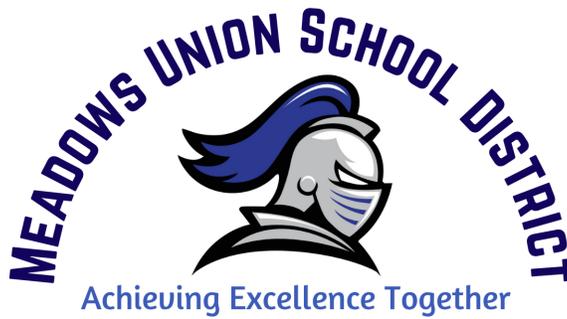


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Meadows Union Elementary School District

Local School Wellness Policy (LSWP)

Adopted: Jan.2025

Next Triennial Assessment: 2027

1. Purpose and Commitment

Meadows Union Elementary School District is committed to supporting the health, well-being, and academic success of every student. The district promotes a school environment that encourages nutritious eating, physical activity, and lifelong healthy habits. This Wellness Policy aligns with federal USDA requirements and supports the whole child's approach.

2. Wellness Policy Leadership

The Superintendent designates the Child Nutrition Manager as the District Wellness Coordinator. Each school site will also identify a school-level wellness lead.

Wellness Coordinator Responsibilities:

- Oversee implementation policy
 - Lead the Wellness Committee
 - Ensure compliance with USDA regulations
 - Coordinate the triennial assessment and public reporting
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3. Wellness Committee

The district will maintain an active District Wellness Committee that meets at least **once per year**

Membership May Include:

- Child Nutrition Manager
- Superintendent or designee
- School administrators
- Parents/guardians
- Teachers
- PE teachers
- Classified staff
- Students (as appropriate)
- Community partners

Committee Responsibilities:

- Participating in policy development and updates
 - Review assessment results
 - Recommend improvements
 - Promote wellness activities district-wide
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4. Nutrition Promotion and Nutrition Education

The district will ensure students receive nutrition education that fosters lifelong healthy eating habits.

4.1 Nutrition Education Requirements

- All elementary and middle school students will receive **sequential, standards-aligned nutrition education**.
- Curriculum will include healthy choices, food groups, reading labels, agriculture, and food systems.
- Nutrition topics will be integrated into subjects such as science, math, health, and social studies.

4.2 Linking Education to the Food Environment

- School meals and the cafeteria environment will reinforce classroom learning.
- Opportunities for tasting local produce, garden-based learning, or cooking demos may be offered.

5. Nutrition Standards for School Meals

- All meals will meet or exceed **USDA NSLP, SBP, and CACFP standards**.
 - Menu will emphasize whole grains, fruits, vegetables, lean proteins, and low-fat dairy.
 - Drinking water will be available **throughout the school day** and during all meal services.
 - Students will receive adequate **seat time** (at least 15 minutes after receiving their meal).
 - Local food purchasing will be encouraged whenever feasible.
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6. Smart Snacks & Foods Sold or Given to Students

6.1 Smart Snacks Compliance

All foods and beverages sold to students during the school day will meet **USDA Smart Snacks** standards.

6.2 Fundraisers

- Fundraisers selling food during the school day must meet Smart Snacks.
- The district allows only **infrequent exempt fundraisers** (no more than 10 per year) with administrative approval.

6.3 Class Celebrations and Parties

- Celebrations must include healthy options such as fruits, vegetables, or whole grains.
- Teachers are encouraged to choose **non-food celebrations**.
- Any food items must meet Smart Snacks standards or be approved by Child Nutrition.

7. Foods Served (Not Sold)

All foods served to students outside of meal service, including afterschool programs, tutoring, and clubs—must follow USDA nutrition guidelines.

8. Prohibiting Food as Reward and Physical Activity as Punishment

- Food or beverages will **not** be used as rewards.
 - Physical activity will **not** be used as punishment.
 - Physical activity will **not** be withheld as punishment.
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9. Physical Education and Physical Activity

The district supports regular physical activity for all students.

9.1 Physical Education

- PE curriculum will align with California state standards.
- Required PE minutes for K-8 will be met.
- PE will be taught by qualified and trained staff.

9.2 Recess and Activity Breaks

- All elementary students will have daily recess.
- Teachers will provide short activity breaks throughout the day.

9.3 Before and After School Activity

- The district encourages physical activity opportunities outside school hours.

9.4 Safe Routes to School

- The district supports walking and biking when safe and appropriate.

10. Healthy School Environment

10.1 Drinking Water Access

- Free drinking water will be available throughout the school day.

10.2 Meal Debt Protections

- The district will use **non-stigmatizing** practices for students with meal balances.

10.3 Marketing of Foods

- Only foods meeting Smart Snacks standards will be marketed on campus.
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11. Staff Wellness

The district supports employee wellness.

Employee Wellness Initiatives May Include:

- Health challenges
- Walking clubs
- Nutrition or fitness workshops
- Partnerships with local organizations

Staff are encouraged to model healthy behaviors.

12. Public Notification & Transparency

The district will: - Post the Wellness Policy on the District website - Post Triennial Assessment results - Share updates via Parent Square or school communication systems - Provide copies upon request in English and Spanish.

13. Monitoring & Assessment

- The district will complete a **Triennial Assessment every 3 years**.
 - Results will be shared with the Board, parents, and public.
 - The Wellness Committee will review progress and recommend updates.
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14. Policy Review and Updates

This Wellness Policy will be reviewed and updated at least **once every three years**, or sooner if regulations change.

Approved by - Meadows Union School District Board of Trustees

Date: _____

Superintendent Signature: _____

Child Nutrition Manager Signature: Alejandrina Romero