

## Monticello Academy Wellness Policy

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**ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY**

*Updated 3/2018 to Reflect the USDA Final Rule*

**I. School Wellness Committee**

***Committee Role and Membership***

Monticello Academy will convene a representative school wellness committee that meets 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 (heretofore referred as “wellness policy”).

The committee membership will represent all school levels (elementary and secondary grades) and include (to the extent possible), representatives of the school nutrition program ( school Food Service director); physical education teachers; health education teachers; school health professionals, mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), or school board members.

***Leadership***

The board, director or wellness committee designee(s) will convene the committee and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is:

Scott Abbott, Food Service Director, Monticello Academy

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
Scott Abbott	Nutrition Director	Scott.abbott@monticelloacademy.net	Assists in the evaluation of the wellness policy implementation
Dane Roberts	Director	Dane.roberts@monticelloacademy.net	Assists in the evaluation of the wellness policy implementation
Phryne Almeida	Wellness committee Coordinator	Phryne.almeida@monticelloacademy.net	Assists in the evaluation of the wellness policy implementation

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Kim Colman	Board Director	Kim.coleman@monticelloacademy.net	Assists in the evaluation of the wellness policy implementation
Melissa Gontcharov	Parent	melissag@hotmail.com	Member of the committee , Parents input and advise

**II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

***Implementation Plan***

Monticello Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: *MonticelloAcademy.com under documents.*

***Recordkeeping***

Monticello Academy will retain records to document compliance with the requirements of the wellness policy at the school office and/or at the Nutrition Directors office. Documentation maintained in this location will include but will 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 Local Schools Wellness Policy; who was involved in policy updates, meeting notes
- The most recent assessment on the implementation of the school wellness policy, when committee meets and reviews said policy

***Annual Notification of Policy***

Monticello Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the district website.

***Triennial Progress Assessments***

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

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- The extent to which the school is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the school's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Scott Abbott, Food Service Director and/or Wellness committee president/chair

The Committee will monitor schools' compliance with this wellness policy.

### ***Revisions and Updating the Policy***

The committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as School 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 three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

Monticello Academy will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. The school will use electronic mechanisms, such as displaying notices on the school's website.

Monticello Academy will actively notify parents about the content of or any updates to the wellness policy annually, as needed.

## **III. Nutrition**

### ***School Meals***

Monticello Academy 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.

Monticello Academy will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *[include here any additional Federal child nutrition programs in which the district participates, possibly including the Fresh Fruit & Vegetable Program (FFVP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Supper programs, or others]*. The District also operates additional nutrition-related programs and activities including *[if applicable, insert here a list of other programs such as Farm to School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, or others]*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

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- 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 school offers reimbursable meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed in attractive setting.
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Student artwork is displayed in the service and/or dining areas, when available.
  - Daily announcements are used.

*[Optional additional policy language includes:*

- *Menus will be posted on the school website.*
- *Menus will be created/reviewed by Food Service Director.*
- *The school child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *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 directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). (As applicable) These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus (Drinking fountains). The school will make drinking water available where school meals are served during mealtimes( Drinking Fountain is in Cafeteria area.

### **Competitive Foods and Beverages**

There will be no competitive foods or beverages sold at the school during school hours. Sat this time, there are no vending machines at Monticello Academy.

### **Celebrations and Rewards**

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

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1. Celebrations and parties. Monticello Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#), when requested.
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards, as requested.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward students as requested.

### ***Nutrition Promotion***

The school 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 five or more evidence-based healthy food promotion techniques, if applicable, 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 Monticello Academy may use are available at <http://www.foodplanner.healthiergeneration.org/>.

## **IV. Physical Activity**

Children and adolescents should, where applicable, participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the school is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education).

To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school will conduct necessary inspections and repairs.

### ***Physical Education***

Monticello Academy wellness committee recommends that the P.E Department will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education 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 (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

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

Monticello Academy will promote a, when applicable, physical education program will promote student physical fitness through individualized fitness and activity assessments.

### ***Recess (Elementary)***

Monticello Academy will offer **recess** on all days during the school year.

**Outdoor recess** will be offered when weather is feasible for outdoor 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.

### ***Active Academics***

It is recommended to Teachers to incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

### ***Staff Wellness and Health Promotion***

The committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leaders name is Phryne Almeida, Phryne.Almeida@monticelloacademy.net

### ***Professional Learning***

When feasible, the School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

*Glossary:*

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.