

Eldon Middle School Wellness Policy

In addition to the Eldon School District Wellness Policy, Eldon Middle School shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students and staff through nutrition education, physical activity, and other school-based activities

Nutrition Guidelines

The School shall ensure that nutritional guidelines for reimbursable school meals be at least as restrictive as federal regulations and guidance requirements and that all foods available on this campus are in accordance with the US Smart Snacks Standards. [See LOCAL POLICY] In addition to legal requirements, the School shall:

- Provide teachers with education and guidelines on withholding food or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as a form of punishment.
- Ensure that the nutrition programs meet the US Smart Snacks Standards
- Follow Alliance for a Healthier Generation guidelines for vending, and other foods made available on school grounds including before, during and after school activities.
- All school sponsored fundraisers are encouraged to be nonfood fundraisers. All fundraisers must meet the Smart Snacks in Schools Policy even if fundraising is held during an extension of the day.

Wellness Goals – Nutrition Education

Eldon Middle School establishes the following goals for nutrition education:

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Nutrition education will be taught through health education and integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in campus based professional development activities to effectively deliver the lessons as planned.
- The food service staff, teachers, and other school personnel will promote nutritional messages throughout the school environment to encourage student understanding of good nutrition and its relation to wellness.

Wellness Goals – Physical Activities

Eldon Middle School shall implement a coordinated health program with physical education and physical activity components and shall offer at least 150 minutes per week of physical activity for all grades. In addition, we will also establish the following goals for physical activity:

- To provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

- Physical education classes will regularly emphasize MVPA based physical activity.
- Physical Education may not be used or withheld as punishment.
- Encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Wellness Goals – School Based Activities

Eldon Middle School shall establish the following goals to create an environment conducive to healthy eating and physical activity and to express a consistent wellness message through other school-based activities:

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable with a minimum of 10 seated minutes for breakfast and 20 seated minutes for lunch
- Wellness for students and their families will be promoted at designated school activities such as annual wellness week.
- Employee wellness education and involvement will be promoted at suitable school Activities that may include use of the staff workout equipment and applicable workout programs.

Implementation of Campus Wellness Goals

The Principal shall oversee the campus level implementation of wellness policy and shall oversee the development of administrative procedures and periodically measure and monitor the implementation of the wellness policy. Ongoing recommendations from the Eldon Middle School Wellness Committee will be provided for implementation in campus and district improvement plans. Each year we complete the Alliance assessment and uses those results to create the action plan. With our goal to become a Gold recognized school, much planning had to take place to ensure all wellness policies were in place.