

4720.1 Purpose

Lancaster Mennonite School believes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, spiritual growth, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience and holistic well-being of students and employees. Students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

4720.2 To ensure the health and well-being of all students, the Board of Directors establishes that the system schools shall provide to students:

- 4720.2a a comprehensive nutrition program consistent with federal and state requirements.
- 4720.2b access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- 4720.2c physical education courses and opportunities for developmentally appropriate physical activity.
- 4720.2d curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity.

4720.3 Delegation of Responsibility

- 4720.3a The superintendent or designee shall be responsible to monitor system schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.
- 4720.3b Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.
- 4720.3c Staff members responsible for programs related to student wellness shall report to the building principal regarding the status of such programs.
- 4720.3d An assurance that system guidelines for reimbursable meals are in accordance with federal law shall be provided annually by the Food Service Director.
- 4720.3e The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment

shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which each district school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the district in attaining the goals of this policy.

At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The district shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy. Information may be shared on the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

4720.3f Recordkeeping

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implements of the School Wellness policy and notification of the assessment results to the public.

4720.4 Wellness Committee

4720.4a The school shall appoint a Wellness Committee comprised of, but not limited to, at least one (1) of each of the following: Board of Directors member, system administrator, teacher of physical education, food service representative, school health professional, a community member, student and a parent/guardian.

4720.4b The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for monitoring a Student Wellness Policy that complies with USDA wellness standards related to the lunch program.

4720.4c The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.

#### 4720.5 Nutrition Education

4720.5a Nutrition education will provide current nutrition instruction, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increase student achievement.

4720.5b Nutrition education will be provided within the sequential, comprehensive health education program. Nutrition education will provide all students with the knowledge and skills needed to lead healthy lives.

4720.5c Healthy lifestyle balance will be available by linking nutrition education and physical activity.

#### Nutrition Promotion

Nutrition promotion and positive education influence lifelong eating behaviors by using modeling evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

District staff shall coordinate with agencies and community organizations to provide opportunities for appropriate student engagement related to nutrition education.

District food service personnel will research behavioral economics techniques in the cafeteria encouraging consumption of more whole grains, fruits, vegetables and legumes and waste.

#### 4720.6 Physical Activity

4720.6a System schools will provide opportunities for developmentally appropriate physical activity during the school day for students.

Recognize 60 minute standard of activity daily.

4720.6b Age-appropriate physical activity opportunities, such as recess; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of students, in addition to planned physical education.

## 4720.7 Physical Education

- 4720.7a Quality physical education instruction will promote lifelong physical activity skills and knowledge necessary for lifelong participation.
- 4720.7b A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime will be provided in the physical education program.
- 4720.7c A sequential physical education program consistent with Health, Safety and Physical Education academic standards will be maintained.
- 4720.7d Students shall be moderately to vigorously active as much time as possible during a physical education class. Adaptive physical education classes will be available for documented medical conditions and disabilities.
- 4720.7e Physical education shall be taught by qualified health and physical education teachers.

## 4720.8 Nutrition Guidelines

- 4720.8a All foods available in the system schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.
- 4720.8b Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.
- 4720.8c Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages, school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.
- 4720.8d Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

Rewards and Incentives:

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a

positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.)

#### Classroom Parties and Celebrations:

Classroom parties shall offer a minimal amount of foods (Maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:

Fresh fruits/vegetables; and  
Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Any food and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School).

#### Food Allergies

The district shall establish Board policy and administrative regulations to address food allergy management in district school in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

#### 4720.9 Spiritual Development

4720.9a Christian faith will be infused into the wellness curriculum with a biblical emphasis that our bodies are “temples of the Holy Spirit”.

4720.9b In Christian thought humans are holistic bringing together mind, heart, soul and physical body. Thus, wellness care for the body is an act of Christian discipleship and shall be incorporated in this way into the wellness curriculum.

4720.9c Christian spirituality and physical wellness shall be incorporated into the total educational program.

*References: Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204*

March 2019