

*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. WELLNESS GOALS

#### A. 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.
3. School staff members are encouraged to model health eating and physical activity behaviors.

#### B. 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.

#### C. 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. STANDARDS AND NUTRITION GUIDELINES**

##### **A. School Meals**

1. The school will provide healthy and safe school meal programs that strictly comply with all applicable federal, state, and local statutes and regulations.
2. Food service personnel will take every measure to ensure that students have access to a variety of affordable, nutritious and appealing foods and beverages that meet or exceed all federal, state, and local laws and guidelines and that reimbursable school meals meet USDA nutrition standards.
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
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.
8. Water will be available to students throughout the day and during school meals free of charge.

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

1. 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.
2. 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. 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. 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.
3. Celebrations at Cornerstone. Each environment has its own unique way of celebrating birthdays. In general, we ask that families send in photos but refrain from sending treats or gifts.

**V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT****A. Wellness Coordinator**

1. The director or the director's designee will oversee the school district's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that the school implements the policy.

- B. Public Involvement
  - 1. The Wellness Coordinator will provide opportunities for parents, students, staff, school health professionals, the school board, school administrators, and the community to participate in the development, implementation, and periodic review and update of the wellness policy.
  - 2. The Wellness Coordinator will hold meetings, from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be posted on the school district's website and will be open to the public.

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

- A. Implementation and Publication
  - 1. After approval by the school, the wellness policy will be implemented throughout the school.
  - 2. The school district will post its wellness policy on its website, to the extent it maintains a website.
- B. Annual Reporting
  - 1. The Wellness Coordinator will annually inform the public about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public.
- C. Triennial Assessment
  - 1. At least once every three years the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
    - a. The extent to which the school under the jurisdiction of the school district is in compliance with the wellness policy
    - b. The extent to which the school district's wellness policy compares to model local wellness policies; and
    - c. A description of the progress made in attaining the goals of the school district's wellness policy

2. The Wellness Coordinator will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public.

D. Recordkeeping

1. The school district will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are not limited to:
  - a. The school district's written wellness policy.
  - b. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
  - c. Documentation of the triennial assessment of the local school wellness policy for each school under the school district's jurisdiction efforts to review and update the wellness policy (including an indication of who is involved in the update and methods the school district used to make stakeholders aware of their ability to participate on the Wellness Committee).

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