



Meniffee Union School District Wellness Policy

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Menifee Union School District Wellness Policy

Student Wellness

Menifee Union School District (MUSD) is committed to the optimal development of every student. MUSD 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.

Research shows that two components, good nutrition and physical activity, before, during and after the *school day, are strongly correlated with positive student outcomes.

This policy outlines Menifee Union School District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the *school day.

- Students in MUSD have access to healthy foods at certain times throughout the *school day – both through the National School Breakfast (NSB) and National School Lunch Program (NSLP) school meals, and other Smart Snack foods available through Nutrition Services– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition information that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before and during 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;

This policy applies to all students, staff and schools in the Menifee Union School District. Specific measurable goals and outcomes are identified within each section below.

School Wellness Committee

Committee Role and Membership

Menifee Union School District will convene a district wellness committee that meets a minimum of 2 times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the wellness policy.

The wellness committee membership will represent all school levels (elementary and middle schools) and include (to the extent possible), but not be limited to: parents and caregivers; representatives of the school nutrition program (e.g., school nutrition director and support staff); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, mental health and social services staff); school administrators (e.g., superintendent, asst. superintendents, principals and vice principals), students; school board members; health professionals (e.g., dietitians, doctors, nurses and dentists); and the general public.

Leadership

The Superintendent or designee(s) will convene a district wellness 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 Karen Ziegler, Director of Nutrition Services:
kziegler@menifeeUSD.org.

Each school will designate either the Principal or Vice Principal as the school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

I. Wellness Policy Monitoring, Implementation, and Accountability

Implementation Plan

The District 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; 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: www.menifeeUSD.org.

Recordkeeping

Menifee USD will retain records to document compliance with the requirements of the wellness policy on the district's website at www.menifeeschoolmeals.com, and with the Nutrition Services department. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy and most recent assessment on the implementation has been made available to the public;
- Documentation of efforts to review and update the Local Schools 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 assessment on the implementation of the local school wellness policy;

Annual Notification of Policy

Menifee USD 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 District will make this information available via the district website and/or district-wide communications. Annually, MUSD will also publicize the name and contact information of the school officials leading and coordinating the committee.

Menifee USD will use electronic mechanisms, such as email and the district's website, as well as non-electronic mechanisms, such as newsletters or flyers, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Triennial Progress Assessments

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

- The extent to which district schools are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the model wellness policies available from the U.S. Department of Agriculture; and a description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is: Julie Hong , Director of Cont.Improvement/Accountability; (951) 672-1851 Ext. 49437

Menifee USD designee will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

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

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

II. 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; 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.

All schools within Menifee Union School District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). All schools within the district are committed to offering school meals through the NSLP and SBP programs that follow the Federal standards set for these programs. When approved by the California Department of Education, the district may sponsor a summer meal program.

- All school meals are accessible to all students.
- Meals are served in clean cafeteria settings that receive Riverside County Health Department inspections twice a year;
- Menifee USD offers reimbursable school meals that meet USDA nutrition standards.
- To promote hydration, drinking water will be available to all students throughout the *school day at each *school campus, including during meal times. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.
- Students will be allowed at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Menus will be posted on the MUSD Nutrition Services website and will include nutrient content and ingredients. Menus will be available in all school site cafeterias.

- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the [USDA Professional Standards for Child Nutrition Professionals](#).

Competitive Foods and Beverages

Menifee Union School District is committed to ensuring that all foods and beverages available to students on the *school campus during the *school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

These standards will apply in all school site locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school student stores, and cafeteria snack or food carts.

Celebrations, Rewards, and Fundraising

All foods offered on the *school campus will meet or exceed the [USDA Smart Snacks in School](#) nutrition standards including through:

1. Celebrations and parties - Menifee USD will provide a list of healthy party snack ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#), and a compliant MUSD snack list from the Nutrition Services website: www.menifeeschoolmeals.com.
 2. Classroom snacks brought by parents - Menifee USD Nutrition Services can provide to parents a snack list of foods and beverages that meet Smart Snacks nutrition standards.
 3. Rewards and incentives- Menifee USD will provide teachers and other relevant school staff a list of alternative ways to reward children ([Non-food Rewards – Alliance for a Healthier Generation](#)).
 4. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. School sites and teachers will promote earning privileges instead of food rewards.
- Only foods and beverages that meet or exceed the [USDA Smart Snacks in Schools](#) nutrition standards may be sold through fundraisers on the *school campus during the *school day. School sites are encouraged to have non-food fundraisers, and choose those promoting physical activity such as walk-a-thons, Jump Rope for Heart, fun runs, etc.

Health and Wellness Education

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Menifee Union School District will promote healthy food and beverage choices for all students throughout the *school campus, as well as encourage participation in school meal programs.

- Implementing evidence-based healthy food promotion techniques through the school meal programs using the Smarter Lunchroom Techniques.
- Ensuring 100% of foods and beverages promoted to students meet the [USDA Smart Snacks in School](#) nutrition standards.

Nutrition Education

Menifee Union School District will teach, model, encourage and support healthy eating by all students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will be enjoyable, developmentally appropriate, culturally relevant, and have participatory activities such as taste tests, school gardens, and farm visits.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the California Model Academic Standards in Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects.
- Menifee Union School District teaches students nutrition education using scientifically based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans ([The Dietary Guidelines for Americans – health.gov](http://www.health.gov)).
- Menifee Union School District will include in the health education curriculum when possible the following essential topics on healthy eating:
 - Food guidance from [MyPlate](http://www.MyPlate.gov)
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

Resources for Nutrition Education:

- Dairy Council of California
- Nutrition Education Obesity Prevention (NEOP)
- USDA Nutrition Education
- California Project LEAN
- Network for a Healthier California
- UC Cooperative Extension

Food and Beverage Marketing in Schools

Menifee Union School District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the *school day while minimizing commercial distractions. It is the intent of MUSD to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the *school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the *school campus during the *school day will meet or exceed the [USDA Smart Snacks in School](http://www.fda.gov/oc/ohrt/snacks) nutrition standards.

Food advertising and marketing includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards.

- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment.

III. Physical Activity and Physical Education

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities in addition to, and not as a substitute for, physical education.

Physical activity during the *school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. To the extent practicable, Menifee Union School District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

- All elementary schools will offer at least 20 minutes of recess on all or most days during the school year.
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; and provide equipment to decrease congestion on play structures.
 - In the event that the school site or District must conduct indoor recess, staff and teachers will promote physical activity for students, to the extent practicable.
- Teachers will 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.
- Teachers will serve as role models by being physically active alongside the students whenever feasible.
- The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.
- Many sites throughout Menifee Union School District offer opportunities (e.g. 100 Mile club, Walk & Talk, open playground) for students to participate in physical activity before and/or after the *school day.
- Menifee Union School District will support active transport to and from school sites, such as walking or biking, dependent on student safety.

Physical Education

The District 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. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students.

- All district students will participate in physical education that meets or exceeds state standards.
 - All District **elementary students** in each grade will receive physical education for at least 200 minutes every 10 days throughout the school year.

- All District **middle school students** are required to take physical education in each grade level for 6th through 8th grade.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes in Menifee Union School District are taught by licensed teachers who are certified or endorsed to teach physical education.

IV. Other Activities that Promote Student Wellness

Menifee Union School District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Menifee Union School District will cultivate and continue relationships with community partners in support of this wellness policy's implementation.

Menifee Union School District will promote to parents/caregivers, families, and the community the benefits of, and approaches for, healthy eating and physical activity throughout the school year.

Menifee Union School District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.

When feasible, Menifee USD will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

The Menifee Union School District Wellness Committee, in collaboration with individual school sites, will monitor schools' compliance with this wellness policy.

*** 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.



Menifee Union School District Wellness Policy

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), 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.

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