

# **MVLA Local School Wellness Policy**

**May 2024**

## **Implementation, Evaluation, and Communication**

The MVLA Local School Wellness Policy guides MVLA's efforts to establish a school environment that promotes students' health, well-being, and ability to learn in compliance with [MVLA Board Policy 5030 - Student Wellness](#).

Every three years, the MVLA District Wellness Committee will evaluate the district's local school wellness policy: this may be in conjunction with the quarterly MVLA Wellness Collaborative or as a stand-alone series of meetings. MVLA will investigate and determine the extent to which school sites and district-provided services are complying with the policy; how the MVLA policy compares to model local school wellness policies through the [WellSAT 3.0](#) self-assessment; and the progress that has been made in attaining the goals of the policy. The committee's findings will be published and shared with the MVLA community via the site principals' newsletters.

There will be an opportunity for community input on MVLA's Local School Wellness Policy advertised via the site principals' newsletters. Community members, students, representatives from food services, teachers of health and physical education, school health professionals, the school board, school administrators, and community members will be invited to participate in the development, implementation, review, and update of the Local School Wellness Policy.

MVLA's Local School Wellness Policy will be posted on the MVLA Nutrition Services Website and will be shared with the MVLA community at the beginning of each school year via the site principals' newsletters.

The Associate Superintendent of Educational Services or designee shall ensure compliance with MVLA Board Policy 5030 - Student Wellness.

## **Standards for USDA Child Nutrition Programs and School Meals and Nutrition Standards for Competitive and Other Foods and Beverages**

All foods provided by MVLA Nutrition Services follow the standards set under the [School Breakfast Program](#) and [National School Lunch Program](#). MVLA does not allow items that qualify as competitive foods or beverages to be offered or sold to students on campus during the school day. MVLA does not allow competitive food or beverage driven fundraisers during the school day without an exemption approved by the MVLA Board of Trustees. According to the [federal guidelines](#), competitive foods and beverages are those that are 1) sold, 2) to students, 3) on school campus, 4) during the school day, and 5) outside of the federally reimbursable meal programs.

MVLA Nutrition Services will follow these best practices:

- We will offer a variety of meal pattern compliant foods that appeal to students
- We will provide serving and dining spaces that are clean and inviting
- We will post monthly menus and nutritional information on the MVLA Nutrition Services website
- We will ensure that students are served meals at an appropriate time of the day
- We will provide adequate time for student meal periods
- Clean and safe drinking water will be available to students free of charge

For in-classroom food shared by students, the food shared in these settings must not be for sale to students on campus during the school day. For food safety reasons, MVLA does not allow homemade or unlabeled food products to be brought on campus and shared in the classroom or in other campus spaces with students. Food shared in this way must be manufactured in a licensed facility and be non-perishable. These foods must be clearly labeled by the manufacturer with the manufacturer's packaging and safety seals intact.

The Superintendent or designee shall provide ongoing staff development on food safety to food service managers and employees. Each new employee, including a substitute, or volunteer shall complete initial food safety training prior to handling food. The Superintendent or designee shall document the date, trainer, and subject of each training.

### **Wellness Promotion and Marketing**

Only foods and beverages that meet the [nutritional standards for Smart Snacks](#) or requirements noted under the School Breakfast Program and/or the National School Lunch Program may be marketed on MVLA campuses. No other food marketing is permitted.

### **Nutrition Education**

Nutrition education and skills are integrated within the comprehensive health education curriculum. MVLA in-seat courses are fully aligned with state standards and compliant with all legal requirements. Health Education focuses on contemporary health issues affecting teens including personal & community health, mental, emotional & social health, nutrition & physical activity, alcohol, tobacco, & other drugs, injury prevention & safety, & growth, development, & sexual health. Nutrition-specific education focuses on overall nutrition, eating disorders, meal planning, diets, and fad diets.

In the in-seat MVLA Health course, students demonstrate the ability to

- Analyze the influence of family, peers, culture, media, technology, & other factors on behavior.
- Access valid information and products and services to enhance health.
- Use interpersonal communication skills to enhance health & avoid or reduce health risks.
- Use decision-making skills to enhance health.
- Use goal-setting skills to enhance health.
- Practice health-enhancing behaviors and avoid or reduce health risks.
- Advocate for personal, family, and community health.

### **Physical Education Physical Activity**

MVLA's Physical Education program is a standards based state required class. Students will improve their health and skill related fitness. Students in Courses 1 & 2 (Grades 9-10) will have the opportunity to develop and improve their skills by actively participating in individual/dual sports, fitness activities, rhythms/dance, swimming, team sports, gymnastics, combatives, yoga, pilates, fitness training, and weight training.

Students demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform dual and individual sports, rhythms/dance and aquatics. Students will achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, and training principles. Students will be able to demonstrate knowledge of psychological and sociological concepts, biomechanical principles and game strategies as they apply to learning and performance of physical activities. Common Core State

Standards, 6-12 English Language Arts in Science and Technical Subjects are also embedded in our program. All students must take the state physical fitness test.

The overall goal of MVLA's Physical Education program is to provide a thorough introduction of and emphasis on living an active lifestyle through individual/team sports, swimming, fitness activities and mindfulness. Improve strength, refine balance, advance coordination, increase mobility, establish effective team work, boost leadership skills and enhance overall fitness.

9th grade PE focuses on individual and dual sports, we complete a swim unit and a weight training unit which aligns us with the state standards. 10th - 12th grade PE focuses on team sports, along with completing a gymnastics and self defense unit. We also practice mindfulness in both courses to help students deal with everyday stressors.

Physical Education class is offered at 230 minutes per week. The large majority of class time is spent in moderate to vigorous physical activity, estimated to be > 75% of total class time. This is accomplished through warm up activities, class runs, playing a variety of individual &/or team sports, weight training, swimming, yoga, pilates, martial arts, etc.

Physical education instruction shall be delivered by appropriately credentialed teachers who may be assisted by instructional aides, paraprofessionals, and/or volunteers. The district shall provide physical education teachers with continuing professional development, including classroom management and instructional strategies designed to keep students engaged and active and to enhance the quality of physical education instruction and assessment.

MVLA allows for physical education exemptions as outlined [MVLA Board Policy 6142.7 - Physical Education And Activity](#)

MVLA offers after school athletics for students to participate in. The Superintendent or designee shall develop strategies to supplement physical education instruction with additional opportunities for students to be physically active before, during, and after the school day.

In order to ensure the efficient use of public resources and increase access to needed services, the Board of Trustees may enter into an agreement with any public agency, public institution, and/or community organization to use community facilities for school programs or to make school facilities or grounds available for use by those entities. Such an agreement shall be based on an assessment of student and community needs and may be designed to increase access to spaces for recreation and physical activity, library services, school health centers, preschool programs, child care centers, before- or after-school programs, or other programs that benefit students and the community. ([MVLA Board Policy 1330.1 - Joint Use Agreements](#))

MVLA encourages students to walk or bicycle to school if they live within walkable/bikeable distance. MVLA also partners with Safe Routes to School to promote safe transportation.

### **Positive School Climate and Psychological and Counseling Services**

Each campus is encouraged to enhance student learning by providing an orderly, caring, and nurturing educational and social environment in which all students can feel safe and take pride in their school and their achievements. The school environment should be characterized by positive interpersonal relationships among students and between students and staff.

All staff are expected to serve as role models for students by demonstrating positive, professional attitudes and respect toward each student and other staff members. Teachers shall use effective classroom management techniques based on clear expectations for student behavior.

The district's curriculum shall include age-appropriate character education which includes, but is not limited to, the principles of equality, human dignity, mutual respect, fairness, honesty, and citizenship. Teachers are encouraged to employ cooperative learning strategies that foster positive interactions in the classroom among students from diverse backgrounds. ([MVLA Board Policy 5137: Positive School Climate](#))

Good physical and mental health is critical to a student's ability to learn and all students should have access to comprehensive health services. Each campus will coordinate mental health services, which may include assessments, crisis intervention, counseling, treatment, and referral to a continuum of services. ([MVLA AR 5141.6: School Health Services](#))

Each campus is encouraged to embed Tier 1 (universal) strategies to promote the social and emotional well-being of students. This includes integrating social and emotional curriculum within the existing coursework, utilizing restorative practices, incorporating community building activities and providing opportunities for student autonomy and collaboration within the classroom, promoting wellness activities and wellness weeks, offering psychoeducational workshops through the student Wellness Centers, and providing extracurricular opportunities, campus connection activities, and students clubs.

### **Non-Discrimination Statement**

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