

WELLNESS POLICY NEWSLETTER

Manteca Unified School District

Upcoming Events:

Wellness Committee Meeting
Tuesday, September 26, 2017
Location TBD

For more information: **Patty Page**
ppage@musd.net or 209-825-3200



Apply to Become Our Next Manteca Unified School District's Healthiest Schools

The 2016-2017 National Healthy Schools Award application is now available. For more information, please contact Anita Ruiz, Healthy Schools Program Manager for The Alliance for a Healthier Generation in Northern California, at: Anita.Ruiz@healthiergeneration.org.

Share Your Wellness Story!

We love success stories at Manteca Unified School District! Success stories provide encouragement, support, and encourage new success stories.

Tips For A Good Wellness Story:

1. Simple and direct
2. Motivation
3. Identified problems
4. Problem solving
5. Success

Share your wellness story on our next Wellness Policy Newsletter!
Contact Patty Page at ppage@musd.net or 209-825-3200

Wellness Committee Meeting Recap

On March 14, 2017, Manteca Unified School District's Wellness Committee welcomed five new attendees for its last meeting of the 2016-2017 School Year. The meeting was led by Patty Page, Director of Nutrition Education, who encouraged an open discussion as we reviewed the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) final rule requirements and implementation for the federal local school wellness policy (LSWP) under the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) (*Title 7, Code of Federal Regulations [7 CFR], parts 210 and 220*).

The implementation timeline includes:

1. For 2016-2017 school year, all school districts must begin developing a local school wellness policy.
2. By June 30, 2017, all schools districts must fully comply with the requirements of the final rule.
3. The first assessment should be completed within three years of the updated policy or no later than June 30, 2020 to be in compliance with the final rule

The final rule requires all school districts and School Food Authorities (SFA) to create governing policies and practices that include the following content:

- Wellness Leadership** — LEAs must establish wellness policy leadership at district level and each school site to ensure compliance with the policy.
- Public Involvement** — Allow participation by the general public
- Food and Beverage** — Nutrition guidelines for all foods and beverages available or for sale on the school campus during the school day must meet Smart Snack School Nutrition Standards. This includes classroom parties, classroom snacks brought by parents, or other foods given as incentives.
 - No candy, cupcakes or cookies for classroom parties
 - Parent or Student organizations cannot sell or fundraise candy grams or foods unapproved by the Smart Snack Nutrition Standard

Attendees concluded the meeting by expressing thoughts and concerns regarding "nutrition guidelines for all foods and beverages available during the school day." A school day is defined as 12:00 A.M., midnight until 30 minutes after school dismissal. Suggestions included providing nutrition education for all teachers and school site staff and an approved list of food and non-food items allowed during the school day.

For more information, please read the following the USDA document, "Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule."