch period. All items must be purchased (no homemade items). Please see attached list

Summer Food Service Program:

- After summer school, schools will refer children to other School Food Summer Programs if available.

NUTRITION AND PHYSICAL ACTIVITY PROMOTION/FOOD MARKETING

Nutrition Education and Promotion: Midway School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutritional promotion as part of health education. Information should be provided at each grade level through promotion and other take-home materials, special events, or physical education homework.

Integrating physical activity into the classroom setting

For students to receive the nationally recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activities beyond physical education class, to achieve this goal;

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities
- Classroom teacher will, whenever possible, provide short physical activity breaks between lessons or classes, as appropriate
- Student involvement: The District will form a Student Nutrition Advisory Group to assist with menu planning, community involvement etc.

Communications with parents: Midway School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. In partnership with community health agencies, the Midway School District will offer, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of food menus. Schools should encourage parents to pack healthy lunches/snacks and to refrain from including beverages and foods that do not meet the above nutritional standards

Food Marketing in Schools: School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods should be discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness: Midway School District highly values the health and well-being of every staff member. The school fitness room will be available to all staff to support a healthy lifestyle. The Coordinated School Health Advisory Committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. Midway School District will support and encourage Break time, Lunch Time and school exercise when possible.

PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (200 minutes each 10 school days for elementary school students and 550 minutes each 10 school days for middle school students) for the entire school year. All physical education instruction grades K-8 will be taught by a credential teacher. All teachers will provide a standard based physical education program. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. All Lincoln Physical Ed. Teachers have received sports training.

Daily Recess: All elementary school students will have at least 15-20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School: Middle school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Middle schools as appropriate, will offer interscholastic sports. Midway will promote and encourage participation in the after school sporting activities and programs.

Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity for punishment. Teachers and other school and community personnel will not withhold opportunities for physical activity as punishment.

Safe Routes to School: The school district will assess, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

MEASURING IMPLEMENTATION OF THE SCHOOL WELLNESS POLICY

- The District Superintendent or designee shall designate at least one person within the local or at each school. That is charged with operational responsibility for operational responsibility for ensuring that that the school sites implement the adopted local wellness policy. This person shall be the Principal.
- Each school shall post the districts wellness policy in public view within all school cafeterias and School Site Offices.
- Each school shall post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.
- The Committee will review the results of the State Physical fitness test each year.
- **The School Site Supervisor will assess the Wellness Plan at least once a year. The Assessment should be before the annual meeting in order to review the assessments when developing the new plan.**

MONITORING

- The Superintendent or designee shall review nutrient analysis of school meals, meal participation rates, sale of non-nutritious foods/beverages from fund-raising and other venues as well as feedback from wellness committee, administrators, and other appropriate persons, annually. The wellness plan committee shall meet no less than 1 times a year to review plan for any changes needed.
- The School Board should be updated annually on the monitoring of the wellness plan.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at

(800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider

ALLOWED AT SCHOOL

Fruit juices or fruit smoothies
Made with 100% fruit or juice

Plain water

Fruit-based drinks with no less
Than 50% fruit juice with no
Added sweeteners

Low-fat fruit or grain muffin

Animal crackers

Vanilla wafers

Electrolyte replacement
Beverages (like Gatorade)

Pretzels

Fresh fruits and vegetables

Yogurt

Fruit bars or frozen fruit bars

Beef jerky

Ice cream
Milk, non-fat or low-fat, plain or flavored
Graham crackers

Soft pretzels, plain or flavored

100% fruit snacks

Popcorn (not candy coated)

Peanut butter and crackers

Cakes and cupcakes

Chips – baked

Tortilla chips with salsa

Fruit, nut and/or grain trail mixes

Low-fat string cheese

Cookies