

Swan River Montessori Charter School

Adopted: August 2006

Reviewed: August 24, 2021

Wellness Policy

Swan River Montessori Charter School (SRMCS) is committed to the optimal development of every student. SRMCS 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.

GENERAL STATEMENT OF POLICY

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 at SRMCS 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 and staff of SRMCS. Specific measureable goals and outcomes are identified within each section below.

SECTION ONE: SCHOOL WELLNESS COMMITTEE

Committee Role, Membership and Meeting Schedule

SRMCS will convene a representative District Wellness Committee (DWC) that will meet on the third Wednesday in August at 5:30 p.m. unless otherwise noted. This committee is to oversee the development, implementation and periodic review and update of this wellness policy.

The DWC membership may include (to the extent possible), but not be limited to: parents and caregivers; students; the physical education teacher; general education teacher(s); School Director; the Hot Lunch Coordinator; the Operations Manager; school board members; and the general public.

Leadership

The School Director 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.

SECTION TWO: WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT

Recordkeeping

SRMCS will retain records to document compliance with the requirements of the wellness policy at SRMCS' main office. The documentation maintained in this location will include but may 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 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 triennial assessment on the implementation of the Wellness Policy;

Annual Notification of Policy

Every year, SRMCS will inform families and the public of basic information about this policy, including its content, any updates to the policy and implementation status. This will be done via the district website and/or district-wide communications.

Triennial Progress Assessments

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

- The extent to which SRMCS is in compliance with the wellness policy;
- The extent to which this wellness policy compares to model wellness policies;
- A description of the progress made in attaining the goals of this wellness policy.

The positions/people responsible for managing the triennial assessment will include, but may not be limited to, the School Director, Operations Manager, and the Hot Lunch Coordinator.

Revisions and Updating the Policy

The DWC may recommend revisions of the wellness policy based on the results of the triennial assessments and/or 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 two to three years, following the triennial assessment.

Community Involvement, Outreach and Communications

SRMCS will use electronic mechanisms, such as email or displaying notices on the district's website, to ensure that all families are notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

SRMCS will notify the public about the content of or any updates to the wellness policy annually. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

SECTION THREE: 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 program aims to improve the diet and health of 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.

SRMCS participates in the National School Lunch Program (NSLP) and is committed to offering school meals that:

- Are accessible to all students
- Accommodate students with special dietary needs.
- Are served at a reasonable and appropriate time of day.
- Meet all state and federal food and nutrition standards.

Additionally, students will be provided, at minimum, 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).

School Snacks

All students are provided one to two snacks per school day. Snacks may be purchased and provided to students by staff members on behalf of the school and/or by parents. Classroom teachers that encourage snack participation by families will provide locally-created, specific guidelines identifying appropriate and healthy snacks to purchase and that are consistent with state and federal nutrition standards.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day.

All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.

Students may be allowed to bring (approved) water bottles filled with only water to school. Water bottles may be stored in individual student lockers and/or the classroom based on the each teacher's discretion.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. SRMCS may provide developmentally-appropriate 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;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking projects or lessons, greenhouse/farm visits and school gardens; and/or
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.

Food and Beverage Marketing and Sales in Schools

SRMCS does not allow food and beverage marketing or promotions with the exception of approved school- or PTO-sponsored fundraisers.

SRMCS does not allow the sale of food and beverages with the exception of approved school- or PTO-sponsored fundraisers.

SECTION FOUR: PHYSICAL ACTIVITY

Children and adolescents should participate in at least 30-60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through the school's programming including quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. SRMCS is committed to providing these opportunities.

To the extent practicable, SRMCS will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Inspections and repairs will be conducted as necessary.

Physical Education

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

All students will be provided equal opportunity to participate in physical education classes. SRMCS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. Waivers, exemptions, or substitutions for physical education are not granted unless a written notification is provided from a licensed medical physician. This signed and dated notification must include the reason for exemption, the length of the exemption, participation restrictions, if any, and any other relevant information regarding the student's health and well-being.

All enrolled kindergarten through sixth grade students will receive physical education for at least 60 minutes per week throughout the school year. This program promotes student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

All physical education classes are taught by a licensed physical education teacher.

Recess

SRMCS offers at least 20 minutes of recess on all days during the school year (with the possible exception of early dismissal or late arrival days).

Outdoor recess will be offered when weather is feasible for outdoor play. Please see the Parent Handbook for more information regarding appropriate dress and weather guidelines for outdoor recess and 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.

SECTION FIVE: REFERENCES FOR POLICY CREATION AND REVISION

The following documents were used as reference guides for the content of this policy:

- Alliance for a Healthier Generation Model Wellness Policy
- The Minnesota Department of Education Guidance Documents
 - Action Plan Template for School Wellness Policies
 - Local Wellness Policy Checklist
 - School Wellness Works! From Policy to Action: A Guide for Developing Effective School Wellness Policies and Practices
- The U.S. Department of Agriculture Local School Wellness Policy Implementation under the Health, Hunger-Free Kids Act of 2010: Summary of Final Rule

