

*Cornerstone Montessori Elementary School*  
**WELLNESS**

**I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects each child's health, well-being, and ability to learn by supporting healthy eating and physical activity.

**II. GENERAL STATEMENT OF POLICY**

- A. The school recognizes that nutrition education, physical education, and movement are essential components of the educational process and that good health supports optimal development and achievement.
- B. The school environment should promote and protect each child's health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school encourages the involvement of children, parents, guides/teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity procedures.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All children in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis, daily when weather permits.
- F. Qualified food service personnel will provide children with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the children; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- G. The school encourages conversations around healthy eating and nutrition.

### III. GUIDELINES

#### A. Foods and Beverages

1. All foods and beverages made available at Cornerstone will meet or exceed the USDA Smart Snacks in school nutrition standards including those provided for classroom snacks. All meals shall meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.
2. Food service personnel will take every measure to ensure that access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. All food and beverages sold outside of the school meal programs shall meet the standards established in USDA's Nutrition Standards for all Foods Sold in Schools (Smart Snacks) rule. The school will restrict food and beverage marketing to only those foods and beverages that meet the nutritional standards set forth by the Smart Snacks rule.
4. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
6. The school district will provide access to hand washing or hand sanitizing for each child before they eat meals or snacks.
7. The school will make every effort to provide children with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

#### B. School Food Service Program/Personnel

1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school shall designate an appropriate person to be responsible for the school's food service program, whose duties shall include contracting with a caterer that follows nutrition guidelines and procedures for the selection of foods and beverages made available to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.

3. As part of the school's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools as necessary.

C. Nutrition Education and Promotion

1. The school district will encourage and support healthy eating by children and engage in nutrition promotion that is:
  - a. Offered as part of the Montessori practical life and biology curriculum designed to provide children with the knowledge and skills necessary to promote and protect their health;
  - b. Supports engaging, developmentally appropriate, and culturally relevant activities, such as gardening, research, baking, and taste testing.
2. The school will encourage all children to make age appropriate, healthy selections of foods and beverages and has a program that is sugar (refined), pork and nut free.

D. Physical Activity

1. Children need opportunities for physical activity and should embrace regular physical activity as a personal behavior. Toward that end, the Montessori environment promotes movement throughout the day and will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
2. Opportunities for physical activity will be incorporated into all subject areas, where appropriate; and
3. Classroom guides/teachers will provide opportunities for physical activity throughout the day, as appropriate.

E. Communications with Parents

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.

3. The school encourages parents to select the school hot lunch option for their child. Parents who choose to pack a lunch are asked to meet USDA Guidelines when doing so.
4. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### **IV. IMPLEMENTATION AND MONITORING**

- A. After approval by the school, the wellness policy will be implemented throughout the school.
- B. Food service staff at the school will ensure compliance within the school's food service areas and will report to the food service program administrator or head of school.
- C. The school's food service program administrator will provide an annual report to the head of school setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The head of school will ensure compliance with the wellness policy and will provide an annual report of the school's compliance with the policy to the school board.
- E. The school will evaluate compliance with this Wellness Policy no less than once every three years. The assessment will include how the policy compares to a model policy, as established by the US Department of Agriculture.
- F. The school will inform families and the public about the content of and any updates to this policy via the school website and School Board Meetings.

**Board Adopted:** October 16, 2012

**Board Revised:** January 22, 2019

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